





Digitized by the Internet Archive  
in 2013

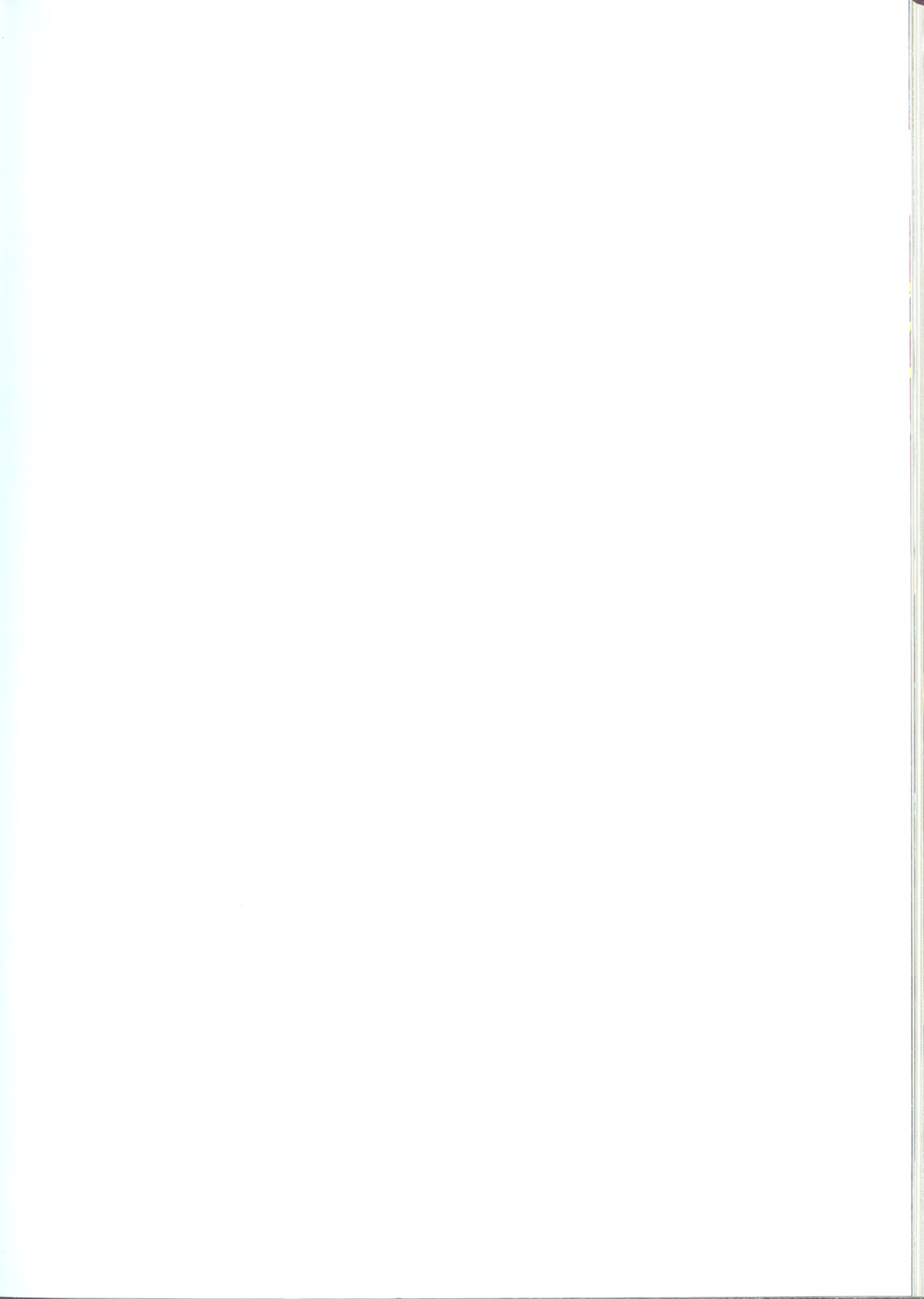
<http://archive.org/details/ladieshomejourna111julwye>

For Reference  
Do Not Take  
From the Library

Every person who maliciously cuts, defaces, breaks or injures any book, map, chart, picture, engraving, statue, coin, model, apparatus, or other work of literature, art, mechanics or object of curiosity, deposited in any public library, gallery, museum or collection is guilty of a misdemeanor

**Penal Code of California  
1915, Section 623**









# JOURNAL



**You Can Prevent  
Breast Cancer  
Here's How**

**The Ultimate  
Tummy  
Tightener  
(It Works!)**

**Summer  
Makeovers  
5 Ways To  
Look Prettier  
Right Now**

**Bonus  
Food  
Safety  
Guide**

**Can Your Child  
Push You Down**

**Barbra  
Streisand  
How She  
Overcame  
The Fear  
That Ruled  
Her Life**

**Classic Salads  
Best Barbecue  
Creamy Desserts**

**Men vs. Women  
Who's Really  
Smarter, Sexier**

**Should I? No?  
Can't Decide?  
How To Make The Right Decision**

BURLINGAME  
JUN 2 - 1994  
LIBRARY

#BXBCHEFS\*\*\*\*\* 5-DIGIT 94010  
#LBRLP000097 1#302496 EF  
BURLINGAME PUB LIB APR 95  
480 PRIMROSE RD BADE  
BURLINGAME CA 94010-4010 #R307



# capri

S U P E R S L I M

SURGEON GENERAL'S WARNING: Cigarette  
Smoke Contains Carbon Monoxide.

One cigarette avg. 1.1 mg. "tar", 0.7 mg. nicotine av.  
10's. Menthol 0.1 mg. "tar", 0.7 mg. nicotine av.  
10's. Menthol 0.1 mg. "tar", 0.7 mg. nicotine av.  
10's. Menthol 0.1 mg. "tar", 0.7 mg. nicotine av.  
10's. Menthol 0.1 mg. "tar", 0.7 mg. nicotine av.

©1994 B&W T Co.



# There

*for exceptional taste in a super slim shape,  
there's original Capri.*

# is no

*for taste that goes a long way, try Capri 120's.*

# slimmer

*And for the lightest Capri ever-Capri Ultra Lights.*

# way to

*No matter what your style,  
there's a Capri to suit your taste.*

# smoke.



L O R



© 1994 COSMAIR, INC.

Amber is wearing New Lash Out Extra Extending Mascara in Black, New Dualite Perfectly Flawless Compact Makeup in Sand Beige and Soft Effects Eyecolour in Sable.

É

A

L'

PARIS

*It's a long story...*

NEW **LASH OUT**  
EXTRA EXTENDING MASCARA

WITH A NEW  
ADVANCED PROTEIN FORMULA

Suddenly, lashes go long, *longer*  
in one smooth glide. It's the combination  
of a very advanced protein formula  
and the famous Teddy Bear brush.

EXTENDING, UNENDING LASHES

Lash Out lengthens gently, effortlessly.

For spectacular lashes that extend  
happily ever after.

L'ORÉAL

More  
Beautiful  
By  
Design





## *Ever want to be in more than one place at once?*

*Then you'd have enough time for everything. It's a thought, but just a thought. That's why Whirlpool makes refrigerators with EZ-VUE Design. The see-through bins and up-front lighting make everything easy to find. And unique lateral adjustable shelving means you can even custom create storage. At Whirlpool, we know you've got a lot to do. That's why we make refrigerators for the one of you.*



*How To Make A Home Run.*

*Learn more about how you and Whirlpool can make your home run.  
Call 1-800-253-1301. Any day. Anytime.*

©1994 Whirlpool Corporation ®Registered trademark TM Trademark of Whirlpool Corporation



July 1994 • VOL. CXI NO. 7

## in the news

**40 CNN NEWSLINE REPORT** LHJ teamed up with the world's news leader to bring you the latest stories this month: a lifesaver for premature babies, high-tech courtrooms; women on the air; and more

**54 THE TOP 10 SCAMS** Millions of Americans are taken in by con artists every year, often losing hundreds—or even thousands—of dollars. A report on the latest consumer rip-offs, plus tips on how to avoid becoming a victim. *By Lauren Picker*

**82 UNDER FIRE: WHEN CRIME HITS HOME** The sound of gunfire is all too common in our streets, homes and workplaces. Meet four women whose lives were forever altered by single, random acts of violence.

**92 SUMMER FOOD-SAFETY GUIDE** Summertime, with its picnics and outdoor parties, is prime time for food poisoning. Learn the important steps to take to ensure your family's health. *By Linda Fears*

**112 DOES MOTHER KNOW BEST?** Today's moms are faced with life-and-death choices *their* mothers never had to make. But how much say should they really have? *By Carol Lynn Mithers*

## personalities

**42 WHAT'S HOT** Great guys: As Kevin Costner and James Garner go West on the big screen this summer, we'll tell you where their private lives are headed.

**108 BARBRA'S FIGHT AGAINST FEAR** Barbra Streisand's recent concerts have sold out across the country and around the world. But before the superstar singer could finally step onstage, she had to overcome a terrifying fear. *By Susan Price*

**114 WAY OUT HERE** In the first of a two-part *Journal* exclusive, the author of *The Bridges of Madison County* writes about his own life and the woman he shares it with. *By Robert James Waller*

## body and mind

**68 WHY MEN CAN'T FIND THINGS—AND OTHER GREAT MYSTERIES SOLVED** Who's smarter? who's sexier? All the latest research on why men and women think, behave and react so differently. *By Dianne Hales* ▶



**PORTRAIT  
OF A  
LEGEND**

PAGE 108

**SUMMER-PERFECT  
PANTS**

PAGE 124





L O R

É

A

L

NEW

# DUALITÉ

Perfectly Flawless Compact Makeup

A FLAWLESS  
FINISH NOW FINDS ITS  
PERFECT MATCH.

## ONE FINISH, TWO FINISH

DRY, coverage is light with a refined  
powder finish

WET, it becomes flawless makeup coverage  
with a soft, matte finish.

## OIL-FREE DEFENSE

L'Oréal's advanced oil-free formula now defends  
against shine to extend wear and keep skin fresh.

## SO COMPLETE, SO DISCREET

So discreet it goes any where. So complete,  
its smooth, gentle finish diminishes time's effects  
to reveal a natural beauty.

# L'ORÉAL

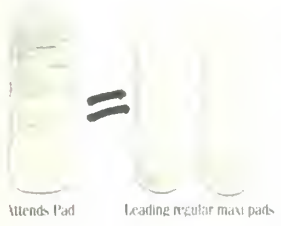
More  
Beautiful  
By  
Design



**Q** Isn't there something that gives me better bladder control protection than my maxi?\*

**A**ttends with new Perma-Dry is the answer.

*Just one slim Attends Pad has the absorbency of 2 maxis.*



Maxis were made for your period, not for bladder control protection. That's why we invented new Attends® Pads. They're slim and discreet as a maxi, but absorb twice as much. What's the secret?

Perma-Dry. A revolutionary new protection system that absorbs wetness faster, then locks it away in a gel for good. So how do you get confidence in your bladder control protection today? The answer's not maxis anymore. The answer is Attends.



**FOR A FREE SAMPLE, CALL 1-800-ATTENDS (1-800-288-3637).†**

*protection without question*

Consult your physician about bladder control problems. \*All data vs. leading regular maxi pads. †Offer expires 9/30/94. Limit one per name or address. © P&G 1994.



## 76 HOW TO MAKE THE RIGHT DECISION

If you have trouble choosing between yes, no and maybe, our five-point plan can help you make—and feel comfortable with—decisions.

*By Donna Brown Hogarty*

## 96 THE ANTI-BREAST-CANCER DIET

A leading doctor's revolutionary eating plan that just might save your life.

*By Jon J. Michnovicz, M.D., Ph.D., and Diane S. Klein*

## families today

**20 A WOMAN TODAY** "Our Lyme-disease nightmare" How one family coped with the illness that was destroying their lives.

*By Janis Spina*

**100 ALL-STAR DAD** Tim Burke was a star major-league ballplayer, but last year he left life in the limelight—all for the love of his family.

*By Lynn Harris*

## style

### 33 BEAUTY & FASHION JOURNAL

Bra wars; terrific tummy tighteners; super summer shades; and more.

**118 IT'S MAGIC!** We took a team of experts to Orlando, Florida, and transformed members of the Walt Disney World staff into modern-day Cinderellas.

Plus, seven ways you, too, can look prettier right now.

*By Lois Joy Johnson*

**124 PANTS PERFECT** These best-of-summer looks make dressing easy, stylish and wonderfully slimming.

## food

**129 FOOD JOURNAL** What's cooking in July.

**130 GRILL TALK** Spicy rubs and mouth-watering marinades make summer barbecues sizzle.

*By Chris Schlesinger and John Willoughby*



## THRILL OF THE GRILL

PAGE 130

## ALL ABOUT KEVIN

PAGE 42



## 138 SALADS—THE CLASSICS

A hall of fame of super salads—fabulous recipes for cool cooking.

*By Jan Turner Hazard*

**144 WHAT A PEACH!** Stock up on the season's sweetest fruits and bake up the peachiest tarts and pies.

## 152 INSIDE THE JOURNAL KITCHEN/RECIPE INDEX

## regular features

### 10 EDITOR'S JOURNAL

**12 CAN THIS MARRIAGE BE SAVED?** "Our secret past still haunts us"

*By Corinne Clements*

**60 WOMAN TO WOMAN** "I'm disappointed in my daughter" When your child lets you down

**163 PET NEWS**  
*By Shana Aborn*

**166 WISE WORDS**  
"Why I'm not a complainer"  
*By Maya Angelou*



Costner photo: Terry O'Neil; photo of mother, son and daughter: Evelyn Glimmer; photo of photos: Chris Pugh; photo of Kevin: Michael O'Neil; photo of Kevin: Michael O'Neil

Jeffrey Saks Art Director

Jane Farrell Articles and Fiction Editor Carolyn Noyes Managing Editor

Lois Joy Johnson Beauty & Fashion Director Jan Turner Hazard Food Editor

Mary Mohler Senior Editor Linda Fears Senior Writer

## ARTICLES

Pamela Guthrie O'Brien features and books editor

Margery D. Rosen family and child-care editor

Mary C. Hickey senior editor

Shana Aborn associate editor Melanie Berger associate editor

Karyn Dabaghian assistant editor Katherine Lee researcher  
Christine Urgola

## BEAUTY AND FASHION

Gwen Flamberg assistant editor

## FOOD

Susan Sarao Westmoreland associate editor

Lisa Brainerd Margot Abel

## LIFESTYLE

Leslie Lampert editor

Sharlene King Johnson associate editor

Kimberlie A. Waugh assistant editor

## EDITORIAL PRODUCTION

Stephanie Makrias copy editor Julie A. Mettenburg copy editor

Mandana Massiha assistant editor

## PUBLIC AFFAIRS

Margaret Hickey

## ART DEPARTMENT

Stacy Marchelos associate art director

Peter Cober studio manager

Ayesha Hakki

## PRODUCTION

Lawrence P. Bracken manager

Doreen Yip Hackett type director

Kin Quon type assistant

Alberta Harbutt assistant to the editor-in-chief

Donna Ortiz editorial business associate

## Contributing Editors

Lawrence Balter, Ph.D. Katherine Barrett Mona Boyd Browne, R.D.

Kathryn Casey Ellen Galinsky Mary Gilliatt Andrea Gross

Mary Lou Mullen Hall Dean Lamanna Paula Lyons

Sofia Marchant Diana McLellan Carol Lynn Mithers

Evelyn Firestone Moschetta, D.S.W. Paul Moschetta, D.S.W.

Andrea Rock Michael J. Weiss (Washington, D.C.) Rosalind Wright

## DONNA GALOTTI

Publisher

Michael L. Brownstein Advertising Director

Esther Laufer Promotion-Marketing Director

Vicki Dreyer-Fischer Sales Development Director

Robin Billie Midwest Manager

Mindy Picon Eastern Manager Paul Bode West Coast Manager

Jeannine Shao New York Manager Leslie A. Light Associate New York Manager

Sharon Rogers San Francisco Manager Christi Neill Home Journal Manager

Nancy Hall Beauty & Fashion Manager Terry Giella Sales Administration Manager

John Condit I.P./Operations/Manufacturing

Michael C. Senior Newsstand Sales Director

Wanda Ziembski Production Director

Michael I. Cook Business Manager

Tricia Gonzalez assistant to the publisher

A Meredith Publication

E.T. Meredith, III Chairman of the Executive Committee

Jack D. Rehm Chairman, President & CEO

William T. Kerr Executive Vice President & President, Magazine Group

# The man from MADISON COUNTY



The only time I ever wanted a plane ride to be longer was when I was reading *The Bridges of Madison County*. I was flying to Iowa, and so it was especially easy to fall in love with the poignant romance of an Iowa farm wife and a photographer. Since then I've gotten to know Robert James Waller, the author of *Madison County*, who has also published two other much-loved best-sellers, *Slow Waltz in Cedar Bend* and *Old Songs in a New Café*.

Waller lived for many years in Iowa and taught economics and management at the University of Northern Iowa. He told me when we talked recently that he never intended to publish *Madison County*. "I really wrote it for myself; a friend of mine is the one who got it to an agent in New York." Waller is also a songwriter, guitarist and photographer. "I've always told people who wanted to write or compose music to keep their day jobs. Then you have complete freedom in doing your creative work.

There's a real virtue in being an amateur."

Since the enormous worldwide popularity of *Madison County*, Waller has been forced to give up his day job. Nowadays, he is working on a new novel, called *Border Music*, and does most of his writing in West Texas. Unlike most people who have great success, Waller has recently made his life much simpler. One morning in early spring when we spoke, he had just come home from a morning walk. He told me there had been a little snow that had settled on the blue mountain laurel that was just beginning to bloom. He had taken his camera, but, he said, "it was too pretty to photograph. That can happen sometimes."

On another morning he said how much he and Georgia, his wife of thirty-two years, really love their new ranch. And on that morning, he was waiting for a pump to be fixed! We're really pleased to have two new stories, one this month and one next month, by Robert James Waller, the man who wrote the most popular love story of our time.

Other special features in this issue? Sensible information on summer food safety (page 92), a thought-provoking report on maternal rights (page 112), an up-to-the-minute feature on the one-and-only Streisand (page 108), wonderful beauty makeovers (page 118), and great summer food (page 129) for your best Fourth of July barbecue ever!



Robert James Waller, who wrote today's favorite love story, and his wife, Georgia

Myrna Blyth

The Journal cannot process unsolicited manuscripts or art material, and the Publisher assumes no responsibility whatsoever for their return. Postmaster: Send address changes to Ladies' Home Journal, P.O. Box 53940, Boulder, CO 80322-3940.

© 1994 Meredith Corporation. All rights reserved. "Never Underestimate the Power of a Woman." "Can this marriage be saved?" and "I'll Be Home" are trademarks of Meredith Corporation registered at U.S. Patent Office. Title "Ladies' Home Journal" registered at U.S. Patent Office and foreign countries.

## CUSTOMER SERVICE INFORMATION

For service on your subscription, including change of address, write to Ladies' Home Journal Customer Service, P.O. Box 53940, Boulder, CO 80322-3940. Please enclose your address label from a recent issue. If you wish to phone, call toll-free 800-374-4545. Send all other correspondence to Ladies' Home Journal, 100 Park Avenue, New York, NY 10017.

Printed in the USA

# Finally, A Razor Worth Holding Onto.



And its pivoting head adjusts to keep the razor in a perfect shaving position.

You'll literally glide over knees and ankles. Safely maneuvering every turn.

Plus the exclusive Lubra-smooth™ strip delivers aloe and extra moisturizers, to leave your skin feeling satiny soft.

The result is the smoothest, silkiest shave your legs, ankles, knees and underarms have ever experienced.

With fewer nicks and cuts than you ever thought possible.

The Gillette Sensor for Women refillable razor.

Once you get a hold on a shave like this, you'll never want to let it go.



Presenting the finest ever created for the woman shaves.

The Gillette® Sensor® for Women.

Its unique, ergonomic grip allows you to hold the razor as

comfortably as your fingers.

It gives you total confidence and control. So it finally becomes simple to

shave those hard-to-reach places. Around the ankles.

Behind the

knees.

Sensor

for

Women

also gives you

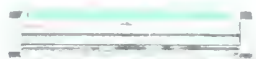
the smoothest,

closest shave ever.

Spring-mounted

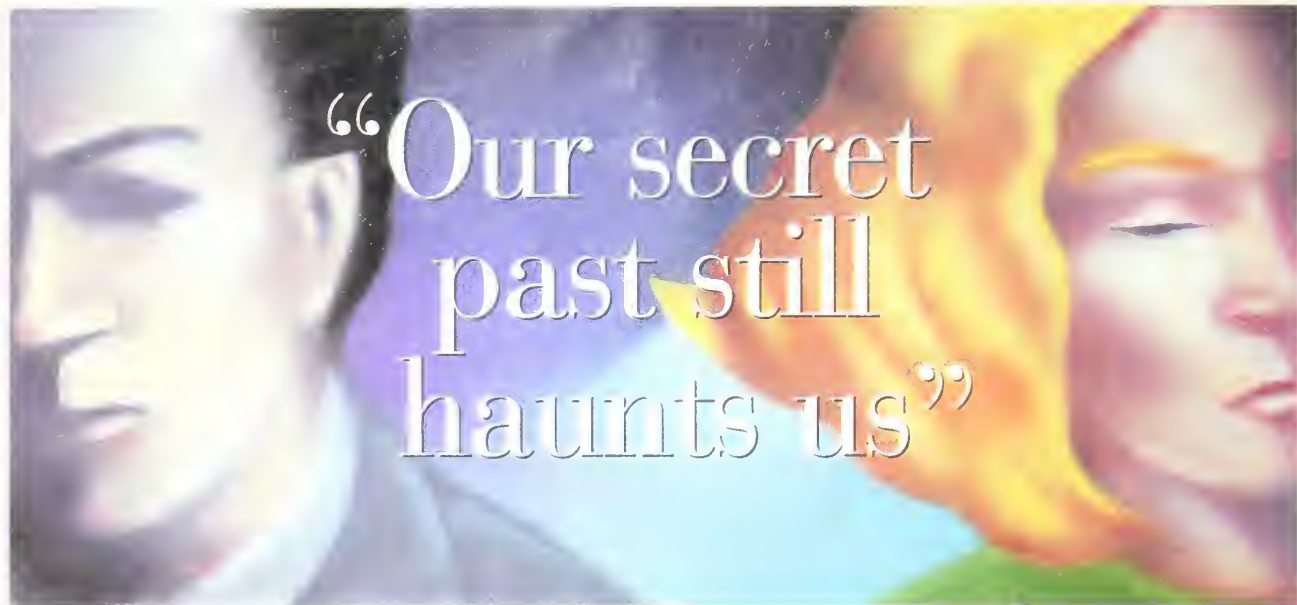
twin blades gently hug your skin,

sensory and respecting every curve and contour.



# CAN THIS MARRIAGE BE SAVED?

The most popular, most enduring women's magazine feature in the world



“Our secret past still haunts us”

By Corinne Clements

**MONICA'S TURN** “I still can't believe that Larry has been cheating on me, after all we've been through together,” said Monica, forty-one, a plump brunet who sat stiffly on the edge of her chair, blinking back tears. “There were a lot of clues, I suppose, but I chose to ignore them. You know, he'd say he had to work late half the time, and when he did come home, he was too tired to talk to me, let alone make love. This kind of thing started about four months ago, and I kept thinking I should ask him what was going on, but I guess I was afraid to hear the truth. Then one day when I was paying the phone bill, I noticed a whole string of calls to the same number in Boston. All of the calls had been made at odd hours of the night and early morning, and they were fifteen minutes or more each. I felt like a real sneak, but I dialed the number, and a woman answered. Of course, that didn't prove anything, but I confronted Larry, and he admitted that she was

someone from his office who ‘understands him.’ Is that classic or what!

“In particular, though, he said she accepts his illness and loves him anyway. Meaning that I don't, I suppose. Well, maybe there's some truth in that. Larry was diagnosed as having myasthenia gravis about five years ago. It's a fairly rare autoimmune disease that causes muscle weakness, slurred speech and vision problems, but Larry has everything under control now with medication. In very serious cases it can be fatal, but it hardly ever is. People would never guess there's anything wrong. But he has become a fanatic about this disease. It's all he talks about—how he had to quit drinking, how he has to have his medication monitored periodically, how he might end up having his thymus surgically removed. I feel sorry for him, but life has to go on. I swear he uses this disease as an excuse for being hard to live with. He comes home from his job as a civil engineer and lashes out at the kids and me and

gripes about everything. Then he says I should just accept his behavior because he's trying to cope with his illness.

“I'm not saying he has it easy, but he has to get it together so that he doesn't make the rest of us totally miserable. Maybe his mistress sees things differently, but I'll bet if she had to live with him full-time, she'd change her tune. I can just picture him cozying up to her after work in her apartment, where he has no responsibilities, and getting her to sympathize about his every little problem. I'm sure he complains to her that I'm overweight. He puts me down for that all the time. What did he expect, a lifetime with Barbie?”

“But what hurts most about all this is that I've spent my entire adult life working toward the goal Larry and I mapped out when we were engaged. He was twenty-two and just out of the army when we met, and he was determined to get a college education. I was eighteen, finishing up secretarial (continued)

**THIS CASE IS FROM INTERVIEWS AND THE FILES OF SUSAN BORNSTEIN, L.I.C.S.W., A CLINICAL SOCIAL WORKER IN PRIVATE PRACTICE WITH ADAMS STREET ASSOCIATES, IN NEWTON, MASSACHUSETTS. THE STORY TOLD HERE IS TRUE, THOUGH NAMES AND OTHER DETAILS HAVE BEEN CHANGED TO CONCEAL IDENTITIES.**

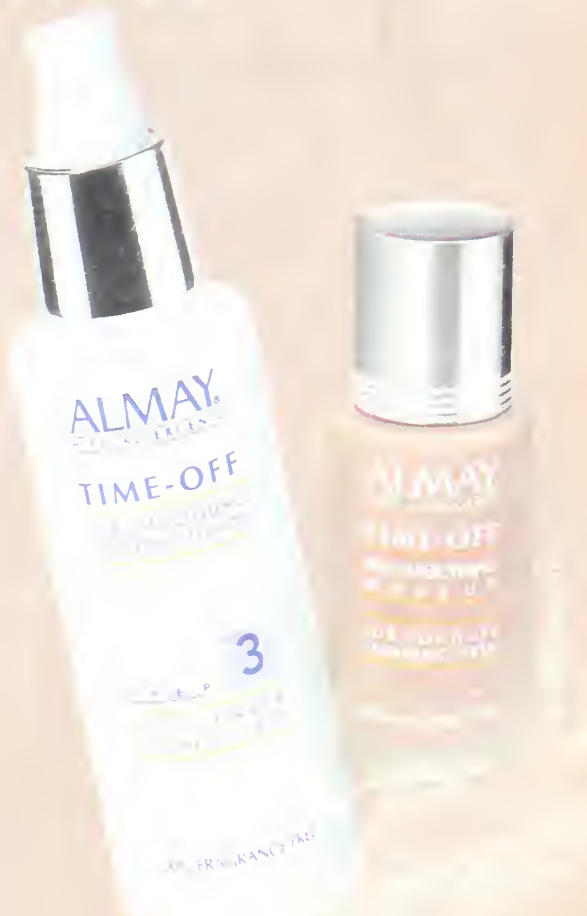
INTRODUCING  
**TIME-OFF**  
 THE AGE  
 SMOOTHING  
 BENEFITS OF  
 ALPHA HYDROXY  
 ACID CARE.



WITHOUT IRRITATION.

MOISTURE BOOST	DAY-LONG HYDRATION	SMOOTH SKIN
UP TO 100% IN AN HOUR	UP TO 60% IN 2 WEEKS	UP TO 25% IN 2 WEEKS

Time-Off Age-Smoothing Hydrating Cream  
 is perfect for skin that's dry, itchy, or irritated. It  
 soothes and hydrates dry skin. After one week,  
 you'll believe how great dry skin feels.  
 At the same time, some alpha hydroxy acids help  
 smooth skin. Time-Off Makeup's unique formulation  
 makes dry skin look fresh and hydrated  
 without irritating your skin.



**ALMAY**  
 HYPO-ALLERGENIC

## Can this marriage be saved?

*continued*

school, and I vowed I would work as long as necessary to put him through school. Sure, I felt a little funny living in Boston, the ultimate college town, and being just a secretary. But there are six kids in my family—my parents are Italian Catholics, first-generation Americans—and college was out of the question. Larry's family couldn't send him to college either, even though he comes from a very different background. His father came from England, was even educated at Oxford, but he died when Larry was six and his two sisters were ten and twelve. Apparently, Larry's father didn't leave his family particularly well set, and Larry's mom had to go to work as a cashier. Eventually, she worked up to being a store manager, but they were always just getting by. Larry is very closemouthed around her because no matter what he does, she criticizes him. This just amazes me because my parents are so open and warm and emotional.

"Anyway, that's why I prided myself on the fact that I could help Larry get away from that family situation and make something of himself. I worked

Larry said that if we rushed to get married and became instant parents, our whole future would be jeopardized. I knew he was right. So we went to New York and found an abortion clinic.

"By that time, I was more than sixteen weeks along, and they had to do a saline injection. This meant inducing labor. I wanted to scream, but I just lay there and let the tears roll down my cheeks.

"I'm not actually against abortion, even though I know the Church is. I would do it again, only earlier in the pregnancy. We sacrificed one person, but we now have two gorgeous children—Johnny is twelve, and Susan is eight—and we're giving them a wonderful life, which was the whole point. But that doesn't mean that I don't cry every year on that day. The only thing that has always kept me from slipping into a depression about the abortion is telling myself that everything is working out as planned in our family.

"So now, after all this and almost twenty years of marriage, my husband has turned to another woman. I don't want our children to be subjected to a divorce, but maybe that would be the best thing. Kids are not dumb. Susan started crying last week when I was kissing her good night. She wanted to know why

**"Look, we made the decision,**  
and it's history. I can't see  
dwelling on it." said Larry.

hard, so that by the time we were ready to have children, we'd be able to give them every advantage.

"As far as everyone knows, that's exactly what happened. But there's a part of the story we've never told anyone, not even our parents. In fact, we never even discuss this. I've tried, but Larry changes the subject. He seems to have been able to put the whole thing out of his mind.

"While we were still planning our wedding, I got pregnant. I was a good Catholic girl who never meant to go all the way, so we never bothered with birth control, but then once—once!—we got carried away. I didn't let myself believe I was pregnant until I had missed two periods. Then I told Larry, but we were too scared to do anything. We let another month go by. Remember, this was back when abortion was still illegal in Massachusetts. And although Larry is not very religious, I couldn't shake my Catholic upbringing, and I thought we should get married right away and have the baby.

"Then one night we had a long talk.

Daddy is grouchy all the time. Johnny hasn't actually brought the subject up, but his grades are slipping and he's started to act up, talk back—stuff he never did before. I can't stand having my kids so frightened and confused. I feel so bitter and betrayed that I just don't know if I even want to save my marriage."

**LARRY'S TURN** "I feel like a real heel, not being faithful to Monica, but I wish I could explain what my relationship with Donna means to me," said Larry, tall and lean, impeccably dressed and looking much younger than his forty-five years. "I'll admit that I'm still seeing Donna. I was honest with Monica when she asked me what was going on, but I just haven't been able to break up with Donna. She's so kind and comforting, and she's genuinely concerned about my illness. I have myasthenia gravis, which means that I am dependent on medication. When the doses are not perfect, or even when I just get too hungry or overtired, I have double vision, I can barely swallow, my arms

and legs go weak and my speech slurred. Besides, the drugs themselves cause discomfort sometimes, like cramps and diarrhea. Also, to help control the disease, I may have to have my thyroid removed. I'm no sissy, but this disease is a life sentence, and not an easy one. Yes, Monica can't seem to get a grip on the severity of this. It's Donna who has taken the trouble to read up on myasthenia gravis, and she admires me for the way I have kept functioning at full steam and not let this thing get me down.

"On the other hand, Monica has a kind of 'how could you do this to me' attitude! I'm not kidding. She acts tough though *she's* the one who's the victim. Look, I didn't choose to get sick. Monica's simply got to get it through her head that I'm not exaggerating. Anyway, sometimes I do fly off the handle, especially when I'm hungry and exhausted, but as soon as I get something to eat, everything is fine. It's not that I *want* to go into a rage.

"The trouble is that Monica is holding a grudge. Things started out fine for us. I have a good job, and she's been home with the children since they were born. She hasn't had to work, and she has a beautiful home. So all of my dreams came true, but then I got sick and she feels gyped.

"Maybe this is petty of me, but some ways I feel gyped, too. Monica is basically a beautiful woman, but she has let herself get this matronly figure and she almost never fixes herself anymore.

"Of course, there's one other thing. When we were engaged, she got pregnant and we went to New York for an abortion. It was late in the pregnancy so I guess it was a bad scene from what she tells me. And, yeah, I feel terrible about it, but we made the decision, and it's history. I can't see dwelling on it. She keeps bringing it up, but I don't know what there is to say.

"At this point, I've lost all desire to make love to Monica. I just don't have any feeling that she cares about me as a person. I know I should end my affair with Donna, but I need her. My mother was overbearing, and my sisters are carbon copies of her. Now Monica is my case. Donna is the only one who makes me feel worth anything. I'm willing to try to save this marriage for the children's sake, but I don't know if that's even possible at this point."

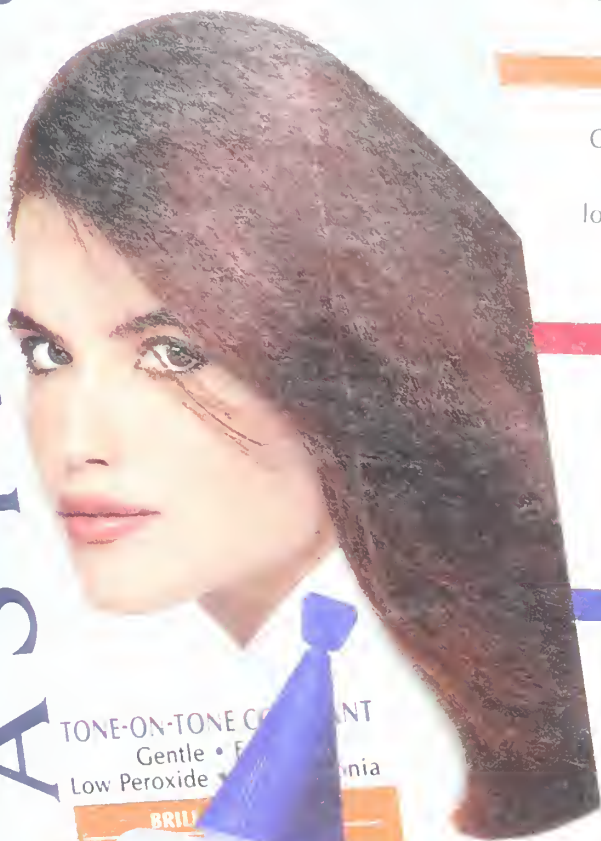
**THE COUNSELOR'S TURN** "This couple had suffered through three significant losses—the loss of their out-of-wedlock child, the loss of Larry's good health and the loss of his faithfulness to her," said the counselor. "The main problem was that each of them handled these losses differently and (continued on page 14)

Discover Color That Looks  
Natural with Incredible Shine.

SIENNA  
Copper

L'ORÉAL

CASTING



TONE-ON-TONE COLORANT  
Gentle • Low Peroxide

BRILLIANT

# CASTING

TONE-ON-TONE COLORANT

## IT'S BRILLIANT

Casting blends a complementary tone with your own for natural looking color and brilliant shine, with no noticeable roots.

## IT'S GENTLE

No ammonia and low peroxide make it gentle as can be. You can even color the same day you perm.

## IT'S EASY

Just go click for shining, natural looking color that lasts and lasts, up to 6 weeks.

CASTING  
L'ORÉAL  
TONE-ON-TONE COLORANT  
CREME VITALIZER



AVAILABLE IN 20 BEAUTIFUL SHADES

CASTING  
HAIRCOLOR WITH BRILLANCE

L'ORÉAL

PARIS

**"Until I talked to my Kmart**



**pharmacist, I**

**thought a**

**free radical was a**

**flower child from the**

**'60s. She explained**

**a free radical is actually an**

**unstable oxygen molecule that may damage cell**

**membranes. Vitamins A, C and E could help pro-**

**tect against cell damage. Did I buy**

Certain medication or disease states cause vitamin or mineral depletion. Consult with your Kmart pharmacist or physician before taking vitamin supplements.

**these supplements**

**in Kmart right then**

**and there? No. She told me all about**

**them. And even recommended a book**





**"I went looking for the difference between natural and synthetic vitamins and found out what a difference a good pharmacist can make."**

on the subject from the Kmart book department. As for natural vs. synthetic vitamins, well, there's no significant difference. The active principles are the same, she said. Free advice from my Kmart pharmacist and not at all radical. Cool."



Some questions you have for a Kmart pharmacist may be answered over the phone. Call 1-800-856-0086 for the location and phone number of your nearest Kmart store or pharmacy. © 1994 Kmart Corporation

## Can this marriage be saved?

*continued from page 14*

failed to communicate their personal grief to the other. For Monica, the abortion and affair with Donna were serious blows, while for Larry, the myasthenia gravis was the biggest problem. In addition, as young people, each of them had seen their lives as a kind of script that would be played out without any problems, as long as they were diligent and determined. With such unrealistic expectations, they were bound to be disappointed when trouble cropped up.

"My first goal in counseling was to get them past their denial about these losses and to help each of them go through a genuine mourning process while also developing some compassion for the other. In fact, while Monica's and Larry's losses were dramatic, their situation was not unique. I found that I could draw upon my experience in counseling other couples who had not dealt well with such fairly common problems as careers that never really take off, children who don't do well in school, financial goals that are never quite reached or recognition that never quite comes. Couples frequently fail to comprehend the depth of a partner's disappointment, and my job is to get them to communicate these feelings.

"I started with Larry's illness, since it was an ongoing problem and a key element in his 'need' for his relationship with Donna. Larry, who hailed from an undemonstrative family with a domineering mother, had tremendous trouble discovering and expressing what he was feeling. Interestingly, Donna seemed able to pick up on his pain without his verbalizing it, whereas Monica, who was used to her openly emotional family, couldn't grasp what was going on. Finally, I suggested that Monica go with Larry to his doctor and have Larry's disease explained to her fully. I also recommended that the children get simplified explanations of their father's illness. This was an excellent move, since it turned out that both youngsters had been imagining some very scary things. Susan admitted that she had seen Larry's bottles of pills and thought her daddy was dying. Johnny said he had thought he was going to catch whatever was wrong with his father. Once these fears were allayed, the children were more understanding about Larry's sometimes unpredictable behavior.

"Monica, too, was grateful to be educated about what was going on. Her tough talk was really just a defense against her fear and concern for her husband. Once she knew more about the disease, she started doing simple things such as keeping healthy snacks in the refrigerator and letting Larry rest briefly when he came

home from work. These small expressions of concern touched Larry deeply.

"At this point, about three months after the counseling began, Larry stopped seeing Donna and made a genuine commitment to saving the marriage. And as Monica began to appreciate how brave Larry really was and how much he needed her help, she found that she was able to forgive him for looking outside the marriage for the support he needed.

"Interestingly, Monica also put herself on a self-improvement course at this point. She was ready to admit that she had let herself go during the child-rearing years, gaining quite a bit of weight and not paying much attention to her appearance. She laughed as she told me that she

### SKILL BUILDER

#### Dealing with loss

Like Monica and Larry, many couples have difficulty sharing the painful feelings that result from loss or disappointment. But, according to Susan Bornstein, keeping negative emotions bottled up is dangerous, both for personal well-being and for the health of the relationship. Try these techniques to get problems out in the open.

■ Develop a ritual for sharing both good and bad feelings. Schedule a regular time, at least once a month, to tell each other what's on your mind. As you get used to this new frankness, you'll find it easier to be honest with each other at other times.

■ If one partner is upset, the other should listen intently and refrain from talking except to restate what he or she hears as the problem. Don't interrupt to say, "Everything will be fine" or "Look at the bright side." Such platitudes not only trivialize the person's pain, but they keep him or her from talking it out.

■ When a problem has no solution—the loss involves death or disability—don't let feelings of helplessness keep you from comforting each other. Just admitting how bad things are lets you find ways to compensate for the tragedy.

And when you learn to face trouble together, your reward will be a closeness that lets you enjoy the good times even more.

had thrown away an old chenille bath, she'd had for years and splurged on a whole new 'bedroom wardrobe,' as she put it. Larry was delighted and flattered and their love life has gradually improved.

"The last order of business, then, was to exorcise the ghost that had been haunting them for many years. I started by giving them a structured homework assignment. They were to find fifteen minutes per day to have a quiet chat. The topic had to be light and breezy, and they wanted them to recapture whatever it was that first attracted them to each other.

"They responded well to the assignment. They found themselves laughing together and telling each other funny anecdotes. I kept them at this level several weeks.

"Then at one session in my office I decided that the lines of communication had been opened well enough that they were ready to broach the issue of abortion. To my surprise, it was Larry who spoke first, saying softly, 'I've always wondered what our child would have been like.' Monica simply gasped. She apparently had never realized that Larry's matter-of-fact manner on this topic was a defense to help him deal with what happened and go on. They ended the session hugging and crying, and when they could pull themselves together, they let each other know that neither regretted the decision, under the circumstances, and making a good life for their two beautiful children had always been, and should still be, their shared goal.

"This was a key moment, a recapitulation of the impetus that had propelled their relationship from the beginning. It had been eight months since they entered counseling, and I felt confident that they were on their way to a better marriage than they had ever had.

"I've seen them every month or so since a follow-up since then, and the latest development is that Monica has enrolled at a community college, where she is preparing for a teaching career. She had long worked as a mother's helper in her children's schools and now wants to put that experience to good use. Larry, who was recently promoted to top management at his firm, is pleased that Monica is getting her chance to go to school.

"But the best part, according to Monica, is that she and Larry have stopped seeing life as rigid and predetermined, with any deviations from the script spelling failure. 'Who knows what's around the corner?' she says, laughing, when I called to check on them a week or so ago. 'Whatever, good or bad, from now on we know we'll be facing life together.'"

**CAN THIS MARRIAGE BE SAVED?**  
*registered trademark of Meredith Corporation*

**“It’s only heartburn, I should learn to  
live with it.....right?”**



**ATTENTION HEARTBURN SUFFERERS**

**It’s time to talk to your doctor.**

**Take the heartburn test.**

<b>Do you experience these symptoms?</b>	<b>Yes</b>	<b>No</b>
1. <b>Frequent heartburn attacks</b>	<input type="checkbox"/>	<input type="checkbox"/>
2. <b>Frequent use of antacids</b>	<input type="checkbox"/>	<input type="checkbox"/>
3. <b>Heartburn waking me up at night</b>	<input type="checkbox"/>	<input type="checkbox"/>
4. <b>An acid or bitter taste in my mouth</b>	<input type="checkbox"/>	<input type="checkbox"/>
5. <b>Burning sensation in my chest</b>	<input type="checkbox"/>	<input type="checkbox"/>
6. <b>Discomfort after eating spicy foods</b>	<input type="checkbox"/>	<input type="checkbox"/>
7. <b>Difficulty swallowing</b>	<input type="checkbox"/>	<input type="checkbox"/>

**If you experience one or more of these symptoms frequently, talk to your doctor.**

**Frequent heartburn may be a sign of a more serious medical problem.**

**Your doctor has treatment plans that can help.**

**Frequent heartburn. Isn’t it time you talked to your doctor?**

**Glaxo Institute for Digestive Health**  
Dedicated to medical research and public education

**To receive a newsletter about digestive health, call 1-800-232-GIDH (4434)**

# “Our Lyme-disease nightmare”

By Janis Spina

**I**n the summer of 1988, my husband, Joe, our three children, our German shepherd and I spent a day visiting friends who lived in the woods near the south shore of New Jersey. When we returned home that evening, Joe and I found a number of tiny deer ticks embedded in the skin on the shoulders and backs of our ten-year-old daughter, Kelly, and our five-year-old son, Joey, and on the dog. Seventeen-year-old Cyndi, our oldest, found one on her arm. We weren't afraid of ticks, and we had no idea that they might carry disease, so we just plucked the insects off with our fingers, disposed of them in the toilet and didn't think anything more of it.

But what happened to us over the course of the next six years was worse than anything we could have imagined: now I wish more than anything that we had never taken that trip. Those little ticks we thought were so harmless had actually infected us with Lyme disease. As people now know, the illness is caused by a corkscrew-shaped bacterium carried in the blood of mammals like deer and mice, and it is passed on to humans by ticks who have fed on infected animals. If treated in time, the Lyme bacteria can be destroyed



## A simple family trip to the shore turned into a six-year ordeal

quickly, but ours went undiagnosed and untreated for so long that it devastated our family.

In the two years that followed our trip to the shore, we all became sick with such a variety of complaints that we felt like hypochondriacs. Joe and Cyndi developed flulike symptoms. Kelly had a rash resembling a bull's-eye on her lower leg, but it went away and I forgot about it. Joe also developed a rash on his legs that we thought was caused by flea bites, so we sprayed the dog and our bedding with flea repellent.

We had never been allergic to

anything before, but now we were congested all the time. Kelly started experiencing depression and frightening visual “blackouts”—for thirty seconds or so, she would lose her sight completely. Cyndi had recurrent strep throat. Joey complained of headaches and chest pains. Joe and I had terrible pain and swelling in our joints; I had a persistent case of swollen glands and an incredible fatigue that my doctor diagnosed as the Epstein-Barr virus. We visited doctor after doctor and got treated for each symptom, but no one suspected that all our complaints could be related. To be honest, neither did I.

It wasn't until the summer of 1990 that I made the connection

between our mysterious illnesses and the ticks that had bitten us two years earlier. I was watching a talk show and heard a woman discussing Lyme disease. As she described the variety of ailments the disease could cause, I realized that many of them were identical to the ones my family had! When she said that a bull's-eye rash—the kind we had seen on Kelly—was a telltale sign of Lyme, everything finally became clear.

But finding a doctor to make that diagnosis was difficult. We were tested for Lyme, but I was the only one (continued on page 28)





# SAND & SABLE

## WHO NEEDS THE SABLE?



Available in Cologne Spray, Dusting Powder, Body Lotion, Body Oil Spray and Cologne Body Spray. For the store nearest you, call 1-800-528-7228. To receive a sample of Sand & Sable 2.0 fl. oz. Body Lotion, send \$1.25 (check or money order) for postage and handling along with your name and mailing address to: Sand & Sable Lotion Offer, P.O. Box 591, Church Hill, MD 21690. Please allow up to eight weeks for delivery. Limit one sample per person per address. Offer expires 12/31/98.

# Atlanta Housewife Investigated And Almost Arrested For Losing 73 Pounds

By Kathleen Ann Muldowney

Do you ever notice that when you're fat, people actually stare at you while you walk as if they want to tap you on the shoulder and say, "If you wouldn't eat that you wouldn't be so fat!"

Well, yes. My name is Kate Muldowney. You know me from Adam. But I'm a real fat girl. I live near Sandy Springs, Georgia. Up until two years ago, I was the fat girl that everyone was staring at.

I was too tired to go out with my friends at night. I was even embarrassed to go out on errands by myself. I waddled when I walked. I sweat when I ate. I wore anything that would hang straight down and wouldn't cling. I couldn't even cross my legs. I was just "overweight." I was fat. I was 5'4" and weighed 202 pounds.

I went to my doctor for help. But I wasn't successful. During the past seven years I had 16 different diets. One by one. And I failed at all of them.

My doctor listened to me very carefully and recommended an entirely different program. This wasn't a "diet." It was a unique weight-loss program researched by a team of bariatric physicians — specialists who treat the severely obese. The program it was developed by Dr. James Cooper of Atlanta, Georgia.

I started the program on May 17th. Within the first four days, I only lost three pounds. I was disappointed. But during the three days that followed, my weight began to drop rapidly. Within the next 196 days, I went from 202 pounds to 129 pounds.

The reason the program worked was simple: I was *always* eating.

I could eat *six times every day*. So I never felt deprived. Never hungry. I could snack in the afternoon. Snack before dinner. I could snack at night while I was watching TV. I can eat so much and still lose weight.

The secret is not in the amount of food you eat, but in the *prescribed combination* of foods you eat in each 24-hour period. Nutritionally balanced portions of special fiber, unrefined carbohydrates, and certain proteins that generate a calorie-burning process that continues all day long ... a complete 24-hour fat-reduction cycle.

Metabolism is evened out, so fat is burned around the clock. Not just in unhealthy diets like many diets. That's why it lets you lose pounds so easily. Without hunger. With-

out. And it's all good wholesome food. No weird stuff. You'll enjoy a variety of meats, chicken, fish, vegetables, potatoes, pasta, sauces — plus your favorite snacks. Lots of snacks.

This new program must be the best kept secret in America. Because, up until now, it's *only been available to doctors*. No one else. In fact, the Clinic-30 Program has been used by 142 doctors in the U.S. and Canada to treat more than 9,820 patients. So it's doctor-tested. And proven. This is the first time it's been available to the public.

There are other benefits too ...

- There are no amphetamines. No drugs of any kind.
- No pills. No powders. No chalky-tasting drinks to mix. Everything's at your local supermarket. No special foods to buy.
- There's no strenuous exercise program.
- You don't count calories. Just follow the program. It's easy.
- It's low in sodium, so you don't hold water.
- You eat the foods you really enjoy. Great variety. Great taste.
- You can dine out.
- There's no ketosis. No bad breath odor.

But *here's* the best part ...

Once you lose the weight, you can keep it off. Permanently! Because you're not hungry all the time.

Let's face it. We all have "eating lifestyles." Our eating habits usually include three meals a day. Plus two or three snacks. We all love snacks. Especially at night.

But most diets force us to change all that.

And that's why they fail!

The Clinic-30 Program lets you *continue your normal eating lifestyle*. You can eat six times a day. You can snack when you wish. So, when you lose the weight, you can keep it off. For good. Because no one's forcing you to change.

Here are some other patients from Georgia who entered Dr. Cooper's Clinic-30 Program with me ...

• Reverend Donald F. is a 42-year-old minister who went from 227 to 179 in just four months.

"In spite of church suppers, I've lost almost 50 pounds in four months and I'm not having a rebound gain."

• Renate M. was a G.I. bride from Germany who went from 212 to 140.2 in 8 1/2

"I believe I was a participant in every weight-reducing plan there ever was. Two, about two years ago, I started the Clinic-30 Program. And I haven't regained a pound."

And then there's me. About 4 months ago I was stopped by a policeman for not using my turning signal. When he looked at my driver's license he claimed it wasn't mine. He said it had someone else's picture on it.

After he called for a computer check, he came back to the car smiling. "You must have lost a lot of weight. This picture doesn't even look like you." I agreed. In a way, it was one of the nicest "warnings" I'd ever received.

Obviously, I'm excited about the program. This is the first time it's been available outside of a clinical setting. Dr. Cooper has asked Green Tree Press, Inc. to distribute it.

We'll be happy to send you the program to examine for 31 days. Show it to your doctor. Try it. There's *no obligation*. In fact, your check won't be cashed for 31 days. You may even postdate it 31 days in advance if you wish.

Choose a day and start the program. If you don't begin losing weight within five days — and continue losing weight — we'll promptly return your *original uncashed check*. No delays. No excuses.

Or keep it longer. Try it for six months. Even then, if you're not continuing to lose weight on a regular basis, you'll receive a full refund. Promptly. And without question. This is the fairest way we know to prove to you how well this new program works.

To order, just send your name, address and postdated check for \$12.95 (plus \$3.00 shipping/handling) to The Clinic-30 Program, c/o Green Tree Press, Inc., Dept. 655, 3603 West 12th Street, Erie, PA 16505.

## AN IMPORTANT REMINDER

*As your weight begins to drop, do not allow yourself to become too thin.*

*It's also very important to consult your physician before commencing any weight loss program. Show him this program. And be sure to see him periodically if you intend to take off large amounts of weight.*

Green Tree Press is a member of the Erie, Pennsylvania Chamber of Commerce. Bank and business references are available upon request.

# Our Lady of Lourdes, pray for us ... a Bradford Exchange recommendation

*Mother of Heaven ...*

*Handmaiden of God ...*

*Queen of Peace ...*

*Hear our Prayers. ☚*

## *A stirring First Edition.*

Pilgrims travel thousands of miles to a grotto near Lourdes, France, to pray to the Blessed Virgin, the Immaculate Conception, who appeared here to Saint Bernadette over a century ago. At the Holy Mother's request, the girl dug in the gravel and, miraculously, healing waters sprang forth from the rock.

Today, abandoned crutches and wheelchairs near the shrine at the grotto pool give eloquent testimony to the power of prayer and faith that our Blessed Mother, even today, intercedes and dispenses compassion in the name of Her Son.

## *An Affordable Art Treasure.*

The exquisite "Our Lady of Lourdes" plate, lovingly cradled in a unique oval shape, is surrounded and embellished in genuine 22-karat gold. This important first edition is hand-numbered, comes with a correspondingly hand-numbered Certificate of Authenticity, and is backed fully by the Bradford Exchange's unconditional 365-day guarantee of your complete satisfaction. Yet it costs only \$29.90.



*"Our Lady of Lourdes"*



### **Your Bradford Exchange Advantages:**

- A hand-numbered limited-edition plate with a correspondingly hand-numbered Certificate of Authenticity
- A complete plate story introducing the artist and detailing the significance of this recommendation
- A one-of-a-kind plate value with an exquisite border of 22-karat gold
- Unique oval shape enhances the beauty of the portrait
- An unconditional 365-day guarantee allowing you to return your plate for a full refund of everything you have paid—including postage

## *An Exceptional Plate Honoring the Miraculous Power of Prayer.*

Now the beautiful young Virgin who Bernadette saw clothed in radiant white and holding a rosary has been faithfully painted by the renowned Hector Garric. Expertly re-created on true hard-fired porcelain, "Our Lady of Lourdes" is an astonishingly stirring reminder that the power of God shines forth wherever His Mother is honored and adored. Imagine the sense of peace and hope this inspiring work of religious art will bring to your own home.

## *It Costs You Nothing To Order "Our Lady of Lourdes" Now.*

To acquire "Our Lady of Lourdes" at its very affordable \$29.90 is a price—backed by our unconditional 365-day guarantee—simply fill out a mail the attached coupon. You need *send no money now*. You will be billed when your plate is shipped. Those interested in owning this moving portrait of Mary are advised to act promptly. Do not delay. Order "Our Lady of Lourdes" and make Saint Bernadette's glorious vision yours forever!





Special  
on plate  
for easy

### "Our Lady of Lourdes"

- Precious 22-karat gold rim and highlights embellish this radiant portrait of the Blessed Virgin in full color on fine porcelain. Shown smaller than actual size of 8 1/2 inches high by 6 1/2 inches wide.

©1994 The Bradford Exchange



Please Respond Promptly



## THE BRADFORD EXCHANGE

345 Milwaukee Avenue      Niles, Illinois 60714-1393

**RECOMMENDING TOMORROW'S TREASURES TODAY** <sup>SM</sup>

**U.S.** Please enter my order for "Our Lady of Lourdes." I understand I need **SEND NO MONEY NOW**. I will be billed **9.90\*** when my plate is shipped. *Limit: one plate per order.*

Signature \_\_\_\_\_

Mr. Mrs. Ms. \_\_\_\_\_  
Name (Please Print Clearly)

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (\_\_\_\_\_) \_\_\_\_\_

\* is a total of \$3.49 postage and handling. Illinois residents add state sales tax. Shipping credit approval. The plate price will be higher in Canada.

## A woman today

continued from page 20

whose test was positive. Since my test indicated the Lyme wasn't active, none of us were treated for the disease. (I later learned that Lyme can be present, yet not detected, 50 percent of the time.) I relentlessly phoned doctors until a friend of mine, who also had Lyme, told me about Dr. Eileen Moynihan, a private practitioner in New Jersey. The doctor listened to our medical history, confirmed that we did have Lyme and prescribed three weeks of outpatient intravenous treatment with the antibiotic Rocephin for all of us. Finally, we had some answers and some relief!

After the treatment, we were blessedly symptom-free for seven months, though Kelly needed surgery to repair her weakened eye muscles. Then, in April 1991, we all came down with the familiar pain, headaches and fatigue again and returned to Dr. Moynihan. Following another course of Rocephin, the children and I felt better, but Joe became progressively worse.

Now he was getting terrible headaches, and when they came on, he said his mind felt "foggy" and that nothing anyone said made sense to him. He couldn't form coherent sentences in his mind. During those times, his speech became so oddly sluggish and mechanical that he sounded like a record playing too slowly. Astonishing as it may sound, this disease was actually turning my husband into a different man.

Always so intelligent and organized, Joe started losing his ability to function in daily life. He couldn't safely drive a car and had trouble performing his job as a computer programmer. One day he stepped away from his desk for a cup of coffee, then couldn't find his way back. My worst fear had come true—Joe couldn't work anymore. He used all his sick leave and vacation days, then went on a month's unpaid leave of absence; his employer warned that Joe would lose his job if he didn't come back after that. Now my family depended on me—and I was terrified. Joe had always been *my* rock and strength.

As Joe's condition deteriorated, our

family suffered financially. I was working outside the home because I had to care for the family, and the disability checks Joe was collecting didn't go very far. (His employer did hold his job for him, after all.) I pleaded with creditors every day for more time to pay the bills. Our extended family helped us out with groceries, and Joey's school alerted organizations that gave us assistance; so there were times when I stood in line for food giveaways.

By the summer, Joe's periods of confusion were lasting up to three days at a time. At first, we had to laugh at the silly things he said and did, but soon it wasn't funny anymore—it was terrifying and frustrating. We were afraid to go out in public because Joe would create embarrassing scenes. Once, in a doctor's waiting room, he pretended his car was a machine gun and started "shooting." When we went shopping, he didn't understand why we couldn't buy everything he saw. A psychiatrist, Dr. Peter Zand, confirmed my suspicions that Joe's problems were related to Lyme disease rather than a mental disorder.

Utterly self-involved, Joe would scream and threaten us if he thought we weren't paying enough attention to him. Sometimes he didn't even recognize his own family. He couldn't sleep at night and he yelled at me for not staying awake with him. Our close friends had become afraid to visit us. When his thinking was clear, Joe would be heartless and apologetic at hearing what he had done, but it wasn't always easy to forgive him.

Our children were terrified of their father—Kelly, in particular. I had to keep Joe calm, run the house and be a mother at the same time. I couldn't wait to go to bed at night, yet I was always afraid of what I would face the next morning. I had never been so lonely or frightened in my life, but somehow I found an inner strength. My family needed me, and I had to find an answer.

Finally, Dr. Zand put us in touch with Dr. Steven Mandel, a neurologist at Thomas Jefferson University Hospital, in Philadelphia. He identified Joe's condition as Lyme encephalitis—a brain infection caused by the Lyme virus and treated Joe for four weeks with the antibiotic Claforan. Joe's headaches disappeared and his speech lost its mechanical quality, but the confusion never entirely went away.

One fall night, Joe had another bout of rage—smashing things and throwing the TV across the room. The child screamed, "Daddy's going to kill us!" All I could do was sit on the sofa, holding them tightly, until I could get to the phone and call 911. Hearing me, Joe tried to run away, but the paramedics arrived quickly and took (continues)

### A MOST PUZZLING ILLNESS

Lyme disease continues to frustrate both patients and their doctors. There is no question that the illness is real and can cause its patients distress; some physicians believe that Lyme can linger and cause damage throughout the body. Last spring, at an international conference on Lyme, several recent studies were presented that raised the possibility that, in some cases, Lyme can mimic such neurological and psychiatric diseases as multiple sclerosis and dementia. Indeed, Lyme patients have reported that they were misdiagnosed as having those illnesses before the true diagnosis was confirmed.

Yet the medical community is still divided over the diagnosis and treatment of Lyme. The disease is tricky to spot; not every patient will develop the telltale reddish "bull's-eye" rash, and the flulike symptoms that are also common in Lyme can easily pass for other illnesses. Because the blood tests available for Lyme give a high incidence of both false-negative and false-positive results, doctors have called the disease over- and underdiagnosed.

And once Lyme is diagnosed, doctors disagree on the length of time a patient should stay on antibiotics. Though the Spinas credit their recovery to the doctor who gave them extensive doses of drugs, some doctors say a regimen lasting longer than a few weeks is unnecessary and potentially dangerous.

The near future could see dramatic advances in the diagnosis and prevention of Lyme disease. Researchers are working to improve and standardize the blood test for Lyme, and a vaccine shown to be effective in animals is now undergoing clinical trials in five states where the disease is prevalent. More than eight thousand volunteers will be studied, and results should be available next year.

For more information about Lyme disease, contact: the Lyme Disease Foundation, 1 Financial Plaza, Hartford, CT 06103 (include a self-addressed, stamped envelope), 800-886-5963; the American Lyme Disease Foundation Inc., Mill Pond Offices, 293 Route 100, Somers, NY 10589, 800-876-LYME; or the Centers for Disease Control, 404-332-4555.

—JOAN LIPPERT

light flow days. And last  
has nothing to do with  
it. Because it offers  
twice the protection of  
ordinary panty liners.  
With a patented sponge-  
like core it absorbs better  
than any other pad.

*The* answer for those who haven't  
had much luck with panty liners.

Plus it's panty shaped to  
cover more of your panty.  
So when you need more  
protection than  
a panty liner  
but less than  
a maxi, there's no  
question **STAYFREE**  
**MAXI LINER** gives you  
the right protection.



**MAXI LINER**

*Stayfree*

Protection by choice. Not chance.

# Smooth away facial hair with Nair Cream.



Great For Face



Nair Cream is made with baby oil. It not only removes the hair, it leaves your skin smoother, silkier and sexier. And Nair Cream smells great too.

For All Hair Types.

## Nair: Complete Care for Unwanted Hair.

### A woman today

*continued*

him to a hospital for the night.

The next day, I sent my husband of twenty-one years to a psychiatric hospital. When Joe learned what I was doing, he shouted, "I'll never forgive you for this!" My kids wanted me to leave their father, but how could I desert Joe when he needed me most?

Joe was treated as an outpatient for a month, during which time he was put on tranquilizers and more antibiotics. I wasn't sure that four weeks of treatment was long enough for such an advanced case of Lyme, but no one had any idea of what would cure him completely. Around the same time, our daughters began feeling sick again. Would this ever end?

It was discouraging, but I was determined not to give up. I had been attending meetings of a Lyme-disease support group that had formed in our area, and in November 1991, someone there referred me to Dr. Charlene De Marco, a local private practitioner who specializes in Lyme disease. After examining my husband, Cyndi and Kelly, Dr. De Marco said she wanted to try giving them a much more aggressive course of intravenous antibiotics than any of our other doctors had tried.

Because so little is known about Lyme disease, doctors' opinions about the type and length of treatment vary widely. Some believe that long-term use of IV antibiotics is unsafe because of the risk of organ damage. But Dr. De Marco said she felt that in certain cases, like ours, it's the only thing that can help, and I agreed. She prescribed sixteen weeks of Claforan for Joe, twelve weeks for Kelly and ten weeks for Cyndi, then switched them to oral antibiotics. We saw her weekly to monitor our progress and health.

This wasn't an instant cure—far from it. After that first round of treatment, Joe and the girls saw improvement, but it wasn't long before we all felt the old symptoms returning. Dr. De Marco put us back on medication. That cycle recurred again and again over the next two years, but gradually we began to feel better for longer periods of time.

The emotional recovery was tough, too. Joe was still having irrational and confusion-filled days, and I wasn't sure if I could ever trust him—or love him—again. During one of his setbacks, I said to him, "I'll stay with you till you're better, but I don't know what will happen after that." I kept my word and stuck it out, and things did improve. As Joe felt well enough to go out more, we spent more time alone—we'd go out on dates dancing or to the zoo. Feeling less confused and angry, he was able to express his love and appreciation. Day by day, Joe returned to being the sweet,

intelligent man I had married.

It was harder for Joey, Kelly, Cyndi to forgive their father, but I encouraged them to express their anger and disappointment openly. We supported each other, learning to talk our problems and laugh at our course when we could. Joey was the quickest to adjust, and Cyndi was able to rid herself of the anger in time, but the turmoil at home had hurt Kelly badly. Unable to separate her dad's illness from his behavior, she developed deep emotional problems that required psychiatric care. We took her out of school and hired a home tutor to help get her through eighth grade. But over time, she started making emotional progress.

Six years after it began, it looks like the worst of our nightmare is over. Until all signs of illness are gone, we will continue to see Dr. De Marco every three months—or more often if I feel sick. We have blood tests on a monthly basis to monitor our red- and white cell counts.

Dr. De Marco is optimistic that with all of the Lyme bacteria in my husband's system are destroyed, he can resume a fully normal life. For now, Joe is resting and healing. He still needs rest for periods of extreme fatigue, and he's slowed speech and movement come back for a few minutes every so often, but he hasn't suffered memory loss or confusion in more than a year.

Joe's former employer went out of business, so Joe receives Social Security disability. Until Joe recovers enough to handle a full-time job, he works part-time two days a week just to help cover our medication, which isn't covered by our insurance. In all, Lyme disease has cost us more than \$200,000.

Most of our family is still battling Lyme to a lesser degree. I have persistent rheumatoid arthritis, but I find that exercise helps the pain. Joey is being monitored for vision problems similar to Kelly's, but otherwise he's a healthy, happy eleven-year-old who excels in school. Happily, Cyndi has been symptom-free for sixteen months. She was married in the spring of 1993, and she is expecting her first child.

With time, professional help and family support, Kelly's emotional scars have faded. She and Joe still aren't as close as they once were, but they are slowly rebuilding their relationship. Today, at sixteen, she's back in school, making good grades.

We still have a long climb back to where we were before this mysterious disease nearly destroyed us, and we won't stop fighting until we're totally cured. But the important thing is that we have each other, and that the power of our family's love has seen us through a terrible ordeal.

ULTRESS™ 60

“180° FROM BORING” BRUNETTE



*Revel in the world's only haircolor with luminescent gel.*

GORGEOUS HAIR IS THE BEST REVENGE.

CLAIROL®



Photo by Howard Schatz. Color by Ultress. All rights reserved. © 1994 Clairol, Inc.



# New Dr. Scholl's Advanced Pain Relief Corn And Callus Cushion For Pain Relief, The Solution Is Clear.

To every corn or callus sufferer, freedom from painful shoes has always been a thing of the future. But no longer. With new Advanced Pain Relief Corn and Callus Products from Dr. Scholl's, the future is here today.



NEW ADVANCED PAIN RELIEF CORN CUSHION

That's because our new

Advanced Pain Relief Corn Cushions and Callus Cushions are made of a breakthrough material we call Cushlin™, refined over years of laboratory research at Dr. Scholl's. Cushlin™ gives you immediate and all-day pain relief, by softly

conforming to your corn or callus, while it absorbs painful shoe pressure and friction.

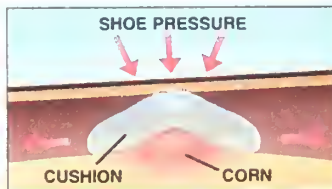
And new Dr. Scholl's Advanced Pain Relief Corn Removers also include clinically-proven medicated discs that completely remove your corn in five



NEW ADVANCED PAIN RELIEF CALLUS CUSHION

applications or less, thanks to the most effective removal ingredient available.

So buy new Dr. Scholl's Advanced Pain Relief Corn and Callus Products with Cushlin™. And step up to a whole new world of pain relief.



NEW CUSHLIN™ TECHNOLOGY FOR SUPERIOR PAIN RELIEF



Make life in your shoes more comfortable.

Terrific tummy tighteners. *agel*

## BRA WARS

### WHEN **PUSH** COMES TO **SHOVE**

**Model Laurie Shoemaker, size 34B:** "The Wonderbra lifted my breasts way up for fabulous cleavage"



What's the hottest-selling fashion item right now? The super push-up bra. Two companies claim to make bras that create cleavage for even the most modestly endowed women. And guess what: These bras really work



**T**he Wanderbra by Sara Lee Intimates, above, is the best-selling push-up in Britain and will be available nationwide in the U.S. in September. It retails for \$26 and is available in three colors in sizes 32 to 38, A, B and C. The Gossard Super-Uplift, right, made its debut in the U.S. last March; it comes in five colors in

the same sizes as the Wonderbra and retails for \$39.50.

What makes these bras work? A very deep plunge, vertically angled padded cups that push breasts up and together, extra-firm underwires, and an unusual cut that's high on the sides, low in the front.



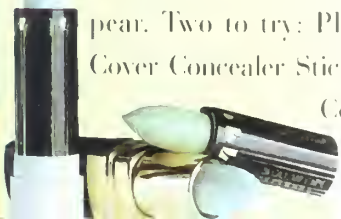
**Model Micaela Sundholm, size 32A:** "The Gossard bra is the only one that's ever created cleavage"



### EDITOR'S PICK OF THE MONTH

#### GREEN CONCEALER?

"How do pros camouflage red blemishes and ruddiness without layering on lots of makeup? With *green* concealer. It neutralizes the red so spots disappear. Two to try: Physicians Formula Gentle Cover Concealer Stick and Chanel Professional Corrective Concealer."



—LOIS JOY JOHNSON,  
BEAUTY & FASHION DIRECTOR



Has something come between you and your skin care?





Nurse him at 3 am, get up and go to work, **don't talk to me about a 5-step beauty plan.** I don't have time.

Here at last is PURPOSE<sup>®</sup> Dual Treatment Moisturizer from Johnson & Johnson—the one, simple way to soft skin. It's wonderfully light, it won't clog your pores, it has no fragrance, it has just the right sunscreen, dermatologists love it.

Take 15 seconds and put it on. You're beautiful. Tired, but beautiful.

Kiss the baby for us.

Have a life.

And beautiful skin, too.



**PURPOSE**<sup>®</sup> from Johnson & Johnson

# Style PROFILE

## PEGGY LIPTON



**T**his month LHJ visits Peggy Lipton, who at age forty-six is as sexy, beautiful and fit as she was when she starred in the sixties TV hit *The Mod Squad*. Here, her secrets to ageless beauty:

**LHJ:** *How do you keep your skin looking so youthful?*

**PL:** I don't sun, and I wear sunblock, moisturizer and eye cream daily. I also go to a salon once a month for a deep-cleansing treatment.

**LHJ:** *What made you decide to cut your hair short?*

**PL:** I didn't want to hide behind long hair anymore. I feel more feminine with short hair.

**LHJ:** *What's your makeup routine?*

**PL:** Pretty simple. I powder my skin, fill in my brows, curl my lashes, and add smoky gray shadow around my eyes, lip liner—an essential—to pouf out my lips and a natural-color matte lipstick.

**LHJ:** *Your taste in fashion seems equally pared down.*

**PL:** I like simple looks—pants and dresses, and menswear-style pantsuits with T-shirts. I tend to buy

black in the winter and white and pastels in the summer.

**LHJ:** *What's your definition of beauty?*

**PL:** Being able to handle everyday stresses without letting them show up in your attitude and your face. I meditate for forty minutes a day—for me, it puts everything into perspective.



**PEGGY'S LONG**, straight hair and minimal make-up was a perfect look for the down-to-earth sixties, right. She looks just as great now as she did then—a nineties version of California natural



## B A R G A I N O F T H E M O N T H

**\$28 VERSUS \$250 WHICH SHADES ARE A STEAL?**

These two pairs of sunglasses in classy tortoise are nearly identical. The only difference (aside from the price): The expensive Giorgio Armani shades, near left, have a wire stem; Liz Claiborne's are acetate.



# READ MY LIPSTICK

**W**e asked top makeup artist, Cover Girl consultant and beauty "psychic" B.J. Gillian to read our staffers' lipsticks. He revealed personality traits without even meeting the lipstick owners! Does your lipstick shape resemble any of these? See if your personality does, too.

**1. THE KISSER** (L'Oréal Colour Match Lipcolour in Tawny) "She's a sporty type—you can tell by her Bridget Fonda color choice," says B.J. "Her lipstick shape proves she wants round,

kissable lips—the perfect pout. I bet she's very blond and likes to be tan."

**2. THE POWER LIP** (M.A.C. Matte Lipstick in Chili) "This is a woman who loves power—she's focused and likes to be in charge," says B.J. "The flatness of her lipstick indicates she applies it with force and determination, top lip first."

**3. THE ELITIST** (Chanel Rouge à Lèvres Hydrabase Creme Lipstick in Coral Shock) "This is one extravagant lady—the type who would rather own just a few expensive items and take good care of them. It's clear she applies her lipstick lightly so it lasts."

**4. and 5. THE PERFECTIONISTS** (Avon Color Rich Lipstick in Wine Cordial and Estée Lauder Perfect Lipstick in Perfect Emotion) "These two are organizers—I can tell by their ritualistic use and application of

lipstick," says B.J. "They hold their mouth while applying color. They start with the bottom lip, stretching it out to the teeth and then do the top lip."

**6. THE NEATNIK** (Lancôme Rouge Surperbe Lasting Creme Lipcolour in Fuschine) "This woman maintains a symmetrical lipstick shape, almost like new. She probably bought this bluish-pink color to perk up a sallow complexion."

**7. THE LADY** (Cover Girl Remarkable Lipcolor in Very Berry) "I'd describe this woman as calm, ladylike and frugal. She probably has delicate, doll-like lips. She doesn't apply much pressure—the lipstick retains its original shape."

**8. THE MECHANIC** (Revlon Moon Drops Lipstick in Earthy) "There's an angle to everything in this woman's life," says B.J. "She uses her lipstick as a dual-purpose tool. She applies it from the center using the angled area to color, then the tip to line."



## She's into Therapy.

### Alberto VO5® Hot Oil Hair Therapy.

A complete line of shampoos & conditioners that replenishes hair and helps restore its natural beauty. Only VO5 Hot Oil Hair Therapy has Hydratein™, a micro-fine moisturizing breakthrough. It penetrates deep to moisturize from the inside out and gives you more naturally beautiful hair.



VO5® Hot Oil Hair Therapy.

There's no end to the benefits of therapy.

# Style

# PROFILE

## PEGGY LIPTON



This month E!J visits Peggy Lipton, who at age forty-six is as sexy, beautiful and fit as she was when she starred in the sixties TV hit *The Mod Squad*. Here, her secrets to ageless beauty:

**LHJ:** *How do you keep your skin looking so youthful?*

**PL:** I don't sun, and I wear sunblock, moisturizer and eye cream daily. I also go to a salon once a month for a deep-cleansing treatment.

**LHJ:** *What made you decide to cut your hair short?*

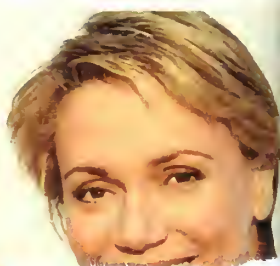
**PL:** I didn't want to hide behind long hair anymore. I feel more feminine with short hair.

**LHJ:** *What's your favorite color?*

black in the winter and white and pastels in the summer.

**LHJ:** *What's your definition of beauty?*

**PL:** Being able to handle everyday stresses without letting them show up in your attitude and your face. I meditate for forty minutes a day—for me, it puts everything into perspective.



© Quaker Oats Co.

# READ MY LIPSTICK

We asked top makeup artist, Cover Girl consultant and anti-“psyche” B.J. Gillian to read staffers’ lipsticks. He revealed personality traits without even meeting the lipstick owners! Does your lipstick shape resemble any of these? See if your personality does, too.

**1. THE KISSER** (L’Oréal Colour Match Lipcolour in Tawny) “She’s a star-type—you can tell by her Bridget Fonda color choice,” says B.J. “Her lipstick shape proves she wants round,

kissable lips—the perfect pout. I bet she’s very blond and likes to be tan.”

**2. THE POWER LIP** (M.A.C. Matte Lipstick in Chili) “This is a woman who loves power—she’s focused and likes to be in charge,” says B.J. “The flatness of her lipstick indicates she applies it with force and determination, top lip first.”

**3. THE ELITIST** (Chanel Rouge à Lèvres Hydrabase Creme Lipstick in Coral Shock) “This is one extravagant lady—the type who would rather own just a few expensive items and take good care of them. It’s clear she applies her lipstick lightly so it lasts.”

**4. and 5. THE PERFECTIONISTS** (Avon Color Rich Lipstick in Wine Cordial and Estée Lauder Perfect Lipstick in Perfect Emotion) “These two are organizers—I can tell by their ritualistic use and application of

lipstick,” says B.J. “They smudge their mouth while applying color. They start with the bottom lip, stretching it over the teeth, and then do the top lip.”

**6. THE NEATNIK** (Lancôme Rouge Suprême Lasting Creme Lipcolour in Fuschina) “This woman maintains a symmetrical lipstick shape, almost like new. She probably bought this bluish-pink color to perk up a sallow complexion.”

**7. THE LADY** (Cover Girl Remarkable Lipcolor in Very Berry) “I’d describe this woman as calm, ladylike and frugal. She probably has delicate, doll-like lips. She doesn’t apply much pressure—the lipstick retains its original shape.”

**8. THE MECHANIC** (Revlon Moon Drops Lipstick in Earthy) “There’s an angle to everything in this woman’s life,” says B.J. “She uses her lipstick as a dual-purpose tool. She applies it from the center using the angled area to color, then the tip to line.”



**YOU GOTTA TASTE 'EM™**

FAT-FREE QUAKER RICE CAKES

THE WORLD'S  
NEWS LEADER,  
AND  
LADIES' HOME JOURNAL  
PRESENT  
UP-TO-THE-MINUTE  
FACTS AND FINDINGS  
ABOUT THE  
WORLD TODAY

## Women on the air

Talk radio is hotter today than it has ever been. It is also dominated almost entirely by men: Of the some nine hundred radio talk-show hosts on the air in the United States, fewer than fifty-five are women. And there are virtually no women hosting programs of political satire or social commentary. What's the reason for this glaring imbalance? At a recent seminar of radio-industry members, where the issue was debated, program directors argued that listeners perceive women hosts as being too harsh. But though many pollsters agree that public bias does exist, critics of today's male-dominated radio point out that if such outspoken women as Brett Butler and Roseanne Arnold can become popular TV stars, female radio hosts can make inroads if given a chance. —JILL BROOKE, *SHOWBIZ TODAY*



## Steroids that save lives

Most people associate steroids with the man-made muscle-building drugs long vilified by doctors as dangerous and even deadly. But corticosteroids, a form of steroid produced by the body's adrenal glands, may actually save babies' lives. Doctors at perinatal clinics around the country, including The Children's Hospital of Michigan and Hutzel Hospital (both part of The Detroit Medical Center), are successfully using corticosteroids in mothers-to-be who are in imminent danger of going into early labor. The doctors say the steroids, which are administered twenty-four to forty-eight hours before delivery, help the baby's lungs mature, reducing the infant's risk of developing respiratory-distress syndrome, a life-threatening

condition that frequently occurs in premature babies. Steroids may also strengthen their fragile blood vessels, making bleeding into the brain—another common and deadly complication—less likely. —ED GARSTEN, *CNN DETROIT*

## Superphone

A new high-tech telephone is set to hit the stores this fall. PhonePlus, a sleek phone equipped with a powerful compact computer, a display screen and a keyboard, will let the user pay bills, transfer funds and shop by catalog more efficiently by using an attached magnetic-strip credit-card reader. Eventually, it will even be used to trade stocks and send E-Mail messages all over the world. The makers of PhonePlus, U.S. Order, in Herndon, Virginia, say their superphone one day will even act as a home ATM: Using PhonePlus, people with bank accounts will be able to load cash credits onto cards embedded with tiny computer chips and then use them like cash wherever the cards are accepted. —BRIAN NELSON, *FUTURE WATCH*

## QUOTE OF THE MONTH

**Besides a cure and effective treatment, I would somehow like to reduce the stigma [of AIDS]. People are rejected by their families, by their friends. I think that's the hardest part that people have to live with.**

—MARY FISHER, HIV-POSITIVE MOTHER AND ARTIST WHO SPOKE BEFORE THE 1992 REPUBLICAN NATIONAL CONVENTION, WHILE APPEARING ON *LARRY KING LIVE*

## Courting the future

The courtroom of the future can be found today in the College of William and Mary's Marshall-Wythe School of Law, in Williamsburg, Virginia. "Courtroom 21," a working prototype of what many courtrooms will be like in the next century, is stuffed with state-of-the-art technology. Some samples: video monitors that allow testimony from out-of-town witnesses and computer microdisks that can store evidence so that it can be easily displayed for witnesses and the jury. High-tech courtrooms should soon become a reality; some of the technology is already being used in courtrooms around the country today. —AL HINMAN, *SCIENCE & TECHNOLOGY WEEK*

## A bit of tartan

One of the biggest trends this fall is tartan, the look that made a comeback a couple of years ago. Designers are showing tartans in everything from skirts to thigh-high boots. This season, tartan seems to be popping up in all sorts of interesting forms—vests, blouses and even hair ribbons. However you decide to "tartanize" your wardrobe, remember this rule of thumb: A little plaid is plenty.

—ELSA KLENSCH,  
*STYLE WITH ELSA KLENSCH*

Watch CNN's *Larry King Live* for intriguing interviews with newsmakers and celebrities (weekdays, 9 P.M. E.T.) and *Showbiz Today* for the latest from Hollywood to Broadway (weekdays, 5:30 P.M. E.T.).

# Chicks, Wildlife, Primitive Locations And Lots Of Babes.

*Fulvous whistling clicks.*

*Least-tern babies. Birds aren't the usual subjects of an advertisement.*

*But then again, we're not talking*

*about just any environmental program. It's one that Amoco designed to give endangered species and other birds a place to feed, breed and nest. These wildlife habitats are monitored by Amoco employees themselves, working together with*



## No, This Is Not Another Swimsuit Issue.

*conservation groups. From North Dakota to South Carolina, Amoco employee volunteers are spending time in swampy marshes and mosquito-ridden woods to help preserve all kinds of wildlife for future generations. These wetlands wildlife habitats are part of an overall environmental program at Amoco. One that includes clean-burning natural gas for cars and trucks at selected stations as well as our Crystal Clear Amoco Ultimate gasoline which is refined an extra step to reduce*



*hydrocarbon exhaust emissions. Together, these environmental efforts will be good for all living things both today and down the road.*



*You Expect More From A Leader.*

## GREAT GUYS!

THIS SUMMER, TWO OF OUR FAVORITE STARS GO WEST: KEVIN COSTNER IN *WYATT EARP* AND JAMES GARNER IN *MAVERICK*. COME WITH US BEHIND THE SCENES AND FIND OUT WHY EACH IS EQUALLY AT HOME WITH HIS FAMILY AND OUT ON THE RANGE

### The private Kevin Costner

I always figured I was something special—the way everybody is something special.”

Coming from any Hollywood star other than Kevin Costner, that statement might draw derisive hoots. But when the ineffably sincere thirty-nine-year-old actor says it, you believe him. For despite his reported \$14-million-per-film price tag, Costner enjoys a relatively austere life. He doesn't have a press agent. He prefers faded jeans to designer suits. He drives a Ford Bronco instead of a Rolls-Royce.

In fact, it is Costner's very ordinariness that makes him special in an industry where glitz and gargantuan egos reign. And the charismatic performer will likely move closer to becoming a screen legend by playing a historical one in this summer's *Wyatt Earp*, a panoramic saga about the life and loves of the frontier lawman.

For the actor, it's a return to familiar territory, to the Western landscape that provided a backdrop for his first big-screen success (*Silverado*) and his Oscar-winning megahit (*Dances with Wolves*). Says *Wyatt Earp* director Lawrence Kasdan, who has known Costner for years, "Kevin is very much in the mold of Gary Cooper and Henry Fonda. He's very comfortable on a horse, and he looks good

[with] a holster.”

It's no big surprise that Costner knows how to sit tall in the saddle: He grew up watching screen classics like *How the West Was Won* in the blue-collar Los Angeles suburb of Compton. But his sense of adventure didn't stop at the neighborhood movie house. As a teenager, Costner once built a canoe and retraced parts of the river journey taken by the early-nineteenth-century explorers Lewis and Clark. "I've always thought of myself as a pioneer in a previous life," he's said. "I feel very comfortable in that world.”

No wonder, then, that Costner is so comfortable recreating it on film. He is a producer as well as the star of *Wyatt Earp*, which



delivers an epic dose of roughhousing and romance. "He concerns himself with so much beyond just his part," says Mare Winningham, who plays Earp's common-law wife, Mattie. "He has an objectivity—a sense of the big picture—that's always right in his back pocket.”

"Kevin is very easygoing on the set and makes you feel that he's really glad everyone is there," says actress Joanna Going, who's making her feature debut as Josie, Earp's nineteen-year-old girlfriend. That attitude, according to Going, helped in completing Earp and Josie's big romantic moments. "Those scenes were *not* tough with Kevin," she says with a smile. "He makes them very easy because there's a complete candor. He'd say, 'This is awkward, and we're going to do it.' And we'd laugh. He made me feel very comfortable—and I hope I did the same for him!" As for the burning question on every

(continued on page 46)

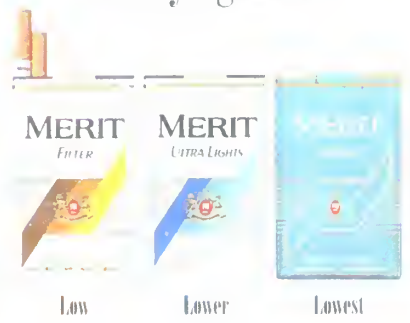




do it!

You can

You can switch  
down to lower tar  
and still get  
satisfying taste.

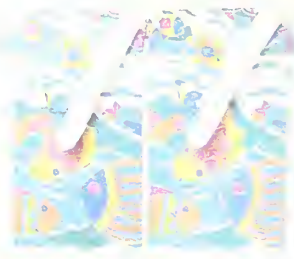


Philip Morris Inc. 1994

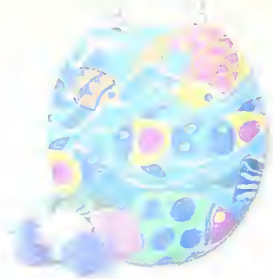
Full Flavor: 1 mg "tar," 0.1 mg nicotine av. per cigarette by FTC method. Ultra Lights: 5 mg "tar," 0.4 mg nicotine av. per cigarette by FTC method.

SURGEON GENERAL'S WARNING: Cigarette  
Smoke Contains Carbon Monoxide.

You've  
got  
MERIT



Fantasy Reef



More Than Terry™ Bath Mat



**Could you use a little inspiration?**

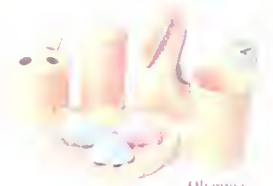




Erika



Basketweave



Olympia

In less than an hour, for less than \$100, you can redo your bathroom with Collage bathroom accessories. You can have new shower curtains and towels that are cheerful and colorful, and that go beautifully with the More Than Terry™ bath mat and tumbler and toilet seat and tissue box. Then, if you do some of your best thinking in the bathroom, you'll probably have prettier thoughts.

**Collage™**

**Don't just sit there. Do something.**



Geometries



Geometries



Frost

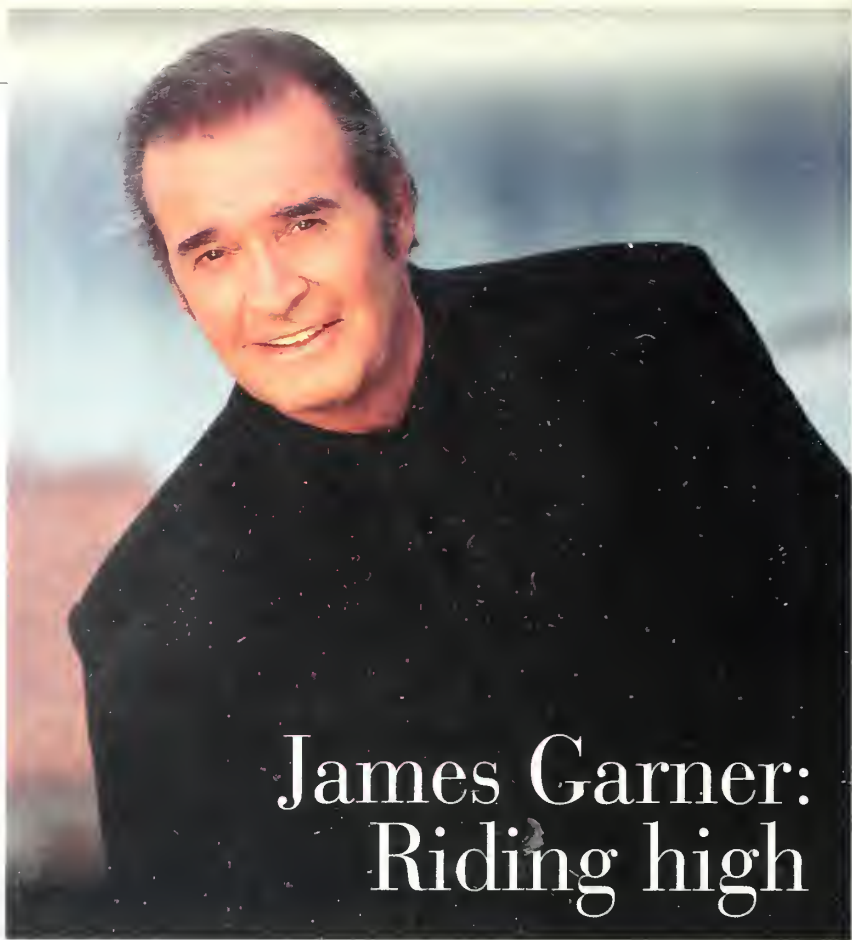


(continued from page 42) woman's mind: Yes, Going admits with a sly giggle, kissing Costner "was pretty nice."

Nice is a word Hollywood insiders often use to describe Costner—a genuine, if somewhat banal, compliment in a town known for being anything but. A notorious Hollywood party-pooper, he spends as much time at home as possible, and when work takes him away, his contracts provide for visits from Cindy, his wife of sixteen years, and their three children: Annie, ten, Lily, seven, and Joe, six. "If the adulation you get from being in successful movies is your reason for living, you won't ever be satisfied," he's said. "If I can hold my marriage together throughout my career, that will be an accomplishment that will be worthwhile."

Certainly, that particular accomplishment would be impossible without the steadying influence of Cindy, who stood by him when reports of his alleged infidelities surfaced in British and American tabloids in 1991. Costner called the stories "off the wall. Cindy's got to be incredibly strong to deal with all that. . . . We don't have a perfect marriage by any means, but we work at it." (Ironically, it's just these family-man, nice-guy qualities that attract women to Costner in the first place. He's handsome, of course, but most of his female fans seem to admire him for his integrity as well as his looks.)

And if the actor's personal life isn't perfect, neither is his choice of film roles. Many reviewers savaged *The Bodyguard* ("Kevin makes jokes about how much money it made," says Mare Winningham), and critics and audiences alike largely brushed off the (continued on page 50)



## James Garner: Riding high

It's two days before James Garner's sixty-sixth birthday, and the roguishly handsome actor is killing time at the posh Bel-Air Country Club—not playing golf, as he usually does, but reading a suspense novel in the crimson-carpeted Grill Room. Time is something Garner has had too much of lately, ever since undergoing femoral bypass surgery in January to remove an arterial blood clot in his left thigh. Garner believes he got the clot when his trainer held his leg up for too long. "The poor guy, he just feels awful about it," he says, stretching his legs to ease the soreness. "But my wife wants to kill him! I've been around the house a lot."

A notoriously private couple, Lois and James Garner have been married for thirty-seven years. They rarely socialize, and when they do it's usually over dinner with old friends. Garner—who stopped drinking at twenty-six, when he realized "that the liquor boys could produce more bottles

than I could down"—is happiest watching sports on TV.

"She knows me better than anybody in the world," Garner says of his wife, who was working as a receptionist when they met at a political rally in 1956. She had a six-year-old daughter, Kimberly, from a previous marriage, and he was a \$175-a-week contract player at Warner Bros. Two weeks later they were wed at the Beverly Hills Courthouse (the couple had a daughter, Gigi, two years after that).

But marriage Garner-style is a lot like the rest of his life: It seems smooth and has staying power, but it's far more complicated than it appears. The Garners have survived two separations, once briefly in 1970 and then for eighteen months starting in 1979. "The second time didn't have much to do with Lois and me," says Garner. "The business was driving me crazy." Earlier that year he'd quit *The Rockford Files*, charging MCA-Universal, the owners of the show, with cheating him out of his percentage of (continued on page 50)



## The same thing happens to your body.

It's hard to believe, but the same thing that rusts the paint off your car may also wear down your body.

It's called oxidation and it happens every time you take a breath.

Simply explained, whenever oxygen enters your system, so-called "free radicals" can be formed. Many scientists believe these unstable particles are a leading cause of cell damage.

In fact, recent studies suggest that free radicals may play a significant role in the development of heart disease and cancer.



*Oxidation, the process that breaks down an apple and turns it brown, may also cause cell damage in your body.*

Studies also suggest that foods rich in antioxidant vitamins, like C, E and Beta Carotene, may neutralize many of the free radicals in your body.

Unfortunately, we don't always eat the way we should. This is where an intelligent regimen of vitamins may be able to help. While studies haven't proven that vitamin supplements offer the same protection as foods rich in antioxidants, we at Nature Made<sup>®</sup> have combined high levels of C, E and Beta Carotene into one easy to swallow softgel.

Introducing our new Antioxidant Formula. Just like all our vitamins, our new formula contains no artificial colors, flavors or preservatives.

Since different people have different needs, Nature Made offers a complete line of over 120 vitamin and mineral supplements—including our latest formula that may help fight the destructive effects of oxidation.

Too bad we can't do the same for your car.



Nature Made. The more you know, the better you'll feel.™

# L'EFFLEUR

Discover romance in all its fragrant forms.

Cologne spray • Body lotion

Talcum powder

Bath crystals • Sachets

Fragrance candles

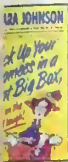
Keepsake boxes • Special gift sets

To find the L'Effleur Personal  
and Home Fragrance Collection at a store  
near you, call: 1 • 800 • 528 • 7228.

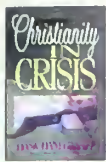


# Christian families build their faith with CROSSINGS

**CHOOSE 3 BOOKS FOR 99¢ with membership**



1925  
Ed. \$11.95



3079  
\$16.99 \$12.75



1610  
\$16.50



2105  
\$14.99 \$11.25



1255  
\$13.50



2279  
\$15.99 \$11.95



4085  
\$10.95



0208  
Spec. Ed. \$11.95



3020  
Spec. Ed. \$11.95



2444  
\$18.00 \$13.50



0638  
\$19.99 \$14.95



4119  
\$17.99 \$13.50



3467  
\$20.00 \$11.95



3012  
\$17.99 \$13.50



2733  
Ed. \$11.95



3517  
\$16.99 \$12.75



4069  
\$20.00 \$11.95



1073  
\$16.99 \$12.75



3111  
\$25.00 \$12.50



3319  
\$23.00 \$13.95



1933  
Spec. Ed. \$14.50



2782  
Spec. Ed. \$12.95



2022  
\$22.50 \$13.50



3087  
\$15.99 \$11.95



1727  
Spec. Ed. \$11.95



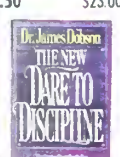
0554  
\$20.00 \$11.95



4127  
Spec. Ed. \$13.95



1628  
\$16.95 \$12.75



1123  
\$16.99 \$12.75



3210  
Spec. Ed. \$8.95



3475  
Spec. Ed. \$10.50



2139  
\$22.99 \$17.25



2006  
\$17.00 \$12.75



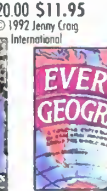
1289  
\$14.95



2881  
\$16.95 \$12.75



1735  
\$19.95 \$14.95



3095  
Spec. Ed. \$8.95



0711  
\$22.00 \$14.95

**IN CROSSINGS AND ENJOY BENEFITS LIKE...**  
**TANT SAVINGS.** Choose 3 books now for 99¢, plus shipping and handling, billed later when membership is confirmed. Then take up to 2 full years to buy just 4 more books at regular law Club prices. You may resign any time thereafter. •**EXTRA SAVINGS OPTION.** If you choose, order your first selection now for just \$3.99, plus shipping and handling, and immediately reduce your commitment to only 3 books, instead of 4, in the next 2 years. •**SATISFACTION GUARANTEED.** If you're not completely satisfied, return your introductory books within 10 days of our expense to cancel membership. You'll owe nothing. •**FREE FLORAL TOTE.** Enjoy our gift to you—it's yours to keep whether or not you remain a member! •**EXTRA SAVINGS.** Never pay publishers' edition prices again! With every book you buy, you'll always save up to 40% off publishers' edition prices on full-text, hardcover Club editions, sometimes altered in size for special presses. •**EXCITING CLUB MAGAZINES.** Receive the free Club magazine up to 16 times a year. In it are reviews of our 2 Main Selections and approximately 70 Alternates, which include Christian fiction, popular fiction and nonfiction, children's books, reference guides, cooking and crafts books, self-help books, and much more. •**CONVENIENT ONE-STOP SHOPPING.** Choose only the books you want from the comforts of home! If you want the Main Selections, do nothing and you'll receive them automatically. If you want another book, or none at all, simply indicate your choice on the Member Reply Form and return it by the specified date. You always have 10 days to choose your books. However, if you should get unwanted books because the magazine came late, return them at our expense. A shipping and handling charge (sales tax, where applicable) is added to each order. •**MEMBERS' EDITION PRICES.** Members' edition prices are shown in regular type. Members' edition prices are in bold type.

## CROSSINGS™

MAIL TO: Crossings  
6550 East 30th Street  
P O Box 6337  
Indianapolis, IN 46206-6337

Please write book numbers here

<input checked="" type="checkbox"/> <b>Yes, I want to join the book club for today's Christian family!</b> Please enroll me in <i>Crossings</i> according to the risk-free membership plan described in this ad. Send me the 3 BOOKS I've indicated. Bill me just 99¢, plus shipping and handling. Also send me my <b>FREE FLORAL BORDER TOTE</b> . Please initial here _____	<table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 25px; height: 25px;"> </td><td style="width: 25px; height: 25px;"> </td></tr> <tr><td style="width: 25px; height: 25px;"> </td><td style="width: 25px; height: 25px;"> </td></tr> <tr><td style="width: 25px; height: 25px;"> </td><td style="width: 25px; height: 25px;"> </td></tr> <tr><td style="width: 25px; height: 25px;"> </td><td style="width: 25px; height: 25px;"> </td></tr> </table>								

**EXTRA SAVINGS** Send my first Club selection now for \$3.99, plus shipping and handling (billed later) and immediately reduce my commitment to just 3 books instead of 4

(write book number)

47157	02
-------	----

Mr./Mrs. \_\_\_\_\_  
 Miss/Ms. \_\_\_\_\_ (please print)

Address \_\_\_\_\_ Apt. \_\_\_\_\_  
 City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_

If you're under 18, your parent must sign here \_\_\_\_\_  
 Members accepted in U.S.A. only. Sales tax added where applicable.  
 We reserve the right to reject any application.

LHJ 7/94

## Kevin Costner

continued from page 46

ironically titled *A Perfect World*, a brooding drama that found Costner cast against type as a career criminal who kidnaps a young boy in 1963 Texas. It slunk off into the sunset after earning less than \$40 million in the U.S. (not a bad chunk of change—unless you're used to bringing in more than four or five times that).

Still, insiders believe that an occasional cinematic misstep won't permanently shake Costner's confidence. "Success has just made him bolder," says Kasdan. "He's been confirmed in his belief about things, and he has a lot of faith in his taste and his judgment." Costner is proud of his integrity—and his perspective. "I do have a point of view, and in Hollywood that's important. I don't vacillate over my friendships or my tastes. I won't be tread on."

Which means he will continue to make the movies he wants to make—even if he isn't always the romantic leading man. In this fall's *The War*, he'll appear in a supporting role as a recently returned Vietnam veteran seeking to build a better life for his family. After that comes *Waterworld*, a

\$60 million-plus futuristic adventure. "There are things I can do in movies that the audience knows I can do,

**FAMILY MAN: Costner hits home with Annie, Lily and Joe**

and then there are things I haven't done yet and will someday do and surprise a lot of people."

Either way, Costner's shrewd but simple instinct will continue to inform his work. "I don't think in deep terms," he's said. "I just know what brings a smile to the face." And that may be his biggest talent of all.

—DEAN LAMANNA

## James Garner

continued from page 46

the profits. Garner sued the studio for \$22.5 million, finally settling out of court in 1989. (He isn't legally free to discuss the details but has said, "They'll be paying me for the rest of my life.")

At the time, he was so bitter about the injustice that it sent him on a downward emotional spiral; to deal with it, he moved out of the house, traveled the country with his friend Waylon Jennings and saw a psychiatrist. Today, he credits his wife for her patience and understanding. "Lois had a lot of people saying, 'Sue his ass,' and she had every right," he says.

**"They call it child abuse today when they don't give kids a television set . . ."**

"But I was in bad shape."

Though he doesn't let it show much, Garner is no stranger to personal pain. He was born James Bumgarner in Norman, Oklahoma, the youngest of three brothers. His mother died when he was five, and he moved in with relatives. His father, a carpenter, married several more times, once to the proverbial wicked stepmother who beat Garner with switches and forced him to wear a dress as "a penalty" when she got angry. If this now smacks of child abuse, Garner shrugs it off. "They call it child abuse today when they don't give kids a television set in their room and their own telephone. A certain amount of [spanking] wouldn't hurt a lot of kids."

And Garner claims his bumpy childhood taught him how to be independent. Living on his own at fifteen, he worked at odd jobs, joined the army (winning two Purple Hearts in Korea) and finally ended up in Hollywood. Square-jawed and six-foot-three, he took only a few years to land the starring role in *Maverick*. That role, which lasted from 1957 to 1962, and the one he played on *The Rockford Files* from 1974 to 1980, helped define him as a stalwart and graceful leading man.

Now, after acting in more than forty feature films, Garner takes on one of the more meaningful movie roles of his career, co-starring with Mel Gibson and Jodie Foster in the \$40 million big-screen version of *Maverick*. This time, though, it's Gibson who brings his considerable charms to the role of the debonair

gambler, while Garner plays Zane Cooper, the ornery lawman on his trail.

"He's like few other leading men," says *Maverick* director Richard Donner. "He has incredible presence and those dark eyes that either penetrate through you or make you smile." Mention this to Garner, and he wastes no time telling you that Paul Newman was Donner's first choice to play Cooper. But the blue-eyed actor was committed to another project, and Donner and Gibson turned to Garner. "I thought maybe he'd be so overly protective of [Bret] Maverick," says Donner, "that he wouldn't want to play a major role in a movie where he's not playing the character he created."

Garner insists he was only too happy to pass the mantle to Gibson—"I don't own it," he says of the role—but his co-star Jodie Foster thinks it means more than he lets on. "Mel's not imitating Jim, but he's totally inspired by him," she says. "And I think Jim was really proud." Foster remembers working with Garner once before—in a forgettable Disney movie, *One Little Indian*, when she was nine. "He was the nicest person," she recalls. "I remember thinking he was really handsome and wishing my mom would go out with a guy like him."

According to the actress, Gibson and Garner are two of a kind. "They're both very self-effacing, down-to-earth guys," she says. And Garner brings the same mature ease to a role that he does to his golf game. "He's learned that you don't have to make a big show out of things," Foster says. "You just pull back and swing."

Donner predicts that *Maverick* will finally bestow on Garner the Hollywood stature that has eluded him for so long. But Garner says he's just happy to keep working (somewhat ironically, he'll soon revive his Rockford character in a series of TV movies for CBS). Meanwhile, he and Lois are about to break ground on a new home in the Santa Ynez Valley, two hours north of Hollywood. And while he's ready to commute, Garner says he'll never retire. "You got to start going downhill sometime," he says. "But fortunately, I haven't done that yet." —MARK MORRISON





TO SAVE THE FUTURE, THEY MUST RESCUE THE PAST...

Officially Authorized by  
Paramount Pictures



Hand-numbered  
in 23K gold  
Limited edition  
Specially designed 23K  
commemorative border

Shown smaller than  
actual size of 8 1/4"

## STAR TREK® IV : The Voyage Home™

By Morgan Weistling

... long last, the crew of the U.S.S. Enterprise™ begins the long voyage home. Suddenly, the voyage is interrupted by a mysterious, all-powerful intruder. Now an ominous die is cast to save Earth, they must journey back through time to 20th Century Earth. Their mission — to save the future, they must rescue the past!

What a compelling new issue! "STAR TREK IV: The Voyage Home" premieres a new collection that re-lives the gripping drama of each of the STAR TREK® motion pictures in STAR TREK: The Movies. Each fine porcelain plate in this exciting new series will be limited to a total of 28 firing days, hand-numbered on its reverse, and accompanied by a Changing Certificate of Authenticity.

Brilliantly conceived and masterfully executed by famed Star Wars artist, Morgan Weistling, this colorful series will capture the most electrifying moments and unforgettable performances from each of the now classic films — "Star Trek II: The Wrath of Kahn", "Star Trek III: The Search for Spock", "Star Trek VI: The Undiscovered Country," and all the rest. As an owner, you'll have the opportunity — at no obligation whatsoever — to preview subsequent works in the collection. Our 30 Day 100% Satisfaction Guarantee assures you order at no risk. To acquire your plate, submit your order today!

Respond by: July 31, 1994

Please enter my order for "STAR TREK IV: The Voyage Home," payable in two monthly installments of \$17.50 each. Limit One plate per collector.

**I need send no money now.** On acceptance, I will be billed for my first installment when my plate is shipped. **71Z1 QD 3C**

Ms./Mrs./Mr. \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (\_\_\_\_) \_\_\_\_\_

Signature \_\_\_\_\_

\*Plus \$1.48 shipping and handling per plate installment. Orders shipping to FL will be billed 6% state sales tax. All orders must be signed and are subject to acceptance.

The Hamilton Collection

4810 Executive Park Court, P.O. Box 44051, Jacksonville, FL 32231-4051

# The top 10 SCAMS

Each year, millions of Americans are ripped off by clever con artists. This rundown on the latest consumer frauds will give you expert advice on how to avoid becoming a victim. By Lauren Picker

Ordinarily, Kathleen Coventry, thirty-eight, of Bartlett, Illinois, tosses junk mail into the trash. But a letter she received in April 1993 caught her eye. Typed on professional-looking letterhead, it offered a special program designed to improve her financial situation. "That sounded exactly like something I needed," says Coventry, a divorced mother of two who had lost her job when the company she worked for went out of business.

She called for more information and spoke with a sales representative who described a promising financial plan. But at a cost of almost \$1,000, the program was out of Coventry's reach. Less than an hour after she hung up the phone, however, another salesman from the same company called. He'd heard about her dilemma from his colleague and was offering a work-at-home program that would be better suited to her financial resources. If she was not satisfied, he assured her, her money would be refunded.

A few days later, a thick envelope arrived C.O.D. After dashing off a check for \$153.95, Coventry leafed through the material, disappointment mounting with every page.

The spiral-bound notebook offered only vague suggestions: Start a home typing business; use your personal computer as a source of income. "There was no way that any person could read this stuff and actually use the information," she says. Coventry returned the material along with a request for a refund. That was more than a year ago. Today, countless irate calls and letters later, she has yet to see her money—and she probably never will.

Unfortunately, Coventry's story is not unusual. Each year in the U.S., millions of people fall victim to scams—losing an estimated \$100 billion. So prevalent has fraud become, for instance, that according to a 1992 Louis Harris survey, 92 percent of all adult Americans have received

phony prize notifications and nearly a third took the bait. "This is a growing problem," says Patricia Faley, the former acting director of the U.S. Office of Consumer Affairs, in Washington, D.C.

Part of the trouble is that consumers can encounter swindlers virtually anywhere. Con artists can open up a local repair shop and convince you that your appliances need costly—and usually unnecessary—repairs. They can enter your home through the mail, newspapers, TV and telephone with offers that seem too good to pass up. Many of them even (continued)

## **DON'T BE FOOLED!**

Smart strategies to help protect you from fraud:

- Beware any salesperson who insists you send him money immediately. High-pressure sales tactics are a red flag that something is amiss. Unless you're given time to research the offer, don't take it.
- Before doing business with a company or contractor, check with state and local consumer-protection agencies, including the Better Business Bureau and the attorney general's office, to make sure no complaints have been lodged against them.
- Rely on companies and service shops recommended by friends and family members.
- Never give anyone your credit-card or checking-account number over the phone—unless you're familiar with the company and you initiated the call.
- For more about fraud, write for a free copy of the *Consumer Information Catalog*, Pueblo, CO 81009.



**CONCENTRATED  
STAIN MAKER.**



**CONCENTRATED  
STAIN REMOVER.**



Remove tough stains - from grass to grease - with Shout® Concentrated Gel. The power of a gel. The penetration of a brush. Really tough stains have just met their match.

**Shout Concentrated Gel. Want a tough stain out? Shout it out!®**

# LOW FAT



NATURE VALLEY

LOWFAT

CHEWY

GRANOLA BARS

2 GRAMS  
OF FAT  
Per Bar

**ONLY TWO  
GRAMS OF FAT IN  
ONE SATISFYING,  
CHEWY SNACK.**

## The top 10 scams

*continued*

use company names similar to those of bona fide organizations, duping consumers into thinking that they're legitimate.

Not only that, technological advances such as computer dialing and call forwarding have made many of these schemes even more successful. "Because of technology, the crooks are able to reach out to so many more consumers in such a short period of time that the base number of people being hit for fraud just keeps expanding," says Shirley L. Rooker, president of Call for Action, Inc., an international consumer hot line based in Washington, D.C.

But why do so many people fall for scams? Con artists are experts at exploiting a person's weakness for a good deal. They're also masters of deception. "They'll tell the consumer basically anything in order to get him to write a check or give them a credit-card number," says Richard Ress, a supervisory special agent at the FBI.

But *you* don't have to be a victim. According to a recent survey of consumer agencies across the country—conducted by the Consumer Federation of America and the National Association of Consumer Agency Administrators—and interviews with consumer-protection agencies, the following scams are the ten most common. This guide will help you protect yourself—and your money.

**Auto-repair rip-offs** Most of us know little about how our cars actually work. The upshot: We're easy prey for dishonest mechanics.

The typical auto-repair scam ranges from bait and switch—for instance, advertising cheap tires to lure you into the shop, where you'll be talked into buying a more expensive set—to blatant lies. "They'll wait until your transmission is strewn across the garage floor and give you the bad news that you need a seven-hundred- or eight-hundred-dollar repair," says Stephen Gardner, a leading consumer advocate in Dallas.

Or, you bring your car in for a tune-up and the mechanic shows you metal shavings in the car's oil pan, saying that this is a serious problem in need of immediate repair. "In truth, you [should] have shavings in your pan," says Gardner. "You should be more surprised if there aren't [any]."

**Scam-busting tips** "Once the work has been done and they've discarded the old parts, it's really difficult for the consumer to prove that it was unnecessary," says Anna Flores, executive director of the National Association of Consumer Agency Administrators, in Washington, D.C. She urges consumers to get

written estimates before authorizing repair work and to ask the mechanic to keep all the old parts for you. That way "they may think twice if they were going to do something wrong," says Flores.

**Buying a used car** What looks like a great deal in the used-car lot may actually be a lemon in need of costly repair work or replacement parts: You bring the car home only to have it die in your driveway a few days or weeks later. Another common con: Some dealers roll back the vehicle's odometer, so it appears to have less mileage than it actually does.

**Scam-busting tips** If the car looks worn, don't trust a low mileage reading; the odometer may have been tampered with. And shop around; don't let dealer pressure you into writing a check before the car has been inspected and approved by a mechanic of *your* choice.

**Home-improvement hoaxes** Common home fix-it scams involve salesmen or contractors who sell inferior—or nonexistent—goods and services. In the case of one couple from Massachusetts who hired a contractor to put a new roof on their house. Although they gave the roofer a \$2,000 down payment, he never even started the work. The couple took him to small-claims court, but got back just \$400.

**Scam-busting tips** Before hiring a contractor or other worker, a home owner should always carefully check the contractor's references and, most importantly, inspect the contractor's previous work. Also, call the Better Business Bureau to make sure there are no complaints against him. Finally, call your state or local consumer-protection agency to find out if your state requires contractors to be bonded, licensed and insured. "If [contractors] don't perform the job or don't perform it up to standards because they're bonded the consumer will get his money back," says Patricia Healy.

**Phony prize offers** Congratulations—you're a grand-prize winner—not. Postcards and telephone calls promising an exotic vacation, a new boat or a six-figure cashier's check are one of the fastest-growing frauds. In truth, that new boat is likely to be a rubber raft—if you get anything at all.

Catherine Brooks, a thirty-four-year-old secretary from Alexandria, Virginia, found that out the hard way. In August 1992, she received a phone call announcing that she was a winner. The caller told her that if she sent in a check for \$299, she would be eligible to receive cash prizes. To Brooks, it seemed like a worthwhile investment at the time. "They promised I would receive more money later on—up to \$100,000," she says. She did get prizes: two personal organizers, two clocks and a coffeemaker—worth less than half of the money she was asked to

order to collect them. The savviest consumers can be by con artists' ability to manipulate and override resistance. "These people know how to push those buttons," says John Brugger, national publication officer for the U.S. Postal Service. Many of them set up promotions to coincide with a promotional push by legitimate sweepstakes, often use sound-alike names. The consumer is required to either provide a credit card or checking-account number for identification purposes, to wire money for cover processing, shipping and handling or taxes, or to make a small deposit in order to receive the prize.

**Busting tips** If you receive a postcard or telephone call that "guarantees" a grand prize, keep a cool head and a hand on your wallet. Says Shirley Kline, of Call for Action, "We've got to ask the question 'What strings are attached to this offer? Why should I have to give up a prize that's supposed to be free?' You shouldn't. Hang up the postcard or the postcard in the trash."

**Order frauds** Phony prize offers are the only form of mail and telemarketing scams to look out for. Scammers perpetrate a mind-boggling variety of other rip-offs. Most often, the scam involves the sale of a dubious product, such as a "miracle" weight-loss pill for a \$3.99 "Universal Coat Hanger" that turns out to be a nail.

In another scheme, a so-called government agency will contact a new mother or a new mother, offering to help obtain a new Social Security card for a married name on it, or a card for a new baby—for a \$40 fee. "They make it seem as though they're the Social Security Administration, which they're not," says Marsha Goldberger, director of ethics and consumer affairs for the Direct Marketing Association, in Arlington, D.C. "All services from Social Security are free."

**Busting tips** Insist upon additional information and time to investigate the offer. "Legitimate firms will give you more information," says Brugger. "They're not going to [have] you check it out."

**Cons** According to experts, credit-card fraud now costs consumers and credit card companies \$3 billion a year. One type of scam can take many forms: a thief can steal your card, or he can make off with your credit-card number. Thieves have been known to photocopy receipts out of the garbage; a scrupulous salesperson might make photocopies of your card to go on a shopping spree. Public telephone calls can also put you at risk. Criminals often use unwitting phone users as they dial in their calling-card numbers. The numbers are later sold to others.

to all credit scams (continued)

# Does Your Garage Door Opener Have A Weak Link?



If you're stuck with a chain drive opener, you know the answer. Chain drives rely on a noisy, greasy, slack chain with hundreds of little links that can stretch or even break.

Consider the advantages of installing a Genie® Screw Drive Opener:

**Increased Strength.** Unlike most chain drive openers, Genie's solid ten-foot steel screw and direct-drive technology deliver more lifting force to your door.

**Maximum Power, Quiet and Durability.** Genie's reliable transfer of power, from motor to screw to door, delivers a quieter, smoother lift and close. Time after time, year after year.

**"Tighter" Security.** Chains flex, wobble and give. But Genie's exclusive solid-steel screw twists down tight and resists forced, manual operation.

**The Standard for Safety.** Every Genie opener meets or exceeds the strict mandates of The Consumer Products Safety Act\* and has earned the UL Mark of Safety.

**Easy Installation.** Follow the step-by-step illustrated instructions. We even have a how-to home video and a toll-free HELP hotline. Or you can just call an authorized Genie Professional to do the job.

For the name of your nearest Genie Dealer or Professional Installer, call 1-800-82-GENIE. In Canada, call 1-800-654-3643.

\*Effective January 1, 1993.

**GENIE**  
Built For A Lifetime™

**GENIE**

GXL Series

LIFETIME  
PRO-TECH™  
LIMITED  
WARRANTY

# LIP SMACK



NATURE VALLEY.

LOWFAT

CHEWY

GRANOLA BARS

2 GRAMS  
OF FAT  
Per Bar

©1994 General Mills

**DELICIOUS  
OATMEAL RAISIN,  
HONEY NUT AND  
APPLE BROWN SUGAR.**

## The top 10 scams

*continued*

involve charge cards, however; con artists also target consumers who have poor credit histories. For instance, some companies advertise "guaranteed" advance-fee loans. Typically, a customer who can't get approved for a conventional loan pays the company a \$200 to \$500 "application" or "processing" fee; the loan, of course, never materializes. Other companies claim that they can clean up a bad credit record. For \$60 or more, you'll get such commonsense tips as "pay your bills on time."

**Scam-busting tips** To safeguard against credit-card fraud, destroy all carbons and voided receipts. When purchasing items at a store, make sure your credit card is in view at all times. If you're using a calling card in a public place, says Shirley Rooker, "Be sure your body is between the person behind you and the keypad." And never reveal your card number or even the expiration date to unsolicited callers.

Finally, says Stephen Brobeck, executive director of the Consumer Federation of America, in Washington, D.C., "Credit-repair clinics and loan brokers should be avoided." The Consumer Credit Counseling Service is a legitimate organization that can help you get out of debt. Call 800-388-CCCS for the counseling office nearest you.

**Travel trickery** You're browsing through the travel section of your local paper when you spot an unbelievably low fare

to Rome. Don't believe it. Designed to attract the infrequent flyer, these deals make the price of a flight seem artificially low by misrepresenting a one-way as a round-trip ticket and separating out the other charges. You'll book the flight—but it will end up being more than twice the original price.

Though consumers can, of course, hang up the phone once they realize the flight will cost considerably more than the advertised fare, very few actually do. Once you're on the line, the salesperson is trained to keep you there until you've made a reservation. "They can overcome consumer resistance," writes Stephen Gardner.

Another common travel scam is a special promotional offer: Simply pay down \$100 to lock in a low-fee package and you can take the trip at any time the next year or two. "You call back after a year and find that the phone has been disconnected," says John Becker, director of the National Fraud Information Center, in Washington, D.C.

**Scam-busting tips** To keep from getting duped, avoid fly-by-night travel agents. "Just as you shop around for a car or a house, go to different travel agents. Compare their services and the prices they charge you," says Anna Barker. And be suspicious of open-ended offers. "See whether they're willing to give you a bona fide reservation," says Barker. "If they say 'we'll take care of you later,' that could be a problem."

**Investment schemes** According to the North American Securities Administrators

## WHAT TO DO IF YOU'VE BEEN CONNED

If you're the victim of a scam, it's unlikely you'll ever get your money back. Still, there are steps you can take:

■ "Complain, complain, complain," advises consumer advocate Stephen Gardner. As soon as you realize you've been had, contact the company responsible. "The longer you delay, the greater the chances that the company is going to move someplace else and start ripping off a new bunch of people," says Shirley Rooker, of Call for Action.

■ If you paid for phony goods or services with a credit card, call your credit-card company right away and ask them to stop the charge. If the charge has already been put on your bill, under the Fair Credit Billing Act you can dispute it and request a charge-back within sixty days of receiving your bill. To do so, immediately write to your credit-card company and include such documentation as a copy of your order, the date you ordered the material and the name and phone number of the company that sold you the bill of goods.

■ If you wrote the con artists a check or gave out your bank-account number, you have a couple of days to block the withdrawal. Call your bank immediately.

■ Contact your local, state and federal consumer-protection offices. Even if they can't get your money back, your complaint could protect others.

■ Call the National Consumer League's Fraud Information Center at 800-876-7060 for information, referrals and assistance.

...iation, U.S. investors are defrauded  
 ...a total of \$10 billion each year.  
 ...ally, [the scam artist] will target  
 ...le who have invested some money  
 ...e," says John Barker. They also  
 ...on people who have responded to  
 ...or mailings about investments. To  
 ...off the con, swindlers telephone vic-  
 ...and offer the investment opportuni-  
 ...a lifetime. The deal is often linked  
 ...new development, such as a govern-  
 ...project; the con artist says it will  
 ...the investment through the roof.

...ter taking the bait, victims are likely  
 ...ceive "financial statements" from  
 ...on artists, showing that their invest-  
 ...is earning a high return—at first.  
 ...'s when the crook will convince you  
 ...ut even more money into the  
 ...me. Then, "one day they call up  
 ...say, 'I'm sorry, we made a bad bet  
 ...all your money is gone,'" says Pa-  
 ...Faley. "Or they may disappear af-  
 ...king your life savings."

**Scam-busting tips** Be wary of unsol-  
 ...d calls from companies who offer  
 ...a deal that's too good to be true. "If  
 ...one offers a deal [that's] going to  
 ...e an enormous return on your mon-  
 ...out you must invest today, that  
 ...ld be a clue" that you should be  
 ...ious and carefully investigate the  
 ...s, says Faley. You should also be  
 ...icious of testimonials from other

satisfied investors—they may be on the  
 ...con artist's payroll. To get reliable infor-  
 ...mation on investments, talk to your in-  
 ...vestment adviser, if you have one. Or  
 ...contact the National Fraud Information  
 ...Center at 800-876-7060 and discuss the  
 ...sales pitch with them *before* handing  
 ...over your money.

**Fake employment opportunities** During re-  
 ...cessionary times, employment fraud  
 ...proliferates. According to Marsha Gold-  
 ...berger at the Direct Marketing Associa-  
 ...tion, work-at-home scams are "one of  
 ...the oldest schemes" and often target  
 ...stay-at-home moms. Other employment  
 ...cons include the sale of job lists—for  
 ...\$40 or more, a company will send you  
 ...information that could have been culled  
 ...from the helped-wanted ads. Enterpris-  
 ...ing criminals also latch onto news events  
 ...to give their pitch credibility. In the  
 ...wake of the Persian Gulf War, for in-  
 ...stance, ads promised jobs in the Gulf,  
 ...and people were sometimes charged  
 ...hundreds of dollars for work papers that  
 ...never arrived.

**Scam-busting tips** If you're looking  
 ...for work, use resources that are free of  
 ...charge, such as the classified section of  
 ...your local paper. Be skeptical of any  
 ...employment "opportunity" that requires  
 ...you to send in money first.

**Uncharitable solicitations** These scams  
 ...take advantage of a person's generosity.

Typically, you're called by someone  
 ...who says he's from a nonprofit group in  
 ...need of funding; he may even claim to  
 ...represent an organization with a name  
 ...similar to that of a bona fide nonprofit  
 ...group. (Other swindlers may contact  
 ...you in the wake of a natural disaster,  
 ...such as an earthquake or hurricane,  
 ...claiming to be from a relief organiza-  
 ...tion.) If you agree to make a contribu-  
 ...tion, the caller will ask for your  
 ...credit-card number. Or he might ask  
 ...you to send money through an  
 ...overnight mail company, thus avoiding  
 ...the postal service (and mail-fraud  
 ...statutes) and ensuring that he'll get your  
 ...money immediately. Often, you never  
 ...realize that you've been ripped off.

**Scam-busting tips** "Watch out for ap-  
 ...peals that are long on emotion and short  
 ...on describing what actions the charity is  
 ...taking to address the problems," says  
 ...Bennett Weiner, director of the Council  
 ...of Better Business Bureau's philan-  
 ...thropic advisory service in Arlington,  
 ...Virginia. If you're contacted by a fund-  
 ...raiser for an unfamiliar charity, request  
 ...additional information before making a  
 ...contribution. Also, contact your local  
 ...Better Business Bureau, which keeps  
 ...records on various charities. ■

*Lauren Picker has written for The New  
 ...York Times and The Wall Street Journal.*



FOR A WHOLE WEEK OF BEAUTY!

MUDD® Mask **DEEP CLEANING**  
 ...treatment may look ugly,  
 ...but what it does for your skin is  
 ...simply beautiful.

You can actually feel  
 ...MUDD® Mask's unique  
 ...**100% NATURAL PURIFYING CLAYS**  
 ...working to draw out oil and dirt  
 ...everyday soap simply can't reach.  
 ...MUDD® Mask also **LIFTS AWAY DRY,**  
 ...**DEAD SKIN CELLS** that can make  
 ...your complexion look dull  
 ...and lifeless.

The result is skin  
 ...so deep-down clean it will  
 ...**FEEL REFRESHED AND ALIVE.**  
 ...That's the beauty of  
 ...15 minutes of ugly.



**MUDD® Mask & MUDD® Scrub**  
 ...down-to-earth skincare.

## “I’m disappointed in my daughter”

No parent likes to admit it, but I will: I don’t like the person my daughter has become

A picture hangs in the hallway of my daughter, Elizabeth,\* then five years old. She wears the orange terry-cloth lion costume I made for her that Halloween: a lollipop is jammed in her mouth. How lucky I am, I used to say, to have this loving, bright, creative girl as my child. Never in my darkest dreams could I have imagined the anguish she has brought to me over the past two years, as she has gone through the painful process we call growing up.

My husband, Mark, and I thought we’d done our best. Because I know how lonely it can be for an only child, we entered Elizabeth early on into nursery school and play groups. I teach, and Mark is part owner of an accounting firm, so our jobs were flexible enough to allow us to spend extra time with our daughter—baking bread, painting pictures, making dolls’ clothes and holding tea parties. When she developed an interest in ballet, we sent her to classes.

As in all households, I guess, Mark and I occasionally had our angry outbursts with her. We were annoyed when Elizabeth left her

\*All names have been changed.

homework unfinished, and when she switched from flute lessons to violin to piano—then gave them all up without too much of a try. After a teacher reported that Elizabeth seemed easily frustrated by schoolwork, the three of us went for family counseling. There, we were assured that her fears and self-doubts were nothing out of the ordinary for a preteen.

Indeed, as she entered high school, Elizabeth’s grades improved. She became involved in extracurricular activities and took a part-time evening



job. There were no weekend keg parties or Saturday-night joyrides for her; instead, she and her friends went to the movies or watched videos together. We waited for that steady boyfriend to appear, but he never did.

Sometimes Elizabeth thought we were being too protective—like, for example, when we refused to let her go to unchaperoned parties. She

grumbled about getting a smaller allowance than her friends did, and she needed occasional prodding to straighten up her room. But all in all, she seemed to be a happy young woman who was warm, considerate and loving. We congratulated ourselves on a job well done.

Then graduation night came. When Elizabeth stayed out until dawn with her friends, we weren’t terribly concerned; we felt she was entitled to one celebration. We were surprised, however, when she continued to come home that summer at two, three, then four o’clock. She promised to try to be in earlier. She rarely was.

In the fall, Elizabeth went away to the state college she had chosen. She was successful enough that first year—dating a little, making good grades in dance classes. Then came sophomore year and her one major disappointment: Elizabeth entered an important dance competition and came in second, though she had worked hard and felt she deserved to win. We were proud that she’d done that well, but she interpreted the “loss” as an insurmountable failure.

Elizabeth decided to change schools in order to study sociology. A few months into her second semester there, she fell for a handsome, slightly older man. When he eventually dropped

(continued)



# To Most Moms It's A Bleach. To Mother Nature, It's Salt And Water.

It's A Little Known Fact That After Use Clorox® Bleach Breaks Down To Little More Than Salt And Water.



The same Clorox Bleach you've relied on all these years is also an environmentally sound

choice. That's because it breaks down naturally

to simple elements after use, just as it always has. And if you didn't know that, then there are some terrific uses of Clorox Bleach you may be missing out on.

Did you know Clorox Bleach extends the life of freshly cut flowers? It's true. Just add 1/4 teaspoon (20 drops) of Clorox Bleach to each quart of water used in your vase.



And did you know pouring Clorox Bleach down your sink is an easy

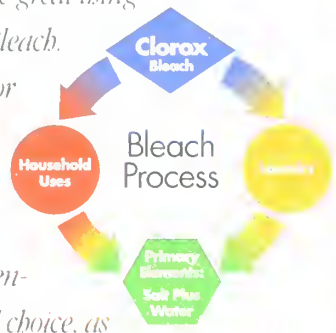


and environmentally sound way to get rid of odors in the disposal?

That's because Clorox Bleach works quickly and always breaks down to little more than salt and water after use.

That's the great thing about Clorox Bleach. No matter how or where you use it, it's always an environmentally sound choice, as

the diagram shows. And that's something you and mother nature can both feel good about.



The Simple Solution For A Healthy Home.

## Woman to woman

continued

her for another girl, the resulting grief sent her grades plummeting, and her attendance at dance classes dwindled. Placed on academic probation, Elizabeth considered dropping out, but agreed to return for one more try. It wasn't long, though, before she was calling us in tears, telling us that she found it impossible to study. At our urging, she saw a counselor.

Then she met Louis at a bar during one of her weekends home. They started dating, and she was soon taking long

weekends off from school to stay at his apartment. Louis was on welfare, had alcohol problems and was on parole for some misdemeanor that was never explained to us. We didn't have to speak our disapproval of him. She knew.

Elizabeth began to charge her phone calls to our number, sending the bills skyrocketing. Though she'd always been careful with money, she was now running up \$200 and \$300 charges for dinners and expensive presents for Louis on the credit card I'd given her for necessities. After several warnings, we took the card away. We tried expressing our con-

cerns over the direction her life was taking, but nothing came of it.

One terrible day, Elizabeth and I were in the kitchen when, clearly terrified, she blurted out, "Something's wrong—I need to see a gynecologist." She had contracted the virus that causes genital warts. Mark and I worried whether she might also be HIV-positive and Elizabeth reluctantly agreed to be tested. For six weeks, we tried not to imagine the worst. Our little girl had tested for AIDS? Was this really happening to us?

By the time the negative (continued)

## X-TREMELY CONFUSED

It may seem that parents such as the ones in this story might be doing something wrong if, despite their best efforts, their children end up as lazy, apathetic young adults. But it's more likely that these kids are just characteristic of their generation. The 46 million people born between 1965 and 1976 make up the second-largest young-adult population in U.S. history—and one of the most maligned.

The aimlessness of these teens and twentysomethings has earned them nicknames like "Generation X," "The Nowhere Generation" and "slackers." The media calls them alienated, causeless, selfish. Rather than dressing for—and reaching for—success, "X'ers" wear grungy flannel and ripped jeans and settle for low-prestige, low-paying jobs to cover the rent and cable bills. And over half of eighteen- to twenty-four-year-olds—a thirty-two-year high as of 1992—still live at home.

But there are real reasons for this seeming lack of ambition: The baby boomers had the comfort of the fifties and the exhilaration of the sixties; this generation saw the shallowness of the seventies and the misguided materialism of the eighties. In this decade, their prospects of work, love and fun are dimmed by recession, AIDS and violence.

"These kids grew up in an entirely different world than we grew up in," says Karen Ritchie, executive vice president, managing director of General Motors Mediaworks and author of the upcoming book *After the Boom: Marketing to Generation X* (Lexington Press). "Their world is one in which it's much more important to get along, to conform, not to offend. Many of them speak with a rising inflection in their voices—as if they're asking a question—reflecting their reluctance to sound opinionated. But their resentment of the boomer generation has been overblown. Most of them respect the kind of independence and vitality that the boomers represent."

Despite the fears of their parents, however, many X'ers aren't wasting their lives, but waiting until it feels safer to venture out into the world. "It's adulthood deferred," says Judith Langer, president of the

New York-based market-research company Lang Associates, Inc. As for the reluctance to leave the nest, Ritchie adds that X'ers facing a tough economy are waiting until they can afford a place with all the luxuries of home.

And while some members of this new breed do embrace the lazy "slacker" label, saying all of them are like that would be as silly as believing that every baby boomer spent the 1960s protesting Vietnam or getting high on drugs. "They haven't even started to move into their earning years, and half of them aren't married yet, but we boomers have pronounced them economic failures," says Ritchie. "And we have very little evidence for that attitude. The fact is boomers are so used to having been the center of attention that we don't want to step aside and let the younger generation have a shot."

Many X'ers are working to create a more secure world for themselves and others, and more young adults than ever are involved in community service, particularly in areas such as aiding the homeless and working toward a cleaner environment. Even those not yet on the career track are quietly preparing for the future. Susan Hayward, a partner of the market-research firm Yankelovich Partners, Inc. says, "They wear grungy clothes, but they have a professional interview suit in the closet."

Parents may not care for their X'er children's tastes or habits, but they can learn to accept them as individuals. Ross E. Goldstein, Ph.D., a psychologist and president of Generation Insights, a San Francisco consulting firm that tracks generational trends, offers these suggestions:

■ **Avoid judging.** Talk to them. Try to understand their expectations and why they don't match yours.

■ **Be positive.** Discuss the benefits of your values and expectations, not the disasters that await in the direction they're going.

■ **Let go.** "Even having done the best job in the world, parents don't have complete control over how their kids wind up," says Goldstein. "Recognizing that can be liberating. You can stop trying so hard."

—LYNN HARRIS



# THE JOY

*Incredibly delicious, homemade*

# OF NOT

*pasta salad in just one minute.*

# COOKING.

Now turning out great-tasting, homemade pasta salad is as easy as turning on the tap. Just take Rosetto Salad & Soup Tortellini out of the freezer, place in a strainer, and thaw under hot running water for one minute. Then drain, throw in a few sliced vegetables if you like, and toss with your favorite salad dressing. That's



all there is to creating a delicious pasta salad with Rosetto. It's wholesome, durum tortellini filled with ricotta, romano, and parmesan cheeses. It's delightful pasta that comes out just right every time, because there's never any cooking involved. Perfect for salads, perfect for soups, and always ready in just one minute.

INTRODUCING: FOR WOMEN ONLY

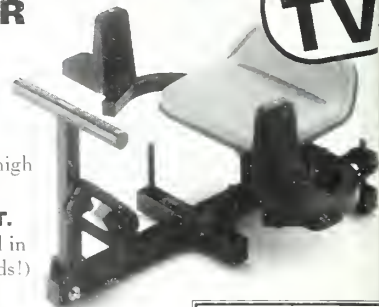
**NEW!**



**"THE BODY BY JAKE HIP AND THIGH MACHINE WILL SHAPE AND TONE YOUR HIPS AND THIGHS IN 30 DAYS, OR YOUR MONEY BACK."**

*Jake*

AS SEEN ON TV



**TURN YOUR HIP AND THIGH WORKOUT INTO AN EXCITING FITNESS CHALLENGE.**

Say goodbye to dull, unfulfilling workouts. Unlike any other exerciser, the Body By Jake Hip And Thigh Machine is so effective, you'll start noticing the slimming and firming results almost immediately.

**USE THE 10 MINUTE TRIO FOR A COMPLETE HIP AND THIGH WORKOUT.**

With the Body By Jake Hip And Thigh Machine, you'll exercise all parts of your hips and thighs—all in just 10 minutes! You'll perform 3 shaping and muscle-firming exercises. (Switch exercises in just seconds!)



**INNER THIGH**  
Push in to trim, tighten and tone the inner thighs (adductor muscles).



**OUTER THIGH**  
Push out to firm up and slim down the outer thighs (abductor muscles).



**LEG PRESS**  
Works the front and back of your thighs, as well as your backside, for a trim and firm look (quads, hamstrings and gluteals).

**AND, THE BODY BY JAKE HIP AND THIGH MACHINE IS AFFORDABLE.**

It's a remarkable buy at just \$199.90 (plus shipping of \$29.95). Even better, it's yours in 5 easy payments of \$39.98! (plus shipping and handling)

**THE BODY BY JAKE SATISFACTION GUARANTEE.**

If you're not completely satisfied with the result you achieve on the Body By Jake Hip And Thigh Machine in 30 days, we will refund your money full and pay for return shipping and handling.

**ORDER NOW! 1-800-889-3251 EXT. 3120**  
**OR, CALL OR WRITE FOR YOUR FREE BROCHURE.**

To order or for more information, write to:  
USA Direct, Body By Jake Hip And Thigh Machine,  
Dept. A, 6250 Ridgewood Road, St. Cloud, MN 56395



MasterCard

0% APR, no down payment, normal terms of your credit card apply



**Woman to woman**

*continued*

results came back, Elizabeth had officially dropped out of college. Since she was no longer a student, we felt we shouldn't support her financially. She protested briefly, but within a month she had moved in with Louis and taken a job as a salesclerk.

Our disappointment grew. Several months earlier, Elizabeth displayed for us a gold pen that she had found in the ladies' room of the mall where she works. "Didn't it ever occur to you that you took something that wasn't yours, at another person's expense?" Mark asked.

"But I asked the mall manager," she replied. "No one claimed they had lost it. If I'd left it with the manager, someone else would have taken it home." Astonished and saddened, we urged her to take the pen back, but I doubt she did.

Mark and I now realize that Elizabeth has been repudiating our lifestyle in every way she can. She spends her evenings in bars and pool halls. When she is angry, four-letter words just fly out of her mouth. Although art and literature are important to us, Elizabeth rarely even picks up a newspaper.

We have twice in the last two years paid for therapy for her, but she stopped attending sessions after a few months.

"It's only me who can straighten out my life," she announced. She seems to know that she is not ready to do so yet.

What purpose were we serving when we thought we were acting as role models? we now ask ourselves. What is the use of parenting at all? I recently saw a mother and her teenage daughter sharing a close moment at an art gallery. I wanted to ask: *How did you do it?*

Being a mother seemed so simple when Elizabeth was a toddler. Today, I don't know what "good parenting" means anymore. If my daughter is not as "successful" as her college-graduate peers, am I suddenly a bad parent? All too often, the echo in my mind clearly whispers, *yes*.

At work, friends bring in pictures of their daughters in bridal gowns and talk about their children's graduate work or creative endeavors. Envious of them and sad for myself, I try to smile bravely, wishing I could brag, too. If they should ask, am I supposed to say, "I'm relieved our daughter is at least barely managing to support herself, and I'm pretty sure she wouldn't steal, lie or deliberately hurt anyone"?

Still, I have come to realize that my situation is far from unique, mainly because I have recently begun to talk about Elizabeth with other mothers who are willing to share similar stories.

Some parents in our community speak about our teens' nonchalant attitude about cheating and the absence of what we used to call basic respect. We are amazed when we hear how many children are drinking, using LSD or smoking marijuana. A friend who is also a teacher reports that 70 percent of her high school seniors admitted to having had sex.

In fact, the more truthful I am with people ask how Elizabeth is doing, the more I hear stories that are similar to my own. I hear about sons with grand promises who drop out of college; intelligent daughters in young, miserable marriages. I suspect I am not the only one whose child has taken an AIDS test. And with each story that unfolds, I hear the parents' pain and amazement that this is happening to *their* child. Perhaps my daughter is simply typical of her generation. But when it's your own child who's a member of that generation, the reality is much more painful than you could possibly imagine.

These days, Elizabeth comes by occasionally when we aren't around—mainly to "borrow" a few inexpensive items. When I arrive home to find that all but twenty sheets of toilet paper are gone, I know she's been here.

Though there are times when she can barely pay her rent, Elizabeth does not ask us for money anymore—not sit

her \$400 toward a car and never cent returned. She has stopped ing phone calls to us. Her Christ- nd birthday cards to us are signed, nk you for putting up with all the le I've caused. Love, Elizabeth."

the advice of one acquaintance as been through a similar situation, topped reminding Elizabeth about rs' appointments and bills that need g. My friend also urges me to talk er as a friend more than as a par- scussing my own life and worries than probing into hers. As a result, omach pains have eased and there ver nights of uncontrollable crying. I see it now, the concept that our en are clay to be molded into some- ve value is probably the most dam- idea we held as parents. Yes, I Mark and I did too much guiding, uch protecting, too much hovering, ver lovingly, we tried to mold her ling to the inclinations of our own alities, without regard for the fact is child was always a separate, dis- being. I see now that Elizabeth felt rt of not being what we wanted her and rebellion seemed the only path ling out who she really was.

ometimes helps to ease my guilt I remember that Elizabeth is not st child ever to go against her par- wishes. I, too, had no idea what to th my life at twenty-two. Rather rebelling against the pressures, ver, I turned my distress inward I was so depressed that I needed a iatrist's help. My mother was sure his was a sign that she had failed, he was responsible. Only now am I ning to understand how horrible ense of responsibility can be.

course, I still have hopes for Eliza- I would like to see her return to e, and to dancing—I think she is at it than she ever knew. I would er to find a man who is moving rd in life. But those are her deci- All I can do right now is miss her, er, hope she takes care of herself ook forward to the day when she es to visit us more often.

til that happens, I'm trying not to ny breath. ■

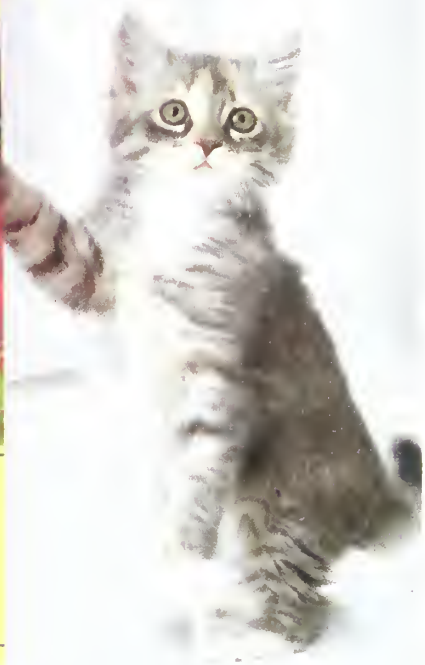
#### WANT TO HEAR FROM YOU

olumn is a series of intimate revelations by i. If you have a story you'd like to share, or: Ladies' Home Journal, Box WW, 100 Avenue, New York, NY 10017. Articles ve true, first-person accounts about experi- so personal that one would reveal them o a best friend. (All identities will be nonymous on request.) Stories should be words, typed double-spaced and accom- d by a self-addressed, stamped envelope. nclude your address and daytime tele- number on the manuscript. We will pay for each article accepted for publication.

# "DOES MY KITTEN NEED EXTRA NUTRITIONAL CARE?"



Helping pets live longer, healthier lives™  
© 1994, Ralston Purina Company



## ABSOLUTELY.

Purina® Kitten Chow® brand KITTEN FOOD has the extra protein, calcium, and minerals your kitten needs during its first year.



**BETTER CARE MAKES BETTER KITTENS.**

Call 1-800-KITTENS for more information.

# NEWS ABOUT

*IT  
DOESN'T  
HAVE TO  
MEAN  
MISSING  
OUT  
ON LIFE.*



# MIGRAINE



*Migraines and deadlines don't mix. So I saw my doctor. What surprised me was how much my doctor could do for me.*



*Music is my life. And a migraine would stop me cold. I put off calling the doctor. But when I finally did, I couldn't believe all the help I got.*



*What hurt worse than my migraines was missing time with Carrie. But now we do so much more together since I saw my doctor.*

*Today, thanks to new medical research, doctors have a better understanding of migraines. They know that a migraine is more than just a "bad headache." It has a unique set of biological causes and physical symptoms.*

*These symptoms include at least two of the following: pain on one side of the head, throbbing pain, pain that's moderate to severe, pain that's aggravated by activity. Migraine symptoms also include one of the following: sensitivity to light and/or sound, or nausea with or without vomiting.*

*Doctors also have a better insight into how much a migraine can affect you and everyone around you. Today doctors can diagnose migraine better; and they can provide treatment programs that are surprisingly effective.*

*Now you can live more of the life you want. But only a doctor can give you the whole story. Call your doctor today.*

**CERENEX**<sup>®</sup>  
PHARMACEUTICALS

DIVISION OF GLAXO INC.  
Research Triangle Park, NC 27709

**BEFORE YOUR NEXT MIGRAINE,  
CALL YOUR DOCTOR.**

# WHY MEN CAN'T FIND THINGS—

## and other great mysteries solved

Ever wonder why men think, behave and react so differently than we do? Is it simply because of the way they were raised? Or is it biological? Here's the latest surprising research. By Dianne Hales

**M**y husband, Bob, is thirteen inches taller and eighty pounds heavier than I am—but those are only the most obvious differences between us. He can calculate tips, mileage and mortgage rates in his head. I can't—but I'll beat him every time at anagrams or Scrabble.

He can tell in a glance whether the car can squeeze into a parking space. I'm the one who homes in on the "missing" keys in the jumble atop his bureau. When asked for directions, he tells people to go a mile south and a half mile east; I tell them to turn right at the high school and left at the supermarket.

Why do men and women think, act and react in such different ways? Is it because we are born different? Or do we become different because of our environment and experiences?

This question—one of the most controversial in the behavioral sciences—has long been the subject of vigorous debate.

Before the turn of the century, it was assumed that the differences were exclusively a result of nature. Men were thought to have larger brains—and were therefore thought smarter. But that theory was put to rest in the early 1900s, when scientists studying the human skull found some women had larger brains than some men—leading them to conclude that brain size varied with body size, not gender.

More recently, social scientists theorized that gender differences were the result of the distinct ways boys and girls were nurtured. Little boys were taught not to cry and were encouraged to play with guns, trucks and

other toys that developed "masculine" traits. Girls, by contrast, were allowed to show emotions and were encouraged to collect Barbie dolls, not model cars. These childhood variables were thought to fully explain the different ways men and women behaved as adults.

But now it seems the question of gender differences is far too complex for an either-or answer. No one discounts the influences of social factors, but increasingly, scientists are beginning to learn about some very concrete physiological differences between the genders as well.

"You can't pull apart nature and nurture," says Diane Halpern, Ph.D., a psychology professor at California State University, in San Bernardino, who has researched gender differences. "There are things that men, on average, excel at, and things that women, on average, excel at. But the fact that there are differences doesn't mean one is good and one is bad, or that there's a winner or a loser."

In fact, gender *(continued)*







# SCARLETT...

## Let the Music Begin

Scarlett ascends the stairs at Twelve Oaks when, for the first time, she locks eyes with *him*, the dashing renegade Rhett Butler. A chance encounter...soon to become true romance.

*Capture the passion.* In Ardleigh-Elliott's "Scarlett" sculptured music box. Playing *Tara's Theme*, "Scarlett," as portrayed by Vivien Leigh, is authentic to the movie scene. Rendered in finest handcrafted detail. Entirely handpainted from parasol and hat, to necklace and décolletage.

An outstanding value, "Scarlett" is first in the Scarlett and Rhett: Moments of Passion Musical Collection. Authorized and guaranteed for one year. From Ardleigh-Elliott, The Company of Note.™ Quantities limited, \$39.80.

Actual size 7" high.

Plays Motion Picture Music  
*Tara's Theme.*

"GONE WITH THE WIND" © 1993 Turner Entertainment Co. All Rights Reserved. "GONE WITH THE WIND" and its individual characters and elements are trademarks of Turner Entertainment Co. and The Stephens Mitchell Trusts.



"Rhett" is next in the collection.

Ardleigh-Elliott  
104 Center for the Arts Drive,  
Naperville, IL 60714-1387



Please respond by  
August 1, 1994

I want to own the "Scarlett" music box. I will send no money now. Bill me in two monthly installments of \$19.90\* purchase is guaranteed.

\*\$3.44 shipping and handling due with the first installment plus applicable sales tax. Pending credit approval. Offer valid in the U.S. only. Shipment allows receipt of first installment.

(Mr.) (Mrs.)  
(Miss) (Ms.)

(Please circle one) Name (Please print clearly) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

© 1993 Ardleigh-Elliott GSB-100 73471-E88001

## Why men can't find things

continued

differences are what make life with members of the opposite sex so intriguing. Here are some of the most recent and revealing findings about the different ways that men and women think, behave, develop, feel and function:

**1. Male and female brains are not identical.** Scientists say there are actual physical differences in men's and women's brains. Women tend to have a thicker corpus callosum, a nerve cable that connects the brain's two halves. Some researchers believe this allows for more communication between the two sides, although no one is quite sure what effect that has. Also, experts contend that the key functions, such as language and memory, are focused in different parts of the brain in men and women.

**2. Women's brains age more slowly than men's.** Using computers and magnetic resonance imaging techniques to create three-dimensional images of the brain, several teams of neurologists have found that women's brains seem less vulnerable to age-related changes. In men, the amount of gray matter—a key indicator of intelligence—begins to decrease at an earlier age than in women, whose sex hormones may protect their brains from this sort of atrophy.

**3. Women have better hearing.** Throughout life, a woman's hearing is more acute than a man's. As babies, girls are more sensitive to sounds, particularly their mother's voice, and are more startled by loud noises than boys are. In various experiments, scientists have found that women are better at detecting "pure" tones (tones of a single frequency) during childhood and most of adulthood. While men begin to lose their ability to detect high tones at about age thirty-two, women's hearing doesn't start to deteriorate until about age thirty-seven. In addition, British researchers have found that women are more likely to listen with both ears, while men favor the right ear.

**4. Women are more sensitive to tastes and smells.** In laboratory experiments, women have proved better able than men to distinguish sweet, sour, salty and bitter

substances. They also can detect smaller levels of odors, match them more accurately with their sources and rate them more precisely according to specific qualities, such as familiarity or offensiveness. Even baby girls seem to have more sensitive noses: In one test in which babies were offered scented or unscented rattles, the girls were more likely to choose the scented ones.

**5. Men have keener eyes.** Scientists say that men under age forty have better "dynamic visual acuity," which means they are better able to detect small movements in their visual field. They also are more sensitive to bright light and can detect subtle differences in light patterns. The ability to see well at long distances begins to deteriorate at an earlier age for women (between thirty-five and forty-four) than for men (between forty-five and fifty-four).

**6. Women are better finders and matchers.** Women tend to be better than men at rapidly identifying matching items, a skill known as perceptual speed. When shown a crowded tabletop or desktop in psychological experiments, women are more likely than men to remember if an item has been displaced. Once they've seen an array of objects, women replace them in their exact positions more accurately than men do.

**7. In terms of sexual turn-ons, men are more visual, and women are more tactile.** Apparently because of testosterone's effects, men seem to have sharper and stronger visual perceptions than women do. This may explain why men are more aroused by looking at erotic material than women are, and why the audience for pornographic magazines is mostly male. For women, touch is more of a turn-on than is visual stimulation.

**8. Girls and women have more of a way with words.** Speech pathologists report that in general girls start talking earlier than boys, develop more extensive vocabularies and use more varied and sophisticated sentences. In standardized tests of third- to eighth-graders, girls consistently outscore boys in spelling, punctuation, vocabulary and reading comprehension. Other studies have found that women are better at coming up with synonyms, un-

scrambling letters to form words in anagrams and thinking of words that begin with a certain letter.

**9. Men are stronger; women are more dexterous.** Most men can outmuscle most women, but when it comes to precision tasks, power isn't everything. In laboratory tests that involve working door latches or inserting pegs in a pegboard, women have proved to be more adept. However, researchers note that this advantage at precision tasks may have less to do with the female brain and more to do with a woman's smaller fingers and greater digital muscle control.

**10. Men and women navigate in different ways.** In experiments in which volunteers followed a route on a tabletop map, men learned the route more quickly and made fewer mistakes along the way. However, once they had mastered the route, women remembered more landmarks. The conclusion: Men orient by direction, distance and spatial relationships—skills that may explain why they tend to be better map-readers. Women rely more on landmarks to find their way.

**11. Girls are better natural planners.** Some scientists believe that during childhood, girls show greater natural planning ability than boys—a skill that may give them an intellectual edge over boys in the early elementary years. Boys, however, do catch up, and there are no discernible differences at older ages.

**12. Women's sex hormones fluctuate monthly during their childbearing years; men's fluctuate daily or seasonally.** Women's performance on certain tasks, including some related to spatial ability and some with verbal skills, seems to vary as levels of estrogen go up or down through the menstrual cycle. Menstrual hormonal cycles also affect their abilities. One study found that men's spatial ability typically improves in the spring, when testosterone levels are lower. The possible impact of a man's daily testosterone rise (in the morning) and fall (in the evening) isn't fully understood.

**13. Women and men are vulnerable to different types of mental disorders.** Women are much more likely than men to develop depression, eating disorders and anxiety (continued)

page for full details. Information for  
and a...

**YOU'LL  
FLIP FOR  
THE CHIP  
MADE WITH  
POPCORN.**

Here's a hip new chip with a  
crispy, crunchy, lively taste. And 60%  
less fat than potato chips.\* In Sour Cream  
and Onion, Butter, and Original.



**CHIPS YOU'LL LOVE TO POP.**

# simply pearl

**INTRODUCING  
FORMBY'S®  
DECORATIVE TOUCHES™  
PEARL FINISH.**

**The lustrous look of pearl  
with the touch of a finger.**



Now turn  
ordinary  
household  
objects into  
extraordinary  
decorative

accents with Formby's  
Decorative Touches  
finishes. It couldn't  
be easier!  
Choose from a  
beautiful array of  
deep, pearlized shades  
and simply spray on  
virtually any surface,



including  
glass,  
ceramic,  
plastic  
and metal.  
Create elegant  
pearlized vases,  
canisters, lamps  
and more.  
If you can  
dream it,  
Formby's  
can do it.



## Free facts from FORMBY'S® products

Here's a great opportunity to receive  
the latest expert information on

- Innovative craft ideas
- Home improvement & decorating tips
- Refinishing projects and techniques

For your free copy of our quarterly newsletter  
and valuable rebates on FORMBY'S® products,  
send your name and address to:

**FORMBY'S® Frequent Finishers Club**  
P.O. Box 190950  
Dallas, TX 75219-0950



## Why men can't find things *continued*

disorders, including panic attacks. Men are more likely to develop alcoholism, substance-abuse disorder and antisocial personality disorder. In a recent epidemiological survey, researchers found that women are twice as likely as men to develop a mental disorder as a result of trauma, such as rape or abuse.

### **14. Both men and women have sexual fantasies, but the scenarios vary widely.**

While researchers have found that men and women report an equal number of sexual daydreams and fantasies, a survey of more than 1,000 college students revealed that men's fantasies contained more explicit sexual images and culminated in sexual acts more quickly than did women's. In women's fantasies, emotional feelings played a greater role, and there was more kissing and caressing. In general, women fantasize about partners with whom they've been involved, while men's fantasies include a greater variety of imaginary lovers.

### **15. Women smile and make eye contact more often than men do.**

In studies of a wide range of interactions, women begin smiling in their preteen and teenage years, consistently smile more frequently than men do. It may be something innate or it may be simply because people tend to smile more at women—so they're more likely to smile back. Other studies show that females of all ages look directly at others more than males do. In social interactions, two women talking together look into each other's eyes more often than two men would do.

### **16. Men talk more in public; women are more talkative in private.**

At meetings and social gatherings, communications researchers have found that men speak more often and for longer periods of time than women do. Linguists speculate that may be because men speak to get attention in public while women speak to strengthen emotional connections.

### **17. Men and women have distinctive managerial styles.**

Men generally favor a more formal, hierarchical "command and control" structure, while women tend to be flexible, work interactively

decide by consensus, according to various management studies. In a survey of male and female lead-researchers found that women believe in accomplishing their goals by empowering workers—that making them feel good about themselves and therefore working more productively.

**Women react to alcohol differently than men do.** As chemical studies have shown, women have lower quantities of a stomach enzyme that neutralizes alcohol. As a result, one drink for a woman has the impact that two drinks have for a man. Hormones also affect the impact of alcohol. Women are also more sensitive to alcohol just before menstruation. Birth control pills and other forms of oral hormones can intensify alcohol's effects.

**Men are much more likely than women to develop sexual fetishes.** Tendencies toward fetishism—getting sexual excitement from inanimate objects, such as underwear or shoes—almost always involve men. Men are also far more likely than

women to engage in other “paraphilias,” sexual urges or acts involving objects or nonconsenting partners. Some such behaviors—for example, exhibitionism (exposing oneself) or frotteurism (rubbing against another’s body in a public place)—occur almost exclusively in men. The explanations for this are still unknown.

**20. Women are better at decoding nonverbal cues.** In an analysis of more than 125 studies in various cultures, researchers found that starting at third grade, girls and women are consistently more accurate than men at interpreting unspoken messages in gestures, facial expressions and tone of voice. Whether looking at photographs or watching videotapes or actual interactions, women show significantly greater skill than men show in figuring out how the people they observe are feeling. Even in experiments in which words are deliberately garbled or do not betray any feelings, women were able to intuit the emotional content of a conversation. ■

*Dianne Hales is a freelance writer based in Mill Valley, California.*

*Information in our 1997 is based on material by many other researchers, including: • Judith Hill, Ph.D., professor of psychology, Northeastern University, in Boston. • Diane Hales, Ph.D., professor of psychology, San Francisco State University, in San Francisco. • Doreen Kimura, Ph.D., professor of psychology, University of Waterloo, Ontario, in London, Canada. • Jack A. Naglieri, Ph.D., professor of school psychology, Ohio State University, in Columbus. • Judy B. Rosener, Ph.D., professor of management, University of California at Irvine. • Deborah Tannen, Ph.D., professor of linguistics at Georgetown University, in Washington, D.C.*

### TELL US WHAT YOU THINK

Do you think the differences in the way men and women behave are primarily innate? Or are they because of the ways boys and girls are brought up? If you have comments on this intriguing subject, let us know. Please write to Ladies' Home Journal, Department G, 100 Park Avenue, New York, NY, 10017.



# This is no place for germs.

Unlike some cleaners, LYSOL® Basin Tub & Tile Cleaner disinfects while it cleans. That way your family won't be sharing the bathroom with a lot of germs, dirt and soap scum. Just the occasional toy boat.

**Deep down, you know it's clean.**



L&F Products

## How to make **THE RIGHT DECISION**

Can't make up your mind? Do you agonize over every choice? Our five-point plan will help you make the best decision every time. By Donna Brown Hogarty

**F**or weeks now, you and your husband have been arguing about whether to buy that new house. On the plus side is a shorter commute to work for both of you, a lot more space and a safer neighborhood. But you have many good friends in your present neighborhood, and you've heard that the grade school your daughter would attend if you move is academically weak. You're feeling frustrated, and somewhat embarrassed, by your inability to make a final choice.

Unfortunately, this dilemma is quite common. "Many women, to some degree, have trouble making decisions," says Barbara Holstein, Ed.D., a psychologist in private practice in Long Beach, New Jersey. And that difficulty only intensifies when a woman needs to make a joint decision with her husband. "Women have the capacity to see both sides of an argument," says Holstein. Wives are masters of appreciating their spouse's point of view, and are often more focused on a peaceful compromise than on pushing for what they want.

When a woman does take the lead in making a choice, she may get nervous about whether her decision was the right one. "Some

women fear the ramifications of a decision much more than the decision itself," says Holstein. So, if her choice turns out to be not as good as she'd hoped, she's often all too ready to assume the blame. As a result, the next time she's faced with a variety of options, she obsesses and vacillates, wasting precious time and energy and losing her decision-making confidence.

If all this sounds familiar, take

professor of marketing and behavioral science at Cornell University, in Ithaca, New York, likens this step to "framing" a photograph with a camera. "You must focus on what's important, and cast into shadow those elements that are unimportant," he explains.

Say that you've been offered a plum spot on a community group in your town. You'd like to accept the position, but you feel torn—be-

coming a member of the group will mean meetings and extra work on evenings and some weekends, and you have two small children at home. You worry about spending too much time away from them (even though your husband has agreed to watch them), but you feel the issues facing your community are extremely important—and affect your children's future as well. In this case, you decide your top priority is to join the community group and help make positive changes for the families that live in your town.



heart. In just five simple steps, you can learn to make quicker, and better, decisions.

### ■ IDENTIFY YOUR PRIORITIES

Before you can make a sound choice about any important issue, you need to know what it is about the decision that matters most to you. J. Edward Russo, Ph.D., a

### ■ GATHER INFORMATION

Now that you've got a fix on your priorities, you need to find out as much as possible about your options. For instance, you and your husband decide you'd like to rent a house in the mountains for your vacation this year. *(continued)*

**Who says we're all the same?"**



*Gyne-Lotrimin understands we're all different with different needs at different times. That's why they offer a range of product innovations unequalled by any other yeast medication.*

**Have you tried Gyne-Lotrimin Pre-Filled Applicators?** Only Gyne-Lotrimin offers 7 pre-filled, pre-measured disposable applicators. Now, get cream with less mess and more convenience—precisely what you want. Only from Gyne-Lotrimin.



**The Combination-Pack makes a big difference.** You know how uncomfortable a yeast infection can be for the first few days? The itching, the irritation? The Gyne-Lotrimin Combination-Pack has a tube of cream for fast, external relief, plus 7 inserts for a fast cure.

Also available in Cream, Inserts and Disposable Applicators.



**Gyne-Lotrimin.<sup>®</sup>  
The Cure Starts Here.**

Read and follow label directions. If this is the first time you've had vaginal itch and discomfort, consult your doctor. If you've had a doctor diagnose a vaginal yeast infection before, use Gyne-Lotrimin as directed.

©1994, Schering-Plough HealthCare Products, Inc.

**Now, who says we're all the same?**

## How to make the right decision

continued

But first, you need to figure out exactly where you want to go, how much you want to spend and what type of rental house you'd prefer (for instance, rustic or modern).

Where should you begin? You can get a good start by looking through travel magazines for vacation spots that appeal to you. Then, call people you know who have also rented vacation homes, and ask for any advice they have. Finally, call the visitors' bureau or the chamber of commerce in the towns you're interested in and ask them to send you information about the area, as well as the names of reputable house-rental agents. "It's amazing how much information you can gather in a half hour on the telephone," says Russo.

Doing your homework will also help you identify additional options. Talking to experts and friends or brainstorming with your spouse can point you in a new direction. Say that your new boss is unbearable, and you're thinking about resigning to save your sanity. By doing some research at the office—talking to co-workers in other departments, ex-

plaining or a warm sensation in the chest. Others have a visual flash or a dream. The key, says Nadel, is to learn to recognize your particular signal. Think about the times in your life when your intuition turned out to be right, and analyze how it worked. Did you experience intuition physically or emotionally?

If your sixth sense is difficult to pinpoint, try this method from psychologist Barbara Holstein: Discuss an upcoming decision with a trusted friend or family member. What are your secret fears about the decision? For instance, if you're considering a new job but fear that you won't fit in with your colleagues, you may have intuitively picked up signals during interviews that the office atmosphere is unpleasant.

Although intuition is extremely useful, you should avoid giving *absolute* credence to it. Sometimes gut feelings result from fear rather than intuition. "Intuitive people need to have their feet on the ground," cautions Nadel. For example, your concern about changing jobs might actually arise from the challenges and insecurity that any new job brings, rather than a true sixth sense that the office is uncomfortable.

How can you test your intuition? Be-

plains. "Under cons, I listed that I found the program stifling and that although my head was telling me to stay in school, I knew in my heart that I wouldn't be happy in this profession." LaLonde decided to quit and is now content with her career as a counselor and teacher.

If listing the pros and cons doesn't work for you, try a more elaborate system. Say you're grappling with what car to buy. Money is tight, so you're leaning toward buying an inexpensive model. Your husband believes, however, that you spend more on a quality car than you'll save money in the long run. To decide, list all the important issues—*Consumer Reports* ratings, mileage, expected maintenance expenditures—then rank them from one to four in importance. Your overall scores will help you to make a final choice—and could prevent an argument, especially if you and your husband weigh the items together.

### ■ TEST YOURSELF

After you've made a final decision, subject it to one last check, says Russo. Imagine the worst consequence that could possibly arise from your choice. For instance, say your best friend has asked you for a loan. You want to help her out, but you know that she's not very responsible when it comes to money. If you can imagine yourself remaining on good terms with her—without getting resentful or angry if she doesn't pay you back on time—then giving her the loan is probably the right thing to do.

Remember that no one can accurately predict the future—if a decision does pan out because of unforeseen events, realize that you still did your best. "No one should judge the quality of her decision-making solely on the outcome," says Russo.

Even the strongest decision-maker occasionally makes the wrong decision, often for all the right reasons. If it happens to you, don't punish yourself for failing to take into account things that you couldn't possibly have known about. Instead, "give yourself a break and view the decision as a choice that needs to be updated, rather than a final take," says Barbara Holstein.

Ultimately, you'll be a top-notch decision-maker if you're comfortable with *how* you arrive at conclusions. "What really counts," says Holstein, "is the process of making the decision—of carefully pondering alternatives and reflecting on what's best for you." By confronting life's major choices in a rationally thoughtful way, you'll always make the best decisions possible.

*Donna Brown Hogarty writes frequently about psychology and relationships.*

# Imagine the worst consequence; if you can live with it, you're probably making the right choice.

ploring opportunities with your personnel director—you might find a suitable slot to move into within your company, thus saving yourself a job search. The bottom line: You'll seldom regret a decision if it's a well-informed one.

### ■ USE YOUR INTUITION

While you gather solid information on your decision, be sure to take your gut feelings into account. Although some decision-making experts discount the value of intuition, others believe that our "sixth sense" is a valuable tool, especially when balanced with logic and deduction.

To put your intuition to work for you, your first step must be to get in touch with it. According to New York psychotherapist Laurie Nadel, Ph.D., the author of *Sixth Sense* (Avon Books, 1992), everyone experiences intuition differently. Some people get a physical signal, such as a fluttering in the di-

aphragm or a warm sensation in the chest. Others have a visual flash or a dream. The key, says Nadel, is to learn to recognize your particular signal. Think about the times in your life when your intuition turned out to be right, and analyze how it worked. Did you experience intuition physically or emotionally?

### ■ WEIGH YOUR OPTIONS

Now that you've done your research and put your intuition to work, it's time to compare potential choices. One tried-and-true method: Simply list the pros and cons of each option, and cross out counterbalancing characteristics. This method worked for Sheovaun LaLonde, a thirty-nine-year-old mother of one in New York City, when she was wrestling with whether to stay in interior-design school. "For me, the pros were getting a degree and launching a career that was potentially financially lucrative," she ex-





this isn't about  
just "nice" hair—  
this **is**  
about **salon**  
**beautiful** hair.

Perfected in the salons of Helene Curtis,

**Salon Selectives** gives you the  
ultimate salon shampoos **1 3 4 5 6 7**  
and salon conditioners **B H S P F M**.

Choose your combination (it's personalized).

Makes your hair more beautiful—



salon beautiful.

so you'll **feel**  
like you just stepped out of a salon.

## BEST FRIENDS

We used to joke about school and boyfriends; now we swap cute baby anecdotes. But no matter how our lives have changed, Cathy has always been there for me. A moving tribute to friendship. By Jill McCorkle

I have known Cathy Lewis for as long as I can remember. Our hometown, Lumberton, North Carolina, was small enough when we were growing up that it seemed everyone knew everyone. Though we were never in the same class at Tanglewood Elementary School, we shared the same history and had witnessed the same events.

In the seventh grade we finally landed in the same homeroom. This year is marked in my mind with songs like "Na Na Hey Hey Kiss Him Good-bye," Indian moccasins and by a boy in our class, named Raymond Weston, who talked nonstop about his plans of owning a Harley, and said things like "Your mama had to tie pork chops around your neck to get the dogs to play with you."

I tend to think Cathy and I were first united by the mutual aggravation supplied by the likes of Raymond, but it was really in high school when our friendship as we know it began. Since our last names

began with the letters L and M, we always shared homeroom and quickly chose seats next to each other. We had everything in the world in common.

We were the types who would decorate for school dances and build the floats for the homecoming parade. If there are proms in the afterlife, she'll be hanging old parachutes, Spanish moss and crepe-paper flowers in the celestial gym and I'll be tying balloons to the pearly gates. Both of us love to talk about and analyze books and stories, songs and movies. As the editor of the high school paper, she published my lousy poetry, and I was grateful.

We graduated from Lumberton High School in 1976, and that fall we were roommates at the University of North Carolina at Chapel Hill. Neither of us could stand to match, so we had a color

scheme; everything was bright yellow and lime green, except for my wardrobe, which, despite Cathy's encouragement to branch



**Now and then: above, Cathy (left) and Jill today; below, Jill (left) and Cathy at a college Halloween party**

out with color, was—aside from my orange items—in shades of basic brown and tan.

By the end of freshman year I was not soaring academically, so I decided to take some time off from school. Come July, I realized this was a dumb idea, but by then, Cathy had been assigned a new roommate. The good thing to come of that separated year was that when Cathy and I were reunited for apartment life our junior year, I had both a major and goals for what I wanted to do with my life, as well as a brand-new Smith-Corona typewriter humming on the kitchen table.

That fall I joined her sorority and was formally taught all the secret handshakes and songs and codes that she had already divulged. We went to mixers and toga parties; I took care of the cooking and she did the cleaning. We called ourselves Alice and Theresa after two maiden sisters from our hometown who lived together and split the chores in a similar way. *(continued)*



"Cathy, Now and Then." by Jill McCorkle. Copyright © 1993 by Jill McCorkle. From the book BETWEEN FRIENDS, edited by Mickey Pearlman, published by Houghton Mifflin Company. Copyright © 1993 by Mickey Pearlman. Reprinted by permission.

*Insalata di Noci Ciccati*  
**MADE BETTER BY BERTOLLI.**



**BERTOLLI**  
*Lucca*

Only Bertolli, Italy's best-selling, best-loved olive oil, could bring out the true, subtle flavors of such delicious foods as this.

**Olive Oil has No Cholesterol.**

And Bertolli not only makes foods better, it's better for you, as olive oil is naturally cholesterol free.

Of course foods like this are appreciated not only in Italy, where Bertolli has been made for over 125 years, but here, where families like yours have made it the best-loved olive oil in America today.

**Bertolli Insalata di Noci Ciccati**

- |                                                                                              |                                                                  |
|----------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| 3 Tbsp. Bertolli Extra Virgin Olive Oil                                                      | 1/2 cup thin strips yellow or orange bell pepper                 |
| 2 Tbsp. broken walnut pieces                                                                 | 1/2 cup finely sliced, trimmed fresh fennel, when in season      |
| 1 Tbsp. mild red wine vinegar (or fresh lemon juice)                                         | 1/8 tsp. salt                                                    |
| Freshly ground black pepper to taste                                                         | Parmigiano-Reggiano cheese for shaving over the salad (optional) |
| 6 cups torn mixed salad greens (select at least 3 arugula, radicchio, curly endive, romaine) |                                                                  |

1. Combine the olive oil and walnuts in a small skillet. Heat, stirring over very low heat just until walnuts are warm. Remove from the heat. Stir in the vinegar or lemon juice, salt and pepper.

2. Combine the salad greens with the bell pepper and fennel (if available) in a salad bowl. Add the walnut dressing and toss the salad well. Divide the salad among four plates. Optional: using a vegetable peeler, peel wide strips of the Parmigiano-Reggiano over each salad. Garnish with walnut halves. Serves 4

**IF YOU WANT IT TO BE BETTER,  
 IT BETTER BE BERTOLLI.**



**RECIPE BOOK!**  
 Bertolli Olive Oil containing 25 delicious money-saving and \$1.25, check or order, for postage and Bertolli Nutrition, Box 2399, Secaucus, 099.

## Best friends

*continued*

Come summer, we found ourselves wearing red polyester, pushing slices at Pizza Hut. Unfortunately, the owners knew that we tended to talk a lot, so they always put us on separate shifts. Our only time to see each other was while we lay out in the sun or in the wee hours when one of us came home, smelling of pepperoni, with a free large Super Supreme.



Cathy and I often sat in our apartment at one A.M. eating pizza, one of us in a nightgown, the other in the red suit, talking about Brent, the cook, a former reform-school student with long, greasy, black hair, who confessed to us that he had burned down his room there. This reminded us that people like Raymond Weston were now *out there*, all grown up, with tattoos and Harleys and saying things far worse than "Your daddy kills dogs."

It was while all of this was going on that we befriended our neighbor, the young woman who lived above us. Within the first afternoon of chatting she revealed that she was pregnant and that her boyfriend frequently beat her up. Now, during our carefree summer, beer in the fridge, Jimmy Buffett blasting from our apartment windows, we became therapists. We were supportive and comforting; we encouraged her to seek help, to leave.

A week or so passed and we were still at the Hut. I was midway through my shift a few nights later when Brent loped his greasy way over to tell me that I had a phone call. "The other one of you," he said. I barely answered before Cathy was asking if I'd borrowed the tip money on her dresser.

"I wouldn't do that," I told her. "Not without telling you."

"Well, I know that," she said with that little laugh that emerges when she gets nervous. "But it would be okay if you did." She was clearly stalling. "My watch is gone, too," she whispered, and I could hear her beginning to open and close drawers. All of her earrings were gone. "My clothes!" she was shouting. "My clothes are gone!"

The owner was furious that I was leaving. "You girls don't take work seriously," the man said. "Well, you don't get robbed every day!" I said. "It's not like we knew." But then I did know who had done this, and I ran back to the phone. Cathy had the same thought at the same time. It all made sense. We *had* heard our door slam one day when we were awakened from our naps, and our neighbor *had* been stopping by more and more frequently.



**Cathy (left) and Jill at a Beach Boys concert in 1980 (top); at Cathy's wedding (above)**

We spent the rest of the night rehashing our clues. I was so relieved to see that my typewriter had not been stolen that I hadn't even done a full inventory, so we sat up late going through our things. That's when I discovered that the woman had not taken any of *my* clothes! "I've been trying to tell you about your taste," Cathy said. "Haven't I been trying to tell you?"

That fall my first short story was published in the university literary magazine. Cathy and I celebrated this event many times over. We celebrated

when it was accepted, celebrated when the issue came out. But the biggest celebration of all came when there was a very good review of the issue in the school newspaper with a whole paragraph devoted to my story. I know I didn't go to class that day; I just sat in the student union staring at the review. I remember getting to the apartment door and finding the review taped to it, that paragraph highlighted in yellow.

We shared everything that year. She read all of the manuscripts for my writing class, and I brainstormed with her on ad campaigns for her journalism course. We could almost smell graduation, but it seemed the closer it came the less we talked about moving away; she had a job in Raleigh, and I was going to graduate school for writing.

We both knew that some things are just understood. I knew as our senior year was drawing to a close we were about to experience a great loss. Oh, sure, we'd always be there for each other; we'd live on the telephone. But what about the way we told each other everything that had happened each day? What about the jokes other people didn't think were funny because they hadn't been in that seventh-grade classroom? What about our great album collection?

But there was no need to worry. Now we talk and tell everything that has happened during the week. We call to complain, to get reassurance, to get that totally biased opinion that we all need from time to time or simply to gossip—between the two of us we know all the hometown news even though neither of us lives there. We have huge phone bills, but we always rationalize that they don't cost as much as an hour with a really good shrink.

I've been surprised to learn that not everyone has a Cathy, and every month or two—phone cords twisting as we pause and turn into our separate homes to say things like "Get that out of your mouth"—one of us will remind the other how very lucky we are.

A new friend knows your present, and an old friend knows all your past dirt and glories. Once in a blue moon there's someone who knows it all, someone who knows and accepts you unconditionally, someone who's there for life. I shudder to think how different my life would have been if I'd wound up in another homeroom. ■

*Jill McCorkle teaches creative writing at Harvard. She has written four novels and a collection of short stories, "Crash Diet" (Algonquin, 1992).*



*You* **YOU COULD PUT A DIFFERENT FAT FREE SLICE ON THIS BURGER.  
YOU COULD ALSO PUT KETCHUP ON FILET MIGNON.**

5 Fat Free\* Singles. The best tasting fat free slices.  
Save a cheesy turkeyburger again. And enjoy.

5 <sup>oz</sup> Skim Milk



Look for this and other intriguing recipe ideas in specially marked packages of Kraft Free Singles.

*The* **THE BEST IN THE FREE WORLD.**

# Cardboard CASTLES

We sometimes feel we have to give our children the latest electronic toys. But all they really need to spark their imagination is the carton the TV set came in. By Beverly Ann Bond Stewart

Coming down the block, my child looks all extremities—a lean seventy-five pounds on a lank five feet two inches. Kate may be eleven years old, but jutting elbows and knees lend her the appearance of a newborn calf. Today she is intent on a mission, and a successful venture at that: Already the haul looks good.

At the corner of the lot, where my parents' yard meets Mr. Cook's, sits the loot. Spread across the lawn are boxes that once housed a microwave, a nineteen-inch color TV, a washer and bits and pieces of Styrofoam stuffing.

For all of Kate's life, my parents have lived in an old Victorian house near downtown Starkville and half a block from Spot Cash Furniture and Appliance. I don't know who owns this store, but I have wondered if the proprietor knows he is so much more than a businessman. His business may be selling washers and dryers, sofas and chairs, but encouraging childhood dreams is a definite sideline.

On the South Washington Street side, at the back of Spot Cash, employees regularly discard unwanted boxes and containers. Mr. Cook's grandchildren, Betsy and Buck, introduced Kate to this site a few years ago, and it remains a magnificent attraction. Recycling just doesn't get any better than this.

Kate, Betsy and Buck are heading back now, ever so slowly, ever so cautiously. Betsy is carrying a square wooden frame, Buck is tossing a plastic gallon jug into the air, and Kate is navigating a huge box. Occasionally a stray rock or clump of grass brings the procession to a wavering halt, causing Kate to peer around the side and adjust her load. Their satisfied and happy expressions give no indication that

they feel any of the 98-degree heat that keeps me indoors, a spectator behind lace curtains.

Soon Mother and Daddy won't be living in this old Victorian house. We are in Starkville to help with a move across town into a smaller, newer place. I am in the process of boxing up the last things.

Mother and I are tired of working and glad for the diversion the children provide. We watch as they drag the bounty to the backyard, beneath the spreading pecan tree.

I edge away from the window and begin packing again. I know what will happen. After much tugging and arranging and rearranging, after much cutting and tearing and ripping, after much discussion—and perhaps argument—a grand and glorious building will rise.

If this process doesn't take too long and we don't eat supper too early, Betsy and Buck and Kate will then become actors. Buck may become the young, willful child, and Kate and Betsy may be roommates in the dormitory. They will cart their Cokes and potato chips out of Mr. Cook's kitchen to dine in the most elegant of rooms.

My mind has long left the scene, and I'm lost in Mother's very real boxes, but she is still peeking around the edge of the curtain. "I was just thinking," she says, "how different our friendships are with different people. Kate plays with Barbie dolls with some friends and Nintendo with others. With some friends she rides bikes. Then—with some—she plays with . . . boxes. All our relationships are different."

This is true. In fact, Kate would be mortified if certain friends ever discovered that she plays with Barbie dolls and boxes. I, however, am secretly very pleased with the box friendship. In her small world shaped by activities and lessons, a world in which kids devour PG-13 movies and sport \$100 tennis shoes, Kate has managed to fashion another path.



My parents' move will not be easy for Kate. I have lived in many towns, states and countries, and I know that we will make other memories in other houses. But I know, too, that we may never again be able to create empires of cardboard from someone else's trash.

I think of all Kate's relationships, and I know that box friends are for a finite time in a finite place at a finite age. I recall lines in *The Sound and the Fury* when Quentin's father gives him a watch and first says, "I give it to you not that you may remember time, but that you might forget it now and then for a moment. . . ." ■

*Beverly Ann Bond Stewart lives in Clinton, Mississippi, with her husband and her daughter Kate, now fourteen.*

# I lost 50 pounds in six months, and I feel great!

Months after my baby was born, I still looked pregnant. Then I lost **50** pounds in 6 months.\* and I've never felt better in my life!

The Ultra Slim-Fast® Plan is such a **delicious** way to lose weight! The shakes come in so many fabulous flavors—luscious strawberry, creamy Coffee, French Vanilla and four decadently delicious chocolate flavors. And every great-tasting shake is low in fat, with the nutrition of a

balanced meal. And the Plan is really so **easy**.



You have a shake for breakfast, another for lunch and then a sensible dinner. Even scrumptious Ultra Slim-Fast candy



bars as snacks. Now I feel younger and healthier than I have in years. I love what Ultra Slim-Fast did for me. And if it worked for me, it can work for you too.



**Give us a week, we'll take off the weight.**

Ann Jillian's weight loss is not typical of the average Slim-Fast consumer. Individual weight loss may vary. Average weight loss 3-4 lbs. week one, then 1-2 lbs. per week. Consult your doctor if you want to lose more than 20% of your body weight. Use as directed with enclosed diet plan. ©1994 Slim-Fast Foods Company

# The medical system SURVIVAL GUIDE

What can you do to keep your medical costs as low as possible? To get the most coverage from your insurance policy? To make sure your medical records don't get into the wrong hands? Here's everything you need to know. By Sue Berkman

**I**n these times of mammoth health-care systems and complex insurance regulations, being a good medical consumer requires more than having the latest information about an ailment or getting a second opinion before deciding on a treatment plan.

Experts say that good medical consumers know how to navigate the country's complex medical system—a difficult, but far from impossible, task. Here are the things you must know to win the medical-bureaucracy game.

## HOW TO AVOID MEDICAL RIP-OFFS

It's the ultimate hospital billing blunder: A young couple look at the bill for their baby daughter's birth—and find they've been charged \$400 for a circumcision.

While most mistakes aren't that easy to catch, errors in medical bills are not at all infrequent. A 1990 study by a committee of the U.S. Congress found overcharges in a shocking 99 percent of hospital invoices that it reviewed.

Often, these errors slip by unnoticed. For one thing, most people take it for granted that their medical bills are correct. "People should start out by *assuming* there will be errors," advises Frederick Ruof, president of the National

Emergency Medicine Alliance, a consumer health-care organization, in McLean, Virginia.

Unfortunately, though, the prevailing attitude is, why worry? "People think that because their



insurance plan pays for the bill, they don't have to concern themselves with checking for mistakes," says Arthur Drechsler, senior vice president of the Segal Company, an employee-benefits consulting firm in New York City. But billing errors do haunt the insured as well as the insurer: Since more companies are requiring employees to share the cost of insurance, higher medical costs, due to error, can result in higher premiums.

Furthermore, many patients are reluctant to question their doctor or hospital billing office for fear of repercussions. "People must get over the idea that the doctor will refuse to treat them again—or, worse, will *mistreat* them—if they challenge billing practices," says Charles Inlander, president of the People's Medical Society, a consumer health organization in Allentown, Pennsylvania.

There are steps you can take to avoid errors in bills for a doctor's visit or a hospital stay. "First, before you undergo an exam or treatment, you should talk about fees with your doctor or, if you're going to the hospital, with a billing representative," Ruof says. "Then, you should talk to your insurance representative to determine if all the charges will be covered. If they aren't, ask the doctor to accept the insurance as payment in full. He may not go for it, but it costs nothing to ask and you could save money."

Adds Charles Inlander: "Try not to go to a doctor's office or hospital alone; it helps to have two sets of ears and eyes. And keep a written record of your office visit or hospital stay; no one knows better than you whether or not you received the services and medications listed on a bill." *(continued)*





## The cause of your lower back pain may be a lot lower than you think.

A physical therapist looking for the source of your pain doesn't overlook anything, including the shoes you wear. That's one reason why physical therapists are able to get you on track to a healthy and long-lasting recovery. They're educated in the interaction of all the parts of your body.

Their hands-on approach begins with the treatment of the immediate problem. Then they teach you how to take care of yourself by showing you exercises and how to use your body properly in order to gain strength and prevent recurring injury. If you need this kind of care and you're not receiving it now, be sure to ask for it.

Contact a licensed physical therapist today. And for more information about physical therapy, and a brochure on back pain, call **1-800-955-7848**.

**Put your health in the hands  
of a Physical Therapist.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

For more information and a brochure on  
back pain, send to:

American Physical Therapy Association

P.O. Box 37257

Washington, D.C. 20013



D2

## The medical system survival guide continued

Although you may have to pay your bill as you leave a doctor's office, you should never settle a hospital bill at the time of discharge. (Hospital bills are generally much more complex.) Insist that the hospital send you an itemized bill, not a summary. And ask to see your hospital records, too. "This is the best way of comparing what was done to you with what your bill says was done to you," says Ruof.

Most hospitals will bill your insurance company directly. But ask the billing department to let you check the bill first, before it is submitted to your insurer. "You'll meet with resistance since hospitals want to get paid as fast as possible," says Ruof. "But don't give in."

Watch for these things in reviewing your medical bills:

**Code errors** There are more than 7,000 five-digit codes for health services and procedures, designed to simplify

that you didn't receive.

**Unrequested items** There are no freebies in hospitals. Personal items (slippers, tissues and toothpaste) are often billed at luxury rates. Look for—and contest—items such as "thermal therapy kit: \$15," which may be a plastic bag of ice cubes, or "urinal: \$5," which may be an inexpensive plastic cup.

**Bulk charges** Watch for vague listings such as "Pharmacy" or "Radiology." Ask for an itemized listing and question anything that appears to be a charge over and above the total for specific items.

**Human errors** A mistake in data entry can happen if a clerical worker is not paying strict attention. "Hospitals call these 'honest mistakes,'" says Inlander. "But they don't try to correct them."

If you find an error in your bill, call your doctor's office or the hospital billing department right away. Insist that the bill not be sent to your insurance carrier until it is straightened out; if it's already in the works, write to your

**"People must get over the idea that the doctor will refuse to treat them if they challenge billing practices."**

billing procedures and insurance claims. Check your bills to make sure your doctor has used the right code for the service you received. "Never accept a bill with only codes," says Charles Inlander. "Codes tell you nothing. Your bill must also have understandable explanations so that you can make sure the codes correspond to what was done to you."

**Redundant or shoddy testing** If several doctors are involved in your care, each may request the same test. If you find yourself being billed more than once for the same procedure, question it.

**Unauthorized charges** Certain routine tests, such as chest X rays, may be done without your permission. Tell your doctor in advance you want to preapprove all tests. If you haven't approved something, don't pay for it.

**"Phantom" charges** Many hospitals have a standard list of fees that are automatically imposed in connection with certain procedures. For example, some hospitals routinely bill for sedatives and painkillers with all childbirths, even when the baby is delivered naturally. Demand removal of charges for services

insurer and report the discrepancy. Send a copy of the letter to the hospital.

### HOW TO GET INSURERS TO PAY UP

There are a number of justifiable reasons insurers refuse to pay medical bills, says Benjamin Lipson, author of *How to Collect More on Your Insurance Claims* (Simon & Schuster, 1985). Lipson says that many plans, for example, don't allow for certain services such as dentistry or psychiatric treatment. Other plans won't cover treatment for "preexisting conditions," medical problems that existed prior to your coverage taking effect. And still other insurers refuse to pay charges in excess of what's considered to be the usual and customary fee in your geographic area. So, before getting up in arms over a denied claim, make sure you are actually entitled to it under the terms of your insurance policy.

If there is a mistake, though, it can sometimes be traced to your doctor, who may have written the wrong procedure code on your claim forms. If that's the case, contact his or her office—in writing—and point out the discrepancy.

Follow up to make sure the correction has been made with your insurance company.

If you believe that your insurance company has denied a legitimate claim, take these steps:

**Write to a high-level official of the insurance company with your appeal as soon as your claim is denied.** The letter should summarize the elements of the dispute and contain your name and, if it is different, the name of the insurer, the policy number and the claim number, as well as copies (not originals) of documents such as the "explanation of benefits" form explaining the denial. Send the letter by certified mail.

**Write to your state insurance commissioner, enclosing copies of correspondence between you and your insurer.** Every state insurance commissioner has a consumer-complaint division. Though the division cannot order the insurer to pay you, it certainly intercede on your behalf to sure that your appeal is considered promptly and seriously.

**Bring legal action against the insurer.** Depending on the amount, you do this in small-claims court on your own or consult a lawyer about a full-scale suit. However, you should do so only if you're sure you have a clear case of injustice. Legal action can be expensive and fruitless.

### HOW TO KEEP MEDICAL RECORDS PRIVATE

You may assume that the information contained in your medical records is secret between you and your doctor. But, unfortunately, that's not always the case, says Harvey Wachsman, M.D., J.D., a lawyer/physician in Great Neck, New York. If you're covered by insurance provided by your work, chances are you've relinquished a certain degree of privacy and given your employer access to medical files. (Every time you sign an insurance claim form, you're releasing medical records to your insurance company, which in turn may lease them to your employer.)

Beyond that, "there are a lot of people who use authorized access for unauthorized reasons," says Evan Hendrick, publisher of *Privacy Times*, a newsletter in Washington, D.C., that deals with privacy issues.

Horror stories of misuse of medical records abound: employers who refuse to hire or promote someone because of a medical condition; insurance companies that won't enroll an individual because of family health problems; even angry spouses who introduce medical or psychiatric histories into divorce proceedings.

Though many such practices are blatantly illegal, consumer (continues)

# WIN \$10,000

IN THE  
DOW BATHROOM CLEANER



# SCRUBBING BUBBLES™ TUB TIME CONTEST

Tell us what makes tub time fun for your kids. Send us your tub time tips and tell us why bath time is special for you and your kids and be a winner!

- FIRST PRIZE \$10,000**
- SECOND PRIZE \$2,000**
- THIRD PRIZE \$1,000**
- 10 HONORABLE MENTIONS \$50**



All cash prize winners receive monogrammed towels for their kids and a year's supply of Dow Bathroom Cleaner.

The first 1,000 entrants receive a SCRUBBING BUBBLES "Bathroom Organizer." All entrants receive a SCRUBBING BUBBLES "Help You Play It Safe In The Bathroom" Booklet.\*

\*While supplies last.

**SCRUBBING BUBBLES™ Tub Time Contest Rules**  
 purchase necessary. Contest subject to all federal, state and local laws and regulation, void where prohibited.  
 Turn completed entry form and attach kids bathtub entertainment and parent banding tips printed on a 8 1/2" x 11" piece of paper (50 words or less), photos optional.  
 Contest is open to all parents 18 years and older who are residents of the U.S., except employees and immediate family members of DowBrands L.P., its affiliates and agencies.  
 Mail entries to Scrubbing Bubbles Tub Time Contest, 500 North Michigan Ave., Suite 200, Chicago, IL 60611. Contest must be postmarked by August 31, 1994.  
 DowBrands is not responsible for lost, late, incomplete or misdirected mail.  
 Winners will be selected by Galin/Harris, an independent organization, on the basis of originality, creativity and originality. Winners will be chosen from all entries received by representatives of DowBrands L.P. on or about September 15, 1994. Decisions of DowBrands L.P. and Galin/Harris are controlling and final.  
 Winners will be notified by mail. For winners' list, send a self-addressed, stamped envelope to address previously noted.  
 Entries and materials submitted become the property of DowBrands L.P. and will not be returned or acknowledged.  
 Entry constitutes permission for DowBrands L.P. to use entrant's name or likeness and adapt, modify, edit, excerpt, publish, promote and otherwise use the entry and its contents as it sees fit.  
 Prizes include: (1) First Prize: \$10,000 cash, (1) Second Prize: \$2,000 cash, (1) Third Prize: \$1,000 cash, (10) Honorable Mentions: \$50 cash each. Cash winners receive a monogrammed towel for each child in their family (maximum five towels per winner), retail value \$25.00 per towel. Cash winners receive year's supply (one case) of Dow Bathroom Cleaner, retail value \$28.00. No prize substitutions allowed. Winners responsible for all applicable taxes.

## TUB TIME CONTEST ENTRY FORM

Entries must be postmarked by August 31, 1994

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City/State/Zip: \_\_\_\_\_  
 Kid(s) Name and Age: \_\_\_\_\_  
 Daytime Telephone Number: \_\_\_\_\_

Attach your tub time tips (50 words or less) to this form and mail to:  
 SCRUBBING BUBBLES Tub Time Contest  
 500 North Michigan Avenue, Suite 200  
 Dept. # 401-LJ  
 Chicago, IL 60611



©™ Trademark of DowBrands  
 © 1994 DowBrands

# Spirited Family Activities to Enjoy All Summer

Brought to you by

**Cool Whip**  
WHIPPED TOPPING

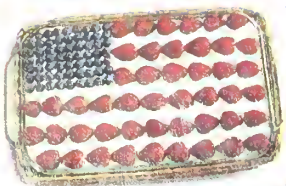
Pump up those bicycle tires and set out on a family excursion. It's a great way to explore your town and, of course, great exercise.

Get out your frisbee, prepare your family's favorite lunch and head out for a picnic at your local park.

Fold your tent, pack your gear, and bring food to grill on the campfire. There are state parks and inexpensive camping grounds everywhere. Perfect for spending time with your family.

Invite your friends and neighbors over for a Saturday afternoon frisbee barbecue. A fun and relaxing way to spend the day.

Go berry picking with the kids and use those fresh-picked fruits to make a special dessert. For a fun recipe idea, turn to page 155.



## The medical system survival guide *continued*

advocates say they occur all the time. Here are some things you can do to protect your medical privacy:

**Read before you sign.** Before signing off on a blanket release form that allows employers and insurers access to all your medical records, look for ways to modify them. For example, insert a phrase that limits the number of doctors who are allowed to release your records, or designate that records may be released only for the period of time of your hospitalization or treatment, thereby cutting off perpetual permission to get into your files. You should make sure, though, that reimbursement isn't contingent upon your signing the standard form.

**Make sure your medical records are accurate.** Ask your doctor for copies of your medical files. Whether you will get them depends on your individual doctor—and on laws in your state. According to Inlander, state laws vary regarding an individual's access to his or her own medical files. For copies of relevant laws, contact your state's health department.

If you're having trouble getting your records:

- Ask another doctor (a specialist you're seeing, a friend, etc.) to request them. Most doctors will give records to other doctors as a professional courtesy.

- Or, if that doesn't work, get a lawyer. Often, a letter on legal letterhead will be persuasion enough.

**Find out what the data bank knows about you.** The largest repository of insurance records is the Boston-based Medical Information Bureau (MIB). Some seven hundred and fifty insurance companies provide information to MIB each year, and approximately one out of seven Americans has a personal file there. If you'd like to see yours, you can request it free of charge from MIB, Box 105, Essex Station, Boston, MA 02112; 617-426-3660. Ask them to send you forms to begin the disclosure process.

If you find errors—and many people do—request that your file be corrected. You should send a statement from your doctor with the right information. Follow through to make sure the correction was made.

**Go "off the record" with your doctor.** If you have any medical problems that are particularly sensitive, you might ask your doctor *not* to include it in his or her files, says Mack Lipkin, M.D., director of primary care at New York University Medical Center, in New York City. Don't avoid telling your doctor about certain things (sexual practices, past or current use of

drugs, psychological disorders, etc.) for fear of repercussions. Rather, request that the information not be written down—or that if it is, that it stay in your office. (Doctors are bound by professional ethics to protect your medical privacy. However, many insurers require patients to authorize doctors to release their medical records.)

**Know your rights.** The American with Disabilities Act (ADA), which went into effect in 1992, makes it illegal for companies to ask any questions about the disability or medical history of any job applicant. The law forbids discrimination on the basis of medical history in hiring or promotions. For more information on the law, contact the Job Accommodation Network at 800-ADA-WORK. The hot line is open Monday through Thursday, eight to eight P.M., and Friday, eight A.M. to five P.M. E.T.

### FOR YOUR INFORMATION

For information about insurance regulations in your state—about how to contact the insurance commissioner—call or write the National Insurance Consumer Organization, a nonprofit consumer agency, P.O. Box 15492, Alexandria, VA 22309; 703-549-8050.

For general information about how to select an insurance company and to get the most out of your policy, contact the National Insurance Consumer Helpline, a service sponsored by the insurance industry, 800-942-4242. The line is open Monday through Friday, eight A.M. to eight P.M. E.T.

These publications provide additional information:

"Warning: Health Care Costs May Be Hazardous to Your Wealth!" available for \$4 from the National Emergency Medicine Alliance, 6862 E. Street, Suite 300, McLean, VA 22101.

Take This Book to the Hospital With You, available for \$14.95 at bookstores or from the People's Medical Society, 462 Walnut Street, Allentown, PA 18102; 800-624-8773.



Actual size

# THE FIRST DOLL HOUSE CHRISTMAS ORNAMENT

Officially Authorized  
by the  
National Trust for  
Historic Preservation



Shown slightly larger than actual size.

Bring the warmth of a Victorian Christmas into your home with this unique Christmas ornament created especially for you...the first Doll House ornament.

This highly detailed, hand-assembled ornament was inspired by an authentic antique (circa 1900) on display at the Brighton Dolls' House & Toy Museum.

The ornate exterior is meticulously detailed, embellished with gold and finished in a rich creme color.

The inside displays images of the doll house's miniature interior elegantly furnished and decorated for the holidays. The family can be seen dressed in their "Sunday best."

Officially authorized by the National Trust for Historic Preservation, guardian of America's heritage, this ornament will be treasured for years to come. It's affordably priced at just \$19.50, and your satisfaction is guaranteed!

**Don't delay. Order this historic first Christmas ornament today!**

## Bing & Grondahl Collections

27 Holland Avenue, White Plains, NY 10603

1-800-REC-ORD  
Promoted

Please accept my order for the first *Victorian Doll House Christmas Ornament* for just \$19.50 \* I would like to reserve \_\_\_ Christmas ornaments.

If for any reason, I'm not 100% delighted with my ornament I may return it within 30 days for a replacement, credit or refund.

My check or money order is enclosed (payable to Bing & Grondahl Collections)

Charge my credit card on shipment (check one)

VISA  MasterCard  American Express

Card #

Exp Date

Signature

Name

Address

City

State

Zip

\*Plus \$1.95 per ornament for shipping and handling. W.F. & C. members and eligible salaried federal employees may receive a 10% discount. NOT ALL ORDERS MUST BE SHIPPED AND ARE SUBJECT TO ACCEPTANCE. DHE3\*

# UNDER FIRE: When crime hits home

In America today, the sound of gunfire is heard on the streets, in the workplace, even on commuter trains. Here, four stories of women whose lives were altered forever by acts of terror

## HORROR ON THE 5:33

*According to the Centers for Disease Control, each year in the U.S. approximately one hundred thousand people are treated for serious gunshot wounds in hospital emergency rooms. Some of these victims eventually recover; others are left permanently disabled. Annually, gunshot wounds cost the country \$116.4 billion in hospital and medical care.*

*But the emotional costs can be even more devastating—something Carolyn McCarthy, of Mineola, New York, knows all too well. Last December 7, a man named Colin Ferguson boarded a Long Island Rail Road train, allegedly pulled out a 9mm semiautomatic handgun and began a methodical shooting spree, killing six passengers and wounding nineteen others. Among those fatally injured was Carolyn's husband, Dennis, fifty-two. Her son, Kevin, twenty-seven, was hit in the head and hand and was left partially paralyzed. Now, as she grieves for her husband, Carolyn is determined to see her son recover fully.*

I arrived home December 7 around eleven P.M. after attending a Christmas concert with a friend. As I got out of the car, my brother, Tommy, came out of our house and asked me if I was all right. I asked what he was doing there. "Oh, my God, you didn't hear?" Tommy cried. There

had been a shooting on the train, he told me. Dennis was dead, and Kevin was in surgery.

I fell apart for about five minutes, and then we went over to North Shore University Hospital. On the way there, I just kept saying, "Kevin is going to be okay." But the neurosurgeon who treated him offered us almost no hope. One of the bullets had ripped out part of his brain, and there was only a 10 to 20 percent chance that he would survive the night. My whole family, plus about twenty of Kevin's friends, waited at the hospital all through the night.

Miraculously, the next day my son was fairly alert. He was lucky in that the brain injury did not affect his respiration or vital organs, but the neurosurgeon said he would be permanently paralyzed on his left side. I told her she was wrong. Having worked as a nurse for thirty years, I've helped rehabilitate patients who weren't supposed to survive, and I know how important it is to maintain a positive attitude.

*continued*

**INNOCENT VICTIMS (from top): Carolyn McCarthy, whose husband and son were shot; grieving widow Judy Becker-Darling; Cynda Valle-Rogers, her young son, and husband, Glenn, a recovered shooting victim; and Frances Davis, who lost three sons to random violence**



# Best Foods Reduced Fat. Never has so little fat tasted so big.

You don't have to give up taste to cut down on fat.

Try Best Foods Reduced Fat Mayonnaise

Dressing. Only one third the

fat of regular mayonnaise,

zero cholesterol and the

great taste of Best Foods.



Bring out the Best Foods...  
bring out the best.



**SAVE 50¢**  
On One 32 oz. Best Foods  
Reduced Fat Mayonnaise Dressing.



266167



INGREDIENTS: WATER, SOYBEAN OIL, VINEGAR, EGG YOLLS, LECITHIN, SALT, GARLIC, ONION, SUGAR, CITRIC ACID, POTASSIUM ACETATE, CALCIUM CHLORIDE, POTASSIUM SORBATE (PRESERVATIVE), NATURAL FLAVORING. CONTAINS SOY AND EGG PRODUCTS. BEST FOODS COMPANY, CHICAGO, ILL. © 1994

© 1994 Best Foods, CPC International, Inc.

A SUNTAN FADES. SKIN DAMAGE LASTS FOREVER.



Please protect your family. Protect them with serious suncare. But don't trust just any sun protection. Trust the name health care professionals rely on, Johnson and Johnson. SUNDOWN sunblock from Johnson and Johnson contains a patented UV barrier system to protect two ways. It both reflects and absorbs damaging ultra violet rays. So help keep your family safe from the sun with SUNDOWN.

SUNCARE THAT'S AS STRONG AS THE SUN

Johnson & Johnson

©Johnson & Johnson, CPI 1994

## Under fire

*continued*

I postponed Dennis's funeral for several days until we had a better idea of Kevin's condition. By the day of the funeral, my son was off the respirator. When I visited him that afternoon, his voice was just a whisper as he asked, "Where is Dad?" I didn't know how much he remembered, but I hoped he thought his father was in the next room. I said, "Dad's not here right now." He replied, "Dad's gone. . . . Train, gun, Dad, gone." I told him, yes, his father had died. We had a good cry together; then he gave me a big hug as he said, "No tears."

On Christmas Eve, Kevin developed a large blood clot near his lungs that required immediate surgery. But he pulled through. A close friend of mine was with me through all this; when they brought Kevin back from the operating room she and I started laughing out of sheer joy. We celebrated his successful surgery with ice-cream cones.

His progress was incredible. Doctors had planned to keep Kevin in the intensive-care unit for five months, but he was ready to go to a rehab unit in less than five weeks. During that time, we got so much support from everyone who had heard the news. Within two days of

the shooting, hundreds and hundreds of letters poured in. I couldn't walk anywhere in the hospital without people coming up to me and saying they were praying for Kevin.

All that time I was still focusing on Kevin and never took the time to grieve for Dennis. That came almost two months later. I felt that if I spent my energy on mourning, I wouldn't have anything left to give to my son. I felt a little guilty about that, but I knew Dennis would understand. Kevin and I have both spoken to a psychologist specializing in trauma. I also have a lot of faith, lots of friends and good family support.

The only day I got angry with Colin Ferguson was the day of his hearing to determine whether he was mentally competent to stand trial. [He was—the trial is expected to take place this fall.] I happened to be home and caught the live broadcast on TV. Just the way he spoke really infuriated me. I kept walking around the house saying, "How dare he! How dare he!"

Still, I believe that it takes more energy to be angry at somebody than it does to—well, I'm not going to say forgive because I am nowhere near that point. I'm not saying I don't have bad feelings about Ferguson every once in a while, but I really don't

think about him, and I am not going to waste my time on him. Let the court system handle him.

I have always been against guns. Why should automatic and semiautomatic guns be sold in the first place? It's unrealistic for me to say we should ban guns altogether, but there have to be strong controls. The criminals always seem to have more rights than the victims, and that's wrong. When I answer all the letters I've received, I include the addresses of all the governors and congressmen in the New York City area, hoping these people will tell the officials that they've had enough.

America has got to wake up. This tragedy happened in this quiet community, and it can happen anywhere. No, I know that ordinary people have to do something about this, and I don't mean by buying a gun to protect yourself. That isn't going to work.

As I look to the future, my greatest hope is for Kevin's complete recovery. He's at home now, and he's struggling to walk again. He still needs assistance with basic activities, like getting dressed, but he's making progress every day. (Fortunately, his medical bills, which total approximately \$200,000 thus far, are covered by insurance.)

We have an old tree stump in our backyard that Dennis and Kevin were



to remove. I told my son I'm bringing him to get rid of it and to be in the garden this summer.

—BY CAROLYN MCCARTHY,  
AS TOLD TO TOM LOWRY

## THOUGHT IT COULDN'T HAPPEN TO US"

*It is now the second-leading cause of workplace death. In 1992, more than one million people were killed on the job. In 90 percent of those cases, the victims died as a result of gunshot wounds.*

*Work-related injuries are also on the rise in the home—something one family in Los Angeles will never be able to forget.*

My husband, Glenn, is an internist at Harbor Hospital in Los Angeles—the hospital pictured in the opening credits of *General Hospital*. But on February 8, what happened there rivaled any other drama.

On that rainy morning, I was painting in my downtown Los Angeles studio as my seven-week-old son, Valle, slept nearby when I heard the announcement on the radio: Three doctors had been taken to close range in one of the hospital's emergency rooms. I tried to call the doctor but got no answer, so I left a message with the hospital administrator. After a terrifying fifteen-minute wait, a doctor returned my call and assured me my worst fear: Glenn was

one of the victims, but he was alive and being treated. The gunman had taken the two female hostages and was still holed up in the emergency room near where the shooting had taken place.

I grabbed Valle, and we rushed to the hospital. Police were stationed everywhere, but it didn't seem real; it was more like the set of a cop show where everyone knew their roles but me. I identified myself to the officers, one of whom took me through the barricades and into the hospital. Glenn's colleagues hovered over me and the baby; I kept asking them, "Where is he? Is he all right?" They assured me my husband was alive and in intensive care, but the gunman was still at large. Two officers escorted me to the elevator leading to the ICU, shielding me with their bodies as we passed the doors to the room where the hostage drama was taking place. I held Valle close.

After a long wait outside the ICU, I was allowed to see my husband and bring our son with me. Glenn was frighteningly pale and weak. The bullet had pierced his lung and lodged just behind his heart, narrowly missing his spinal column. If he had been shot anywhere but in a trauma center, he could easily have bled to death; if he made it through the next twelve hours, though, he would be all right. I

sat at Glenn's bedside and concentrated on every breath he took. By the first rays of dawn, his vital signs were good. The longest night of our lives was over.

It was also a relief to know that the crisis ended without further tragedy. After five hours, the gunman released his two hostages unharmed and the other two doctors, though badly hurt, would recover. The man, a skid row resident, was charged with three counts of attempted murder and two counts of hostage-taking. Apparently, he had come to the hospital to get revenge against the doctors he felt had not taken seriously medical complaints he had made more than six months earlier.

With the support and an unbelievable outpouring of love from friends, family and everyone at the hospital, we made it through the next several days. Something about this particular shooting seemed to interest people, and reporters sought out my husband for interviews. Glenn couldn't understand all the media attention—especially since shootings with much more tragic outcomes are commonplace on L.A. streets—but he used the opportunity to speak out in favor of gun control. "I think it's insane that anyone who harbors a  
(continued)

**OUR T-BONE  
DESERVES  
WISH-BONE.**

**WISH-BONE**

**MARINATED  
STEAK ITALIANO**

1/2 cup Wish-Bone Italian Dressing\*  
2 to 2 1/2 pound T-bone, boneless sirloin  
or top loin steak

In shallow dish, pour dressing over steak. Cover and marinate in refrigerator, turning occasionally, 3 hours or overnight. Remove steak, reserving marinade. Grill or broil, turning and basting frequently with reserved marinade, until done. Makes about 4 servings. \*Also terrific with Wish-Bone Robusto Italian or Lite Italian Dressing.

**Wish-Bone**

**ITALIANO**

Special blend of garlic, onion, red bell peppers, lemon juice, and herbs that's Wish-Bone Italian taste so great on your salad makes your steak taste great, too. For more Wish-Bone marinade recipes, write: Free Cookbook Offer, Box 1148, Grand Rapids, MN 55745-1148, while supplies last.

## Under fire

*continued*

grudge can just go out and buy a handgun," he said. "I think handguns should be banned."

I was torn between conflicting emotions. On one hand, I felt proud of Glenn and grateful that he was alive. We were both taking more joy in life and in our family. On the other hand, I was also fearful and on edge. Random violence was no longer something that happened only to other people—now I knew that it could strike me and my loved ones.

It's been more than a year now, and some of the fear is beginning to fade. Glenn is back working in the emergency room, and I spend my days wielding a paintbrush and caring for Valle. But every so often, when I find myself overreacting to life's small annoyances, I take out a get-well card from one of the nurses who helped save Glenn's life. Its message reminds me of what I almost lost: "Dear Dr. Rogers . . . It was very difficult for me when you told me, 'Tell my wife I love her,' but I'm really glad that now you are able to tell her yourself."

—BY CYNDA VALLE-ROGERS

**“When I was young, the only people we knew with guns were the police. Now mothers are afraid to let their children play outside.”**

### **“MY SONS DIED IN THE COMBAT ZONE”**

*Since the mid-eighties, the murder rate of Americans aged fifteen to twenty-four has risen nearly 90 percent. In 1991 alone, more than eight thousand young people were killed—many of them young men.*

*The violence is particularly severe in neighborhoods like the one Frances Davis lives in. Outside her home in Brooklyn, New York, the sound of gunshots is as familiar as the noise of traffic. And among the innocent lives that have been claimed here are those of Davis's children.*

Once I had three sons. Now all of them are gone. When I buried my youngest child last summer, I planned to go home, take some pills and go to sleep forever. But then I stopped and asked

myself what my children would have wanted me to do. Now I'm their representative. I felt they would want me to let people know who they were—not just some young men who got shot on the streets of New York, but my sons: Raleak, Andrew and Frankie.

They grew up in Brooklyn, just as I did. But when I was young, the only people we knew who carried guns were the police. Now mothers are afraid to let their kids play outside in the summer.

I raised my sons alone, for the most part, and we were so close; even when they were grown, they called me “Mommy.” Raleak was my oldest, with big plans for his life. At twenty, he worked as a sheet-metal welder and went to college part-time, hoping to eventually become an architect. He was also engaged to be married.

But all those dreams were destroyed on a June night in 1987, when Raleak was approached by a young man on the street who demanded money. Raleak was very generous, but he was also the kind of kid you couldn't take something from. Words were exchanged, and the guy pulled a gun on my son, killing him. The murderer served only three and a half years in jail.

I felt like somebody had cut my heart out. Just hours before he died, Raleak and I had had an argument, and I never got to make it up to him. That was one of the hardest things. In a violent death, you never get to prepare.

Andrew, then eighteen, became angry and aggressive after his brother's death, and for several years, I didn't know how to reach him. But in 1991, the last year of his life, he was calming down. At twenty-two, he was the father of two young sons, and he was about to marry the mother of one of the babies. He was entering a job-training program. I felt our family was finally coming back together again.

Then one day in early November, I had just come back from a day trip to

Pennsylvania when I heard the message from my sister on my answering machine. Andrew had gotten into an argument with another man—over what never found out. The man ran away but he returned with two friends, and shot Andrew four times.

I went to the hospital, but all I could do was let my son know I was there. For twelve days I stayed by his side. On the final day, I locked myself in a bathroom to be alone for a moment, but my grief and terror were so immense that I couldn't even pray. All I could think was: Does he know I'm here? Is he afraid? Then I heard everyone screaming, so I knew it was over. They never found the man who shot Andrew, and none of the witnesses wanted to get involved. When no one is charged, it makes the victim and suffering even worse—like my child was a nobody.

After that, I came to depend on Frankie. He coped with his grief with humor, and he could always make me laugh. I bought him a beeper and beeped him every five minutes. “You're always worrying,” he'd say. I knew I was clinging to him, but I couldn't help it.

I had planned a family trip to Disney World for July 1993, just to get away for a while. The morning before we were scheduled to leave, Frankie was talking to a neighbor in front of my mother's house when gunfire broke out. People were shooting at some men who had left the building at the same time. While trying to pull the neighbor's safety behind a pillar, my son was shot. He was only eighteen.

I still haven't been able to accept Frankie's death. I haven't been able to go into a store, even to buy a quart of milk, because it was something we always did together.

Since my last son died, I've talked to other mothers from all over the country. They say they're afraid for their children because of all the guns and violence. Even the small North Carolina town where my family is from is only a short distance from the place where Michael Jordan's father was killed.

My goal is to do something to help young people. I've banded together with other mothers in Brooklyn to form a support, educational and children's-rights lobbying group called Mothers of All Children. Our purpose is to teach young people nonviolent conflict-resolution techniques and let them know someone cares. I'm active with a group at my church called Families of Victims Against Violence. But nothing really gets my mind off my sons. I'm always sad—that's going to be there forever. But I'll keep telling the story of *(continued)*

# 'I switched to less tar.'



*I wanted less tar, but I thought I'd have to sacrifice flavor... and isn't that what makes smoking enjoyable? Then I found Carlton... and I switched! Carlton is the lowest in tar and has a light,*

*ild taste I really enjoy. And figure if you want less tar you might as well go with the lowest!*

U.S. Gov't. Test Method confirms of all king soft packs:

**Carlton is lowest  
in tar and nicotine.**



1 mg. tar. 0.1 mg. nic.

© 1994 Philip Morris Inc. or its subsidiaries. Tar and nicotine av. per cigarette by FTC method.

**URGENT GENERAL'S WARNING: Smoking causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.**

Rit® can get the  
sock white.

Now if you  
can only find  
the other one.



You don't like pink socks?  
Neither do we. Don't bother with  
bleach. Use Rit Color Remover.  
Anything that used to be solid  
white we can get white again.  
Safely. We guarantee it, or you  
get your money back. That goes  
for the whole line of Rit® fabric  
treatment products. So next time  
you have a laundry problem  
(besides lost socks), head for  
the Rit® Rack.

Rit. One less worry.™



© 1994, C.D. McManis, Inc.

## Under fire

*continued*

these three young men, and I hope it will make a difference.

—BY FRANCES DAVIS,  
AS TOLD TO GAIL COLLINS

### "I AM AN EXPERT ON ANGER"

*For a long time, U.S. citizens believed our country was safe from terrorism. But it's not. In fact, from 1980 to 1993, twenty-four people were killed in acts of terrorism committed on U.S. soil.*

*Our vulnerability truly hit home last year. On January 25, 1993, as employees of the CIA were waiting to drive into agency headquarters, a man armed with an AK-47 semiautomatic weapon suddenly opened fire on them, killing two and wounding three. About a month later, New York City's World Trade Center was bombed.*

*One of the fatalities of the CIA shooting was Frank Darling, a telecommunications engineer at the agency and a newlywed of only three months. The suspected gunman, Pakistani national Mir Aimal Kansi, fled the country and is still at large. But Darling's wife, Judy, refuses to let her husband's death be forgotten.*

Since our beautiful wedding on October 31, 1992, Frank and I had settled into a commuting routine to our jobs at the CIA. That Monday in January was not much different, except that we ran out the door a few minutes later than usual. To this day, I wonder what would have happened if we had been on schedule.

We sat in Frank's VW, waiting at the spotlight to turn into the entrance to CIA headquarters. I looked at my watch, annoyed at being late; I can still hear my husband laughing at my impatience. Suddenly, there was a loud smash at our back window. Calmly but firmly, Frank said, "Oh, my God, Judy, I've been shot—stay down on the floor!" I crawled under the glove compartment, not realizing yet what was going on. All that kept racing through my mind was the hope that the gunman would run out of bullets.

When the shooting stopped, I lifted my head. Frank was slumped to the right, a gunshot wound through his forehead. Blood and brain tissue were everywhere. Though I had never seen anyone shot before, I knew that the love of my life was dead—and in his dying moments, he had saved me.

Leaping out of the car, I ran as fast as I could until I reached the visitors' center, not noticing that the gunman hadn't yet left. I was the only uninjured passenger of the cars hit; another man died, and three others had been hurt. I never got to say good-bye to Frank or tell him how very much I loved him.

In the year that followed, I took a leave of absence from work and moved to Pennsylvania, trying to cope with being a

widow at thirty-three. But I want to do more, to make a difference, so that Frank's death will not have been in vain. I have become a member of Handgun Control, Inc., and I write to elected officials protesting automatic weapons. In August, I spoke to the U.S. Senate Judiciary Committee hearing on assault weapons. Though I'm not a public speaker, I found the strength that day to tell our story publicly for the first time. I am not an expert on guns; I am an expert on anger," I said. "I am angry that weapons capable of the destruction I experienced are sold every day in this country."

I coordinated a memorial ceremony this year to commemorate the first anniversary of the tragedy. Family and friends gathered at a flower garden near the site of the shooting, where we placed two white crosses and a "peopole"—an obelisk inscribed in four languages with the message, "May peace prevail on earth." We held a reception where I read a poem and thanked everyone who had helped and supported me through this difficult year. We all shared tears that day, but afterward there was a sense of peace and closure.

I hope that one day I will understand why such a wonderful, caring man was taken away so suddenly—and why I was saved. The loss and pain will always be there. But I will continue to honor Frank's memory and spirit by carrying on his love for life, and by working to see that horrible murders like these never happen again.

—BY JUDY BECKER-DARLING

### FOR MORE INFORMATION

■ The Center to Prevent Handgun Violence works to reduce firearm violence through education and research. Contact them at: 1225 Eye Street, N.W., Suite 1100, Washington, DC 20005; 202-289-7319. A related organization, Handgun Control, Inc., lobbies for stricter gun-control laws on the state and federal level. Write to the group at the address above, or call them at 202-898-0792.

■ The National Organization for Victim Assistance provides counseling and information to crime victims and their families. Contact the organization at 1757 Park Road, N.W., Washington, DC 20010; or call 202-232-6682 for crisis counseling, 800-879-6682 for information and referrals.

M'm! M'm!  
Good!"®

Campbell's®



# Tomato SOUP

Shown smaller  
than actual size of  
8 1/2" in diameter

The Danbury Mint

© 1993 & Trademarks Licensed  
by Campbell Soup Company

## Tomato Soup

Numbered limited-edition collector plate trimmed in 23kt gold

are happy childhood memories  
of? When you close your eyes, you  
see Mom in the kitchen, ready to  
prepare you a delicious bowl of Campbell's®  
Tomato Soup... complete with your  
favorite sandwich and a generous helping  
of cream. To carry on this tradition, the  
Campbell Kids™ are busy planting more  
tomatoes so future generations can also  
enjoy the home-cooked flavor of  
Campbell's Soup!

Now, you can acquire this charming  
limited-edition collector plate featuring the  
loved Campbell Kids. They are among  
the most widely recognized characters in  
the history of American advertising. The  
plate design is adapted from the famous  
Campbell's Soup can label and high-  
lighted one of the nation's favorites,  
Tomato Soup!

### A Limited Edition

"Tomato Soup" is limited to an edition  
size of 75 firing days. Each numbered  
plate will be trimmed with a band of 23kt  
gold and comes complete with a person-  
alized Certificate of Authenticity. This  
plate is available exclusively from the  
Danbury Mint and the price is just \$26.95.

### No Obligation — No Risk

You can acquire "Tomato Soup" with  
our *Guarantee of Satisfaction*. If you are  
not delighted with your plate, simply  
return it for a replacement or refund  
within 30 days of receipt.

"Tomato Soup" pays tribute to a  
favorite American tradition... "That's  
why Campbell's Soup is M'm! M'm!  
Good!" Act now to avoid delay, mail your  
reservation today!

The Danbury Mint  
47 Richards Avenue  
P.O. Box 4900  
Norwalk, CT 06857

Please Reply Promptly

CSP16

Limit: two plates  
per collector

Accept my reservation for "Tomato Soup." I wish to  
reserve \_\_\_\_\_ (1 or 2) plate(s). I need send no money  
now. I will pay for each plate in two convenient install-  
ments of \$14.95 each, with the first billed prior  
to shipment.

Includes \$2.95 per plate for shipping and handling, any applicable sales tax  
is additional

Name: \_\_\_\_\_  
Please print clearly

Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Zip: \_\_\_\_\_

Signature: \_\_\_\_\_  
(All orders subject to acceptance)

Name for Certificate(s) of Authenticity (if different from above)  
Allow 4 to 8 weeks after initial payment for shipment

'KILLER  
CHEESE'  
FOUND  
IN N.Y.

Death, illnesses blamed on salmonella in turkey

SUMMER  
FOOD-  
SAFETY  
GUIDE

Last year hundreds of people got sick from eating contaminated hamburgers—a good reason to practice safe food handling. Learn these important facts for healthful summer eating. By Linda Fears

Research Links Grade-A Eggs to Food Poisoning

FOUR COMMON MYTHS DEBUNKED

**MYTH** Only cracked eggs carry salmonella.

**FACT** Cracked and uncracked eggs can carry salmonella. Thorough cooking kills salmonella.

**MYTH** Cooking kills bacteria, so cooked food is always safe.

**FACT** Thoroughly cooked food is safe if you eat it or refrigerate it within two hours. But cooked food left out more than two hours will cool to a temperature that bacteria thrive on. Reheating will kill some kinds of newly grown bacteria, but some are heat-resistant. Particularly risky are starchy foods.

**MYTH** Canned foods last forever.

**FACT** If there are no dents near the seams, high-acid canned foods (such as tomatoes) should be used within eighteen months of purchase, and low-acid canned foods (such as corn) should be used within two to five years.

**MYTH** Beef should be cooked until well done to kill E. coli bacteria.

**FACT** E. coli on the surface of steak will be killed when the beef is cooked medium-rare, to an internal temperature of between 145°F. and 160°F. But when you grind beef, the bacteria are distributed throughout, so it must be cooked to an internal temperature of at least 160°F.

THE MOST SERIOUS FOOD-BORNE ILLNESSES

According to the Centers for Disease Control and Prevention, there are an estimated eighty million cases of, and nine thousand deaths from, food-borne illnesses in the U.S. each year. Most food-borne disease is caused by bacterial contamination from foods of animal origin—meat, poultry, eggs, milk, cheese and shellfish. The people most at risk are the very young, the elderly and people who are already ill. With proper handling and cooking, though, most of these illnesses can be prevented.

**Salmonella** There are nearly two million cases of, and two thousand to three thousand deaths from, salmonellosis in the U.S. each year. Eggs are the primary source of infection. Salmonella bacteria cause gastroenteritis, marked by diarrhea, fever and abdominal pain. **Basic prevention:** Refrigerate eggs below 40°F.; cook eggs thoroughly, until yolk and white are firm.

**Campylobacter** As common as salmonella but less serious, with more than two million cases per year and two hundred to four hundred deaths. Raw (unpasteurized) milk and undercooked poultry are primary sources of infection. **Basic prevention:** Drink pasteurized milk; (continued on page 94)

SANITIZING SURFACES AND UTENSILS

One of the major sources of food-borne illness is cross-contamination, according to Richard Vergili, the senior sanitation instructor at the Culinary Institute of America. After cutting or preparing raw meat or poultry you must sanitize all surfaces and utensils: Scrub surfaces with hot, soapy water, then go over again with a diluted solution of bleach (one ounce per five gallons of water).

HOW IT ONLY TAKES A FRACTION OF AN INCH TO ADD A WORLD OF COMFORT TO YOUR SHOES.



HIGH-TECH FOAM ABSORBS SHOCK AND PROTECTS FEET

6-MONTH GUARANTEE

BREATHABLE DESIGN

THIN AS A DIME

Up until now, wearing heels and flats all day could be quite discomforting. Not any more. Now Dr. Scholl's has created a revolutionary line of Ultra Thin Insoles that are specifically designed to fit comfortably into your high heels and flats yet give your shoes more support, cushioning and greater comfort than thicker insoles. It's amazing how giving you something less gives you so much more.

WOMEN'S

**DrScholl's**

Ultra Thin

**BRESS**

Soles

you'll only feel the comfort

High tech foam absorbs and protects feet

6-month guarantee

Breathable design

Thin as a dime

**BRESS SHOES**

1 PAIR SIZE 5-10 TRIM TO FIT YOUR SIZE

These are especially shaped with a narrow toe to fit your high heel shoes. And our ultra thin shock-absorbing foam gives you the additional support you need to make all your high heels as comfortable as they are stylish.



Ultra-Thin design with rounded toe to fit your most stylish flats. And the soft topcloth keeps feet cool and comfortable even without socks.

The average elephant weighs 12,000 pounds. The average woman puts 250 times that much weight on her feet every day. That's why Dr. Scholl's created these revolutionary insoles.

WOMEN'S

**DrScholl's**

Ultra Thin

**CASUAL**

Insoles

So thin you'll only feel the comfort

High tech foam absorbs shock and protects feet

6-month guarantee

Breathable design

Thin as a dime

**CASUAL SHOES**

1 PAIR SIZE 5-10 TRIM TO FIT YOUR SIZE



Make life in your shoes more comfortable.

## THE COLDER THE BETTER

Because of the recent emergence of bacteria that grow at cooler temperatures, the FDA's latest Food Code (announced in January) recommends lowering refrigerator temperatures from 45°F. to 41°F. (the USDA advises 40°F., and Richard Vergili, of the Culinary Institute of America, suggests 35°F. to 38°F. to be on the safe side). If your refrigerator doesn't have a thermostat, buy an inexpensive thermometer. Always refrigerate perishable food immediately after purchasing, and never leave perishable food—raw or cooked—out for more than two hours. Freezers should be set at 0°F.

("Food-borne illnesses," continued) cook whole poultry to an internal temperature of 180°F., poultry breasts to 170°F.

**E. coli 0157:H7** A bacterium normally found in the intestines of animals and humans. There are ten thousand to twenty thousand cases per year in the U.S., with approximately three hundred fatalities. It takes very few E. coli bacteria to make a person seriously ill. Undercooked ground beef is the primary source of infection. E. coli causes severe diarrhea. **Basic prevention:** Thoroughly wash hands after using the bathroom; cook ground beef thoroughly.

**Listeria monocytogenes** This bacterium is most likely transmitted when animal feces contaminate raw agricultural products. Listeriosis is characterized by a high mortality rate—there are an estimated twenty-five hundred cases per year in the U.S., with a 25 to 35 percent death rate. Coleslaw, processed meat (especially undercooked hot dogs) and soft cheese are primary sources of infection. Early symptoms are flulike; pregnant women are very susceptible. **Basic prevention:** Refrigerate dairy products and cold cuts below 41°F.; cook hot dogs in boiling water for several minutes. Wash raw vegetables thoroughly.

**Vibrio vulnificus** A bacterium found in U.S. coastal waters. There are about two dozen cases per year in the U.S., with a 50 to 60 percent death rate. Raw shellfish is the primary source of infection. People with liver disease may experience rapid, often fatal, blood poisoning. **Basic prevention:** Avoid raw shellfish.

## IS IT FOOD POISONING?

It's not always easy to diagnose a food-borne illness. Common symptoms include vomiting, diarrhea, fever and abdominal cramps. Although most people get sick within four to forty-eight hours of eating bad food, sometimes symptoms can appear up to two weeks later. In more serious cases, a victim may experience paralysis, double vision or have trouble breathing and swallowing. If symptoms are severe or the victim is very young, old, pregnant or already ill, call a doctor or go to the hospital immediately.

### For more information

- Call the USDA Meat & Poultry Hotline (800-535-4555) Monday through Friday, ten A.M. to four P.M. E.T. (D.C. residents call 202-720-3333.)
- Call the FDA Seafood Hotline (800-FDA-4010) to hear a recorded message about proper handling, safety, preparation and labeling of seafood (twenty-four hours a day); operators answer questions from noon to four P.M. E.T.
- Public Voice for Food & Health Policy offers a free two-page seafood-safety tip sheet. Send a self-addressed, stamped envelope to: Public Voice, 1001 Connecticut Avenue, N.W., Suite 522, Washington, DC 20036.

## SEAFOOD SAFETY: what you must know

Earlier this year the government made the first major attempt to regulate the seafood industry. Unlike meat and poultry, seafood is not subject to comprehensive mandatory inspection for safety. In fact, just last February an ABC News *Prime-Time Live* investigation found 50 percent of the seafood samples it purchased around the country were spoiled, and many samples contained chemical contaminants. The FDA's new initiative, called the Hazard Analysis Critical Control Point (HACCP, pronounced Hassup), calls on the nation's six thousand seafood processors to adopt quality-control programs to avoid contamination. The processors will be held responsible for proving the safety of their products. These safe-eating tips are from Public Voice for Food & Health Policy, a consumer-advocacy group:

1. Keep seafood chilled at 32°F. to 40°F.

2. Select the freshest fish. Check the smell (strong odors usually indicate spoilage), the eyes (they should look bright and bulge), the flesh (it should feel firm and look fresh, even shiny) and the display (fish should be surrounded by ice, not piled in open cases).
3. Cook fish thoroughly. Fish is fully cooked when it is opaque and flakes easily.
4. Avoid raw shellfish, which carries the highest risk of acute illness. It is especially dangerous for pregnant women and people with the following conditions: alcoholism, liver disease, cancer, diabetes, kidney disease, steroid dependency, AIDS and chronic intestinal disease.
5. Choose lean fish (flounder, sole), which are less likely to harbor harmful chemicals (from pesticides and industrial waste).
6. Trim all guts and skin from fish; pesticides and other chemicals tend to be stored there. ■



# NEW COLORS



# NEW RULES™



TO KEEP TODAY'S COLORS LOOKING NEWER LONGER,  
YOU NEED TODAY'S COLOR SAFE BLEACH. NEW ULTRA VIVID.

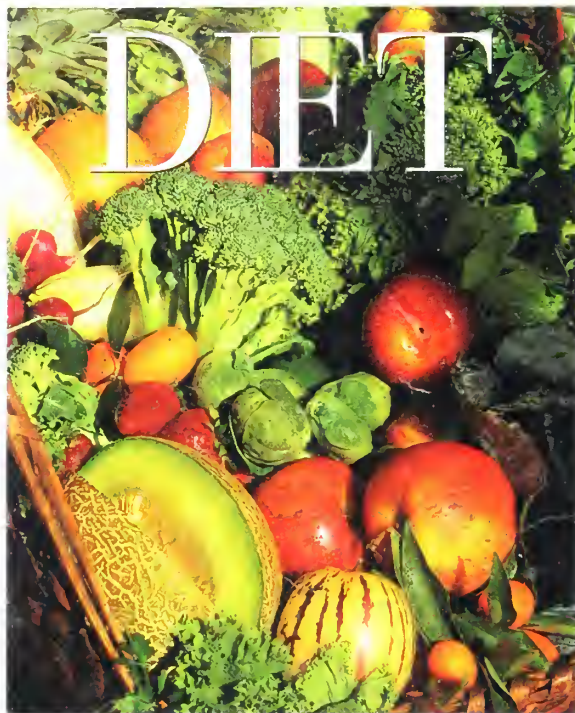
# THE ANTI- BREAST-CANCER DIET

**B**y now, we've all heard that a low-fat diet may have a protective effect against cancer. But what's less known and perhaps even more important is the power of naturally occurring substances called phytochemicals, found in vegetables, fruits and grains, to promote health and prevent disease.

All fresh fruits and vegetables contain literally hundreds of phytochemicals. The best known are such substances as beta-carotene and vitamin E, which may help shield cells from disease. But there are many lesser-known ones as well that scientists are just beginning to learn about.

In terms of breast cancer, perhaps the most significant is a class of phytochemicals called *indoles*, found in cruciferous vegetables such as broccoli, cabbage and brussels sprouts. One form of this compound apparently helps prevent abnormal stimulation of the female hormone estrogen, which has been linked to breast cancer.

Here's how it seems to work: Estrogen travels throughout the body in many forms. One form, called C-16, can be unusually active and dangerous, potentially able to damage the genetic material of breast cells. A woman's breast health appears to



Can eating the right foods lower your risk of breast cancer? Yes, says the leading doctor who developed this revolutionary eating plan. By Jon J. Michnovicz, M.D., Ph.D., and Diane S. Klein

be best protected when her body produces less of the C-16 estrogen and more of a safer type called C-2.

Though our findings are still preliminary, our research suggests that indoles can safely transform estrogen into the most benign form possible. Initial laboratory studies demonstrated a reduction of breast cancers in mice that were fed indoles. And, in pilot studies of women taking this compound, we found that indoles could inactivate estrogen in a way that may prevent breast disease. (Our research into

the effect of food chemicals was done as part of the National Cancer Institute's Experimental Foods Program, an ongoing research project.)

Unquestionably, more research needs to be done on exactly how these and other phytochemicals work. But it already is clear that these plant substances constitute a natural pharmacy, assisting our body in fighting disease. Last spring, for example, scientists at Johns Hopkins University, in Baltimore, reported that a phytochemical called sulforaphane seemed to block the formation of cancerous tumors in rats.

And even studies that don't specifically cite phytochemicals are clear on the benefits of the kind of diet we're suggesting. "There is suf-

ficient evidence that consumption of certain vegetables is associated with the reduction of cancer in humans," concluded a groundbreaking report by the National Academy of Sciences in 1992.

Other researchers have reached the same conclusion. John Potter, M.D., Ph.D., and Kristi Steinmetz, Ph.D., scientists at the University of Minnesota, in Minneapolis, in 1991 reviewed over 130 modern scientific studies. Their findings were striking: Higher consumption of

(continued)



# WHEN A TOOTHBRUSH REALLY FITS, TEETH GET REALLY CLEAN.

Colgate® Plus was designed by a team of scientists to accurately fit the shape of the human mouth. Its unique diamond-shaped head comfortably gets to

difficult areas, like the back teeth. So it cleans thoroughly to help keep teeth strong and healthy. And that's the most comfortable feeling of all.

**Colgate PLUS** WINNING THE FIGHT FOR A HEALTHY SMILE.

DIAMOND-SHAPED HEAD



## The anti-breast-cancer diet

*continued*

fruits and vegetables was associated with a much lower risk of cancer at most sites in the body. They also found evidence of the protective effects of diets high in fruits and vegetables against hormone-related cancers, including breast cancer.

Finally, scientists at the National Cancer Institute and the University of California, at Berkeley, examined nearly two hundred published scientific reports. Again, the results were striking. In nearly all organs of the body, the scientists found cancer rates were cut by half or more in those people who ate the most fresh fruits and vegetables. Specifically, the team reported that such a diet was protective against breast cancer.

### PREVENTION MADE EASY

This news is especially encouraging: Of all the possible ways to diminish your breast-cancer risk, dietary adjustments are perhaps the easiest and most effective change you can make. Consider:

**Dietary change is under your direct control.** You do not need to depend on anyone else to make this change in your life.

**Dietary change can be enjoyable.** Gone are the days when healthful eating meant bland food and dull recipes.

Healthful meals can be delicious—and easy to prepare.

**Dietary change can protect you from a variety of chronic diseases in addition to breast cancer.** Many scientists are convinced that nutritional changes are likely to reduce your risk, not only for breast cancer, but for colon cancer, heart disease and other illnesses.

**Dietary change can protect your daughters and your entire family.** New eating habits in a household will affect everyone positively.

### THE LOW-FAT FACTOR

What's the relationship between fat content and phytochemicals? Not surprisingly, fat calories and phytochemicals occur in opposite amounts in our daily diets. The more fat a woman eats, the greater the likelihood that she is eating relatively few fruits and vegetables. On the other hand, the more fresh, plant-based foods a woman consumes, the less appetite she will have for greasy, fat-laden foods. Therefore, the best strategy is to replace fatty foods with grains, fruits and vegetables.

It is important for women to try to limit their fat consumption to 20 percent or less of total daily calorie intake. This goal can be achieved by focusing more attention each day not only on fruits and vegetables, but also on whole grain

bread, cereals and pasta. With little effort, fat can be removed successfully from most of the foods you eat, with almost no sacrifice of taste or enjoyment.

As a general rule, women must reduce their dependence on meat and whole milk dairy products as their primary source of protein. Other excellent protein sources can be found in whole grains and beans, especially soybeans. When choosing dairy products, use low-fat or skim-milk products, including low-fat cheeses. Look for lean cuts of beef, fish or skinless white-meat chicken or turkey, and limit the portions by mixing these meats with more vegetable

### AN EASY EATING PLAN

Women should strive to eat at least five—and, better yet, nine—servings of fresh fruits and vegetables a day. Here are some ways to incorporate these foods into your meals:

**Breakfast** If you're accustomed to skipping out the door without eating breakfast, it's very important to try gradually to eliminate this habit. Studies have repeatedly shown that people who skip breakfast usually make up for the missed calories later in the day, often eating high-fat snack foods. In addition, if you skip breakfast, it becomes more difficult to fit in the right number of daily servings. Each of the follow-



**Medical  
authorities urge:  
eat more foods  
rich in  
antioxidants.**

Today, leading medical authorities point to strong evidence that eating foods rich in antioxidant vitamins and minerals is important for good health. Antioxidants help strengthen the body's natural defenses against cell damage.

For a well-balanced diet, include 5-9 servings of fruits and vegetables every day. These foods are a good source of beta-carotene and other antioxidant vitamins.

as one serving:  
 cup of orange juice or half a fruit.  
 half-cup of sliced bananas, strawberries or blueberries on your cereal.  
 dried apricots or raisins (about ounces).  
 (at any time during the day):  
 a piece of fruit—a pear, apple, or a bunch of grapes.  
 a little box of raisins or a four-bag of carrot sticks to work with (each equals one serving.)  
 you're especially hungry, double up: an apple and an orange—it is not the same as having two doughnuts or slices of pizza.  
 This is an easy meal to fit in one or two servings:  
 a small can of tomato or vegetable juice, or an individual carton of grapefruit or apple juice. (Make sure it's 100 percent juice, not a juice concentrate.)  
 you're eating out, go for a baked potato in its skin or head for the salad bar. Remember to avoid bacon bits, croutons and creamy dressings. Grilled and baked potatoes don't need extra add-ons to taste good.)  
 Look for fresh, seasonal fruits.  
 This is an excellent time to add to your fresh fruit and vegetable quota: routinely have a green salad or

coleslaw (made with low fat dressing) with your meal. Mix in an assortment of raw vegetables, such as sliced red radishes, cherry tomatoes, cucumber slices, or strips of red, green or yellow peppers.  
 ● Do what the Italians enjoy doing: Mix a wide assortment of different leafy greens such as chicory, watercress, endive and red-leaf lettuce. Toss in some chopped parsley or fragrant fresh dill. Remember to choose low-fat or nonfat dressings!

### THE TOP TEN

These vegetables, members of the cruciferous family, offer the greatest protection against breast cancer:

1. Broccoli
2. Brussels sprouts
3. Cabbage
4. Cauliflower
5. Collards
6. Kale
7. Radishes
8. Rutabaga
9. Turnip
10. Watercress

Reprinted from HOW TO REDUCE YOUR RISK OF BREAST CANCER. Copyright © 1994 by Jon J. Michnovicz and Diane Klein. Published by Warner Books, Inc., New York

**Desserts** This is an opportunity to treat yourself to sweets that are nutritious:

- Add some fresh fruit to your nonfat frozen yogurt or sorbet. Blend sliced peaches, strawberries, blueberries or raspberries.
- Cut up any combination of fresh fruit and mix with a little fruit juice and a dash of sweet wine or cordial. Add to your fruit salad at least a half hour in advance and let the juice and wine combine into a delicious sauce.

Remember, eating healthful foods doesn't mean being stuck with a dull and boring diet. Try new recipes and experiment with new fruits and vegetables. Look for ways to substitute the "right" foods for ones that are high in fat. Before long, you'll become accustomed to these new tastes and will realize how enjoyable they can be. And, best of all, you will be taking a key step in lowering your risk of breast cancer. ■

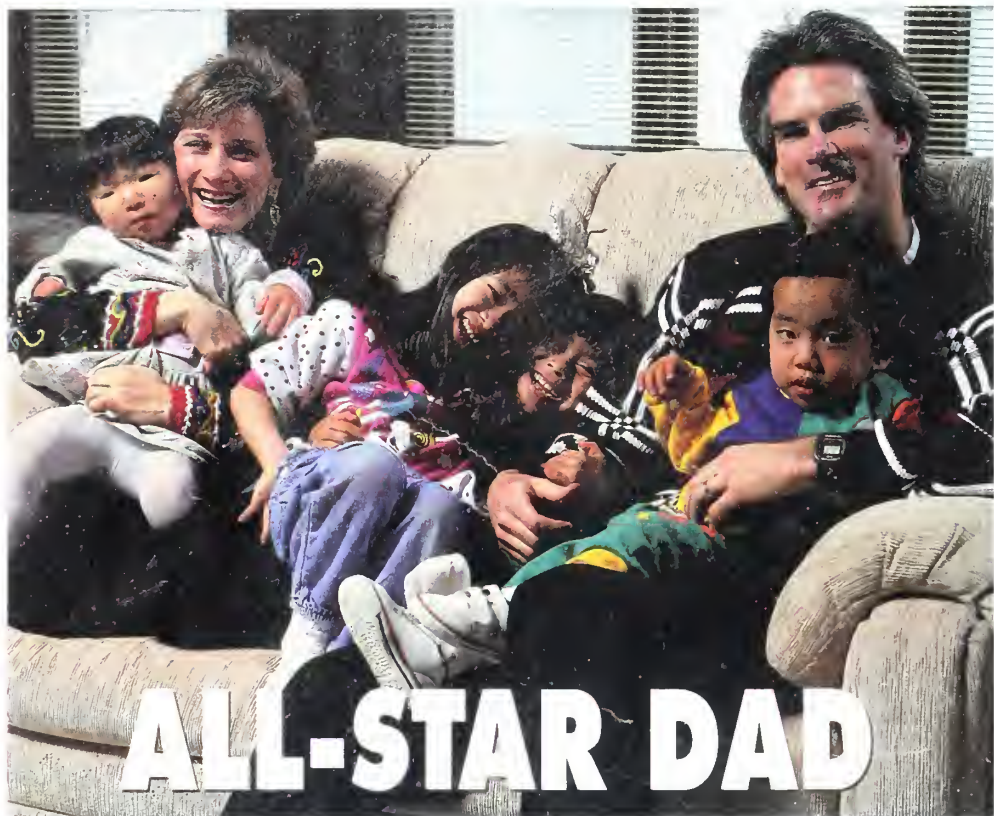
*Jon J. Michnovicz, M.D., Ph.D., is on staff at Rockefeller University, in New York City, and is the director and founder of the Foundation for Preventive Oncology. (The foundation is an independent not-for-profit organization composed of research scientists, physicians, health-care professionals and educators dedicated to cancer prevention.) Diane S. Klein is a writer who specializes in health issues.*



Centrum contains the Complete Antioxidant Group, including vitamins C and E, and beta-carotene. In fact, Centrum has more vitamins and minerals than any leading brand.

So eat right. And supplement your diet with Centrum. It's more important than ever.

**Centrum®. More complete.  
 From A to Zinc®. Including  
 the Complete Antioxidant Group.**



## ALL-STAR DAD

Tim Burke was a major-league pitcher at the peak of his game—until he decided his wife and children needed him more than his fans did. By Lynn Harris

A pair of three-year-olds in footie pajamas bump on their backsides down the five steps into the family room. Two six-year-olds dash in close behind. Rest time is over; everybody's ready to roughhouse. Tim and Christine Burke direct them into the basement playroom of their large northern Indiana home, and everyone spends the next hour in a noisy, happy kid heaven—running, wrestling, tossing balls.

This family frolic isn't a special occasion—it's been a part of the Burkes' daily life since February of last year. That's when Tim gave up his career as a major-league baseball player to become a full-time father to the adopted children he loves.

It almost seems unbelievable that

a young man would voluntarily leave this exciting—and highly lucrative—life. By retiring when he did, Tim, thirty-five, passed up an opportunity to earn \$650,000 with the Cincinnati Reds that season as a relief pitcher, and probably three times as much by the end of his career. He also gave up the game that had been his passion since childhood. For him, the idea of one day pitching in the major leagues was, he says, "beyond a dream."

But along the way, that dream lost its importance. "In baseball, they'll get along fine without me. They're not going to miss me," Tim said at the time he made his decision. "But I'm the only husband my wife has, and the

only father my children have—for a lifetime."

### BUILDING A FAMILY

The ballpark has been Tim's second home since he made his Little League debut at age eight. He attended the University of Nebraska on a baseball scholarship, then signed with the Pittsburgh Pirates in his junior year. Soon after that, he met Christine, now thirty-three. They were married in May 1982, shortly after Tim was moved up to the Pirates' AA minor-league team.

The marriage had a less-than-meteoric start. Both came into the relationship with troubled family histories: Tim's mother and brother died when he was young, and Christine's father abandoned the family

before she was born, leaving her mother struggling to get by. When Tim was on the road, his new wife was alone and lonely; when he was home, his drinking—a habit that began in college—compounded the tension. As Tim tells it, "She was packed up and ready to go home and get a divorce two weeks after we were married."

Certain disaster was averted when the couple accepted a teammate's invitation to a Bible-study meeting. That evening, says Christine, "it all made sense. Our

*(continued on page 104)*  
**AS A PITCHER for the Montreal Expos, Tim Burke quickly became a record-setter and an All-Star player**



# Water BABIES<sup>®</sup>

## Sometimes it's OK to be overprotective with your baby.

Especially when it comes to the sun. Which is why Water BABIES by Coppertone<sup>®</sup> is specially formulated for your baby's delicate skin. It provides gentle, hypoallergenic, waterproof protection all the way up to SPF 45. Maybe that's why pediatricians recommend Water BABIES most for the special protection your baby needs.



# Introducing Control Pet guaranteed to break the



There's nothing more irritating to pet owners than flea and tick problems.

And the insidious cycle of infestation and irritation that makes fleas and ticks so annoying and even dangerous, can be difficult to control. But it doesn't have to be.



Hartz Control Flea & Tick Conditioning Shampoo. This exclusive formula enriched with protein conditioners is specially formulated to kill adult fleas and ticks while also removing loose dandruff, dirt and scales, which are food sources for developing fleas and ticks.



treat your home with Hartz Control Home Flea & Tick Killer or Home Fogger. One application kills fleas and ticks on contact and prevents re-infestation, from hatching flea eggs, for up to seven months.

## The Hartz Guarantee.

We're so certain that the Hartz Control Pet Care System will do the job that we guarantee it. Just use our system properly for 30 days. If you don't see a real change in flea and tick infestation in your home and on your pet, we'll refund your money.

Every penny. No questions asked. **Any questions? Call right now. 1-800-275-1414.**



We want you to know all you need to know about flea and tick problems and how the Hartz Control Pet Care System can solve them. Call our 800 number at your convenience and we'll give you the information you need.

## It starts with Hartz.

The Hartz Control Pet Care System is a proven system guaranteed to break the flea and tick cycle.

Fleas and ticks breed and multiply with ease. For example, a female flea can lay as many as 200 eggs in just a couple of days. Imagine 200 more female fleas laying 200 more eggs.

But, thanks to Hartz' technology, it's a cycle that can be interrupted and controlled. The Hartz Control Pet Care System uses the remarkable active chemical ingredient vIGRen™\* Insect Growth Regulator (IGR) which helps fight fleas in a scientific and guaranteed effective way.

The simple system works like this:

### A. Treat your pet.

You start by bathing your pet with

### B. Protect your pet.

A weekly treatment with Hartz Control Flea & Tick Repellent will keep annoying insects and pests from infesting your pet. It quickly kills any stray fleas or ticks while establishing a fresh protective barrier.

Then for added protection make sure your pet is wearing a Hartz 2 in 1® Flea & Tick Collar when it goes outdoors.

### C. Treat your home.

Fleas and ticks infest homes as well as pets. And the way to halt the flea and tick life cycle is to



**Control**  
Pet Care System™  
**HARTZ**



# Care System.™ A system to break the flea and tick cycle.



# WELCOME TO KINDERCARE...

a safe, secure childcare environment where children of all ages are nurtured emotionally, socially, physically and intellectually by attentive caregivers and teachers.

▲ A place where you'll find an ongoing dialogue between parents and caregivers and where infants are given the individualized love and attention so crucial to their emotional development. ▲ A place where two-year-olds gain a sense of self and important socialization skills, learn colors and shapes, and develop their language and motor skills. ▲ A place where three- to five-year-olds get the intellectual stimulation they need for school readiness, learn to cultivate friendships and develop their coordination through outdoor play activities. ▲ A place where school-age children who need to wind down and have fun at the end of a busy, lesson-packed day can participate in a variety of supervised play activities, arts and crafts, music, quiet time and homework time.



**KinderCare®**

The Whole Child is the Whole Idea.™

## All-star dad

*continued from page 100*

marriage wasn't working right, and the Bible had an outline for how a marriage *does* work." That summer, they committed to Christianity; as a result, they say, their relationship improved and Tim stopped drinking altogether.

In the years that followed, Tim made his way from the minors to his major-league debut with the Montreal Expos. He soon tied the National League record for most game appearances by a rookie, and in 1986 he reached the "century mark" (one hundred appearances), faster than any other pitcher in baseball history.

But the Burkes' most cherished dream nearly died in the fall of 1985, when they learned they could not have children of their own. Christine quickly set her heart on adopting; Tim was less enthusiastic. "I thought it was great that other people did it, but I just didn't think I could love another person's child," he says.

Christine didn't push him to change his mind—though she did secretly pray that they could come to a definite agreement on the subject. Then one day that December, Tim suddenly announced that he had been feeling an unexplainable desire to adopt a daughter from Korea. Christine nearly fell over. She had recently had a dream in which Tim was lovingly holding an Asian baby girl.

Tim had once heard about Holt International Children's Services, an Oregon-based Christian organization specializing in foreign adoptions and child welfare overseas. They called the agency a few months later to start the process, and Holt sent a social worker to conduct a careful evaluation. Holt's adoption fee of just \$5,000 covered all expenses, including plane fare.

In just eight months, with surprisingly little red tape involved, Holt arranged the adoption of a South Korean girl whom the Burkes named Stephanie. Though born prematurely, she was otherwise healthy, and today, at six, she is an avid gymnast and ballet student.

The overjoyed parents returned to Holt in 1989 to add to their family. This time, they felt drawn to adopt a special-needs child, and when the agency showed them an album of such children, a picture of a young Guatemalan boy seemed to jump out at them. He had hypothyroidism, which had left him with disproportionately small arms and legs, and he was thought to be mentally retarded. But the Burkes were certain their love could make a difference in the boy's life.

The Guatemalan authorities granted them permission to come claim the boy, whom they would name Ryan, on the

date of the annual All-Star game, when Tim would be on break. But as they would have it, L.A. Dodgers manager Tommy Lasorda picked Tim for the National League All-Star team. Tim told Christine, "I'm not going to play," but she persuaded him to go ahead, saying it was a once-in-a-lifetime chance. As an All-Star, Tim pitched two innings—*scoreless*, his wife proudly adds—then caught a midnight flight to Guatemala City.

Happily, the doctors' dire predictions for Ryan never materialized: His mental and physical development has been normal, and today he is a dynamic boy with a keen sense of humor. One day Ryan will wear his dad's All-Star ring, because the date inscribed is the day he joined the family.

## GOOD-BYE TO ALL THAT

When they returned to Holt yet again in 1990, Christine and Tim felt they'd been prompted by God to parent a child with medical problems even more severe than Ryan's. This time, they chose Nicole, a three-month-old Korean girl. Born without one hand, she also had a life-threatening heart malformation called tetralogy of Fallot, that would require immediate surgery once she reached the U.S.

The drama that followed was the beginning of the end for Tim's baseball career. In July 1991, the day before Nicole's open-heart surgery, Tim got a call at the nurse's station—he had been traded to the New York Mets and would have to leave after the operation was over. His heart ached at having to desert his family at a time of crisis.

Nicole survived surgery—twice—then spent a month in intensive care. Although her heart was successfully repaired, she sustained brain damage in the process, and then began suffering current seizures, as many as forty a day. "We were in our own silent grieving," says Christine. It was more than a month before the family was able to see Tim in New York.

That time marked a low point in Tim's career. "It was the first time in my life that I found myself out on the mound not concentrating at all," he says. And, for the first time as a major leaguer, Tim did not earn a single run (maintaining the leading score established by the starting pitcher) that season. He was traded to the Yankees in that year, then became a free agent and accepted an offer from Cincinnati in the 1993 season.

There were other firsts, too. Christine started hearing her husband, once so devoted to his sport, say, "This isn't for me anymore. I don't love this anymore. I don't want to be out in the field; I want to be home." (continues)

# A place for children to blossom.



At KinderCare, every child has special moments of discovery; a door, quite magically, unlocks and opens. ✨ This is a very important part of Whole Child Development. Which even though it has an impressive-sounding name, is really quite natural. ➤ It just means that we provide the right kind of environment and encouragement for your child to develop socially, intellectually, physically and emotionally. It just means they have a whole lot of fun. ☺ Please look in the white pages for a KinderCare near you and give us a call. ☎ You'll find more than another child care alternative. You'll find a special place for your child.



The Whole Child is the Whole Idea.®

# INSECT BITES!

**Cortaid® stops the itch and helps heal the bite by fighting the allergic reaction that causes the swelling. That's a reason more doctors recommend Cortaid than any other brand.**

**Why just treat the itch?**



## CORTAID RELIEVES IT!

### All-star dad

*continued*

Tim began to think seriously about his priorities. He remembered how hard it had been waiting until the end of the 1989 season to bond with Ryan, who had been shy and frightened with his new family. "He'd start warming up to me, and then he was on the road, and when I came home we'd be back to square one," he recalls.

He thought about the time, a couple of years later, when both Ryan and Stephanie had cried inconsolably because the new baseball season had started. When he was on the road—which was about half the time during the eight-month season—the children were angry and disobeyed their mother more often. One day, Stephanie had given him the cold shoulder; when he asked what was wrong, she finally confessed, "I'm mad because you keep going away and leaving us alone." They were about to adopt another child, a boy from Vietnam. Would he come to resent Tim's schedule, too?

Then there was the toll his career was taking on Christine. She had experienced stress-related chest pains during the worst of the crisis with Nicole, and, to make matters worse, she still suffers from neck pain caused by a car accident

she was in as a teenager. Yet she had orchestrated thirty-eight moves in ten years without a complaint, played mother and father most of the time and given constant support when Tim's game was in a slump. The trauma of parenting a severely disabled child had been hard on their marriage as well, and they went for counseling.

Tim left for spring training in Florida with the Reds in February 1993, excited to be playing with a new team and ready to give baseball another chance. The thrill didn't last. He was willing to pass it off as a bad day at first, but nine bad days later, the real reason for his unhappiness was clear. "My heart and passion weren't on the ball field. They were with my family," Tim says.

After a good deal of prayer, a long talk with Christine and a sleepless night, Tim went into manager Tony Perez's office and announced his retirement, effective immediately. Perez was so shocked, he slammed down his coffee cup, but he didn't argue with his pitcher's decision. Tim cleared out his locker for the last time, turned in his uniform and drove home. "That's when the tears came," he says. "I'm looking in the rearview mirror and seeing the ballpark getting smaller and smaller. It was a perfect picture of how baseball was going to be in my life."

Tim's teammates and superiors were

astounded but supportive. They know how tough it can be. Tom Foley, a former infielder and friend of Tim's from their Expos days, is away from his three young children during half of the school year. He says, "It gets really hard—at the phone bills sure rack up. When you have a family and they start to get older, you can never bring back the times you spent apart from them. Tim's shown a lot of people that having the money, the [fame], isn't everything. In fact, it's not even a small percentage of what's really involved in his life."

The import of her husband's decision didn't hit Christine until some time later, when she was in her car, listening to a tape of a radio interview Tim had given. It brought her to tears. "It was the first time I'd heard Tim's words saying 'I did it because I love my wife so much.' I never had anyone display that kind of love. I was overwhelmed by it and she remembers.

### FAMILY MATTERS

Expecting to leave the limelight, the Burkes were shocked when newspaper talk shows and film companies began making offers. The mailbox in their Indiana home became stuffed with letters from other dads who'd scaled down their work to be with their families. Though no movie deals have been made

and Christine recently collaborated on an autobiography, *Major League Dad* (us on the Family Publishing, May 1994), which covers Tim's career, their marriage, the adoptions, their spiritual life and Tim's retirement.

"We never, ever did this to be an example to anybody other than our families," says Christine. "But as it turns out, we have made people stop and say, 'How can I make my life less busy so I can be on my deathbed wishing I'd spent more time with my kids?' We're saying we don't have to give up everything—prioritize a bit."

Ultimately, however, the biggest impact Tim has made has been right in his home. For years, Christine ran a woman show; now she has an equal partner in the household routine. In the mornings, Tim manages breakfast for one before turning the kids over to Christine for home schooling. Christine began teaching the children during Tim's pitching days (despite constant school changes; now, she plans to continue this for the rest of her life.) The older children take going on "dates" with one parent, and Tim and Christine schedule a week of their own just to be a couple. Christine's retirement has also allowed Tim to be there for his children's milestones. In 1992, for no apparent reason,

Nicole's seizures disappeared as quickly as they began. While her doctors can't predict her developmental progress, there is no question about her ability to love. Eight months ago, she said "Mama" for the first time; now, says Christine, she says, "Daddy" all the time. Wayne, who came from Vietnam hampered by a severe clubfoot, now limps only slightly since having orthopedic surgery, and he no longer needs the brace he once wore.

Furthermore, the example of compassion and generosity that Tim and Christine have set is reflected in their children. When Wayne first came home in March 1993, Ryan offered a toy car as a welcoming gift. The young boy refused it at first, then hurled it at his new big brother. Displaying maturity and understanding far beyond his years, Ryan responded, "That's okay, Wayne. You don't trust us yet, but you will soon." He was right: Now, when Ryan invites his brother to watch a videotape, Wayne says with a grin, "Yes, Ry-ee!" and reaches out his arms to be picked up.

There is one thing, however, that the older children haven't picked up from their dad. Though they love participating in other activities, Ryan and Stephanie have no interest in team sports—"which is fine with me," says Tim. "I want them to be able to do

whatever they want to do."

Does Tim Burke ever have regrets? Only one: that the tears he shed for never made it to the World Series playoffs while he was on the team. "All in all, though, he looks forward to going back. He'll never play again," says Christine, but there are only a few more years to be part of the game. He and Christine have begun making speaking appearances to baseball players and their families, supporting them in matters of family and spirituality.

But parenting is still their highest priority; in fact, the couple are awaiting the arrival of the next little Burke: Maria, a year-old Guatemalan girl, now undergoing surgery for a cleft palate. As of this writing, the Burkes are waiting for her to be declared legally abandoned before they can start the adoption process. (Will this complete their family? Well, Tim did once say he wanted "a child from every continent.")

Tim and Christine are already in love with the girl they have never met. "Once their photo is on the fridge, it's like they're already ours," says Christine, laughing. Tim adds, "When a mother's pregnant, there's bonding before she even sees the child. For us, it's just a little longer distance."

Lynn Harris is a writer based in Boston.

# DERMATITIS:

Why just treat the rash when you can also help heal the rash?

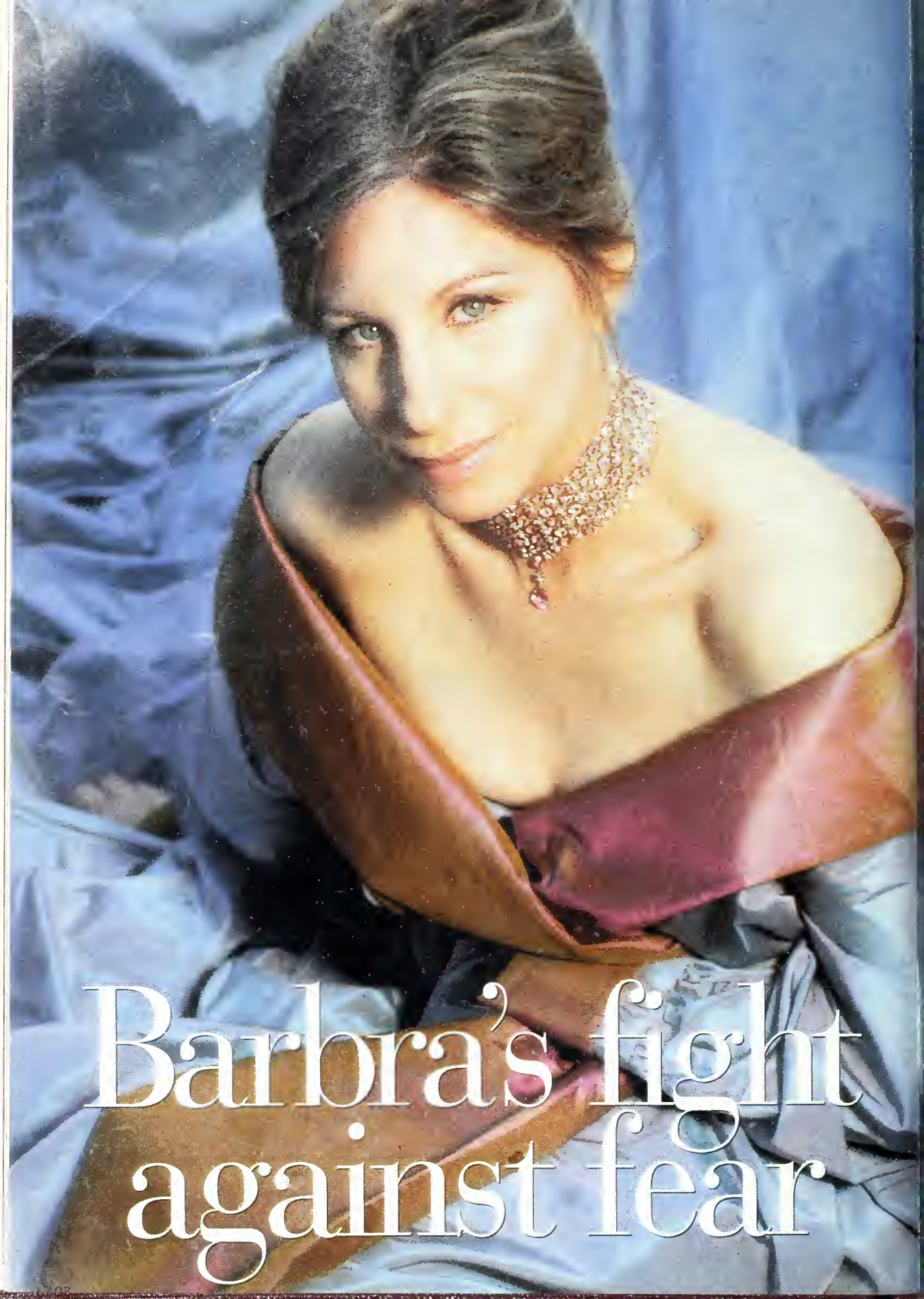


**Cortaid's advanced medicine stops the itch and helps heal the dermatitis rash. That's a reason more doctors recommend Cortaid® than any other brand.**




# CORTAID RELIEVES IT!

Use only as directed. © 1994, The Upjohn Co.



Barbra's fight  
against fear

A photograph of Barbra Streisand performing on stage. She is wearing a white, long-sleeved suit and is holding a microphone. The background is dark with some stage lighting and a railing.

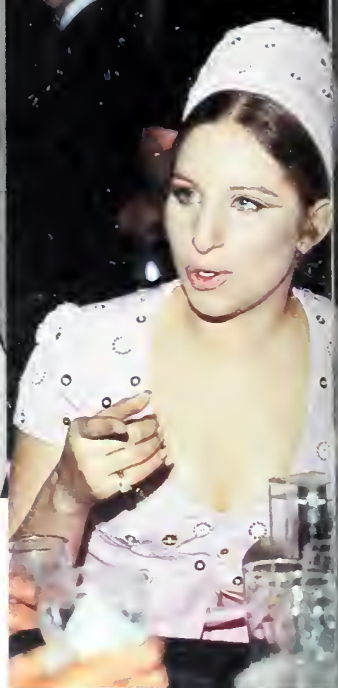
**She's a legendary singer—yet, for years, a phobia held her back from doing all she was capable of. How did she overcome her most terrifying obstacle? By Susan Price**

**I** honestly believed it was going to be just two concerts [in Las Vegas]," Barbra Streisand told *Ladies' Home Journal*, explaining the reason for her current series of concerts. "But it was such a lovely experience, feeling the connection with the audience after all these years, that I decided to do a limited tour to express my appreciation for the love and support I have received for such a long time."

Her seemingly simple statement conceals a complex, poignant reality: the fear that has haunted the superstar for decades—as well as the grueling effort she has made to overcome this fear.

For the two Las Vegas concerts Streisand gave at the beginning of this year marked the first time she had returned to the concert stage since 1967. Then, frightened by a death threat allegedly made by the Palestine Liberation Organization, she forgot the words to some songs in front of a massive crowd in New York's Central Park. "I just went blank," she has said. "It was horrifying." Afterward, it seemed unlikely she would *(continued)*

**THE WAY SHE WAS:** In the 1960s Streisand seemed to wear virtually every chic hairstyle, from the Vidal Sassoon-ish blunt cut (left) to the imposing beehive (below). For the London premiere of *Funny Girl* in 1969 (near right), she adopted a gaucho look, while a year later she looked more like a society matron



(continued) ever perform in public again.

"You don't get over stage fright—you just don't perform," she said. "I don't think I can do it again."

Yet she has done it, in a big way, beginning with London's Wembley Stadium in April, through Washington, D.C., in May and ending in late June with five performances at New York's Madison Square Garden. Each appearance sold out within hours, and the tour is expected to



net millions of dollars.

And that's not all. Over the past several months, Streisand has been doing a lot more than conquering the fear that has limited and dominated her life. She has

disposed of her Malibu estate, sold her treasured Art Deco and Art Nouveau collection for \$5.8 million ("The selling of my collectibles," she's said, "is a cleansing of my heart, my mind and my soul") and is planning a number of controversial film projects. What's more, she has never looked better; her famously translucent skin is as clear as ever and virtually wrinkle-free (Manhattan dermatologist Dr. Pat Wexler has reportedly done some wrinkle-plumping work on her); her body is toned and firm. At the age of fifty-two, Streisand

appears to be beginning a new phase of her life.

#### THE ROOTS OF CHANGE

Why is she able to put her fears behind her now, to do what she once thought was impossible? There is no simple answer; instead, a number of factors have combined to make the change possible.

Part of Streisand's renewed interest in performing,

## "THE GREATEST STAR"



**TO STREISAND, ACTING IS AS IMPORTANT AS SINGING, AND SHE HAS GIVEN FANS MANY WONDERFUL MOVIE MEMORIES**

(from top, left to right): *Funny Girl* (1968); *Hello, Dolly!* (1969); *The Owl and the Pussycat* (1970); *The Way We Were* (1973);

*Funny Lady* (1975); *A Star Is Born* (1976); *Yentl* (1983); *Prince of Tides* (1991)



## The men in her life



Streisand's marriage, to Elliott Gould (top), ended in divorce, and her relationships—with Jon Peters, Richard Baskin, Don Johnson, Andre Agassi—have had a dismal track record. But she has kept close to a very important man in her life, her son, Jason (bottom)

really feels that she's become a memory, a legend in her own time, and she wants to be real again," says Stuart Fischhoff, Ph.D., media psychology professor at California State University, Los Angeles. "She wants to have some contemporary meaning."

But that isn't the whole story. Streisand's newfound confidence is also due to a long, intense self-examination that includes years of therapy as well as encounters with New Age-style spirituality.

And perhaps the most important factor, the singer's friends say, is pure old-fashioned stubbornness, the kind of stubbornness that made a poor girl from Brooklyn, New York, determined to transform herself into a superstar.

"I think there's a tenacity that she's probably had since the time she was a little girl—to always want to be better and always ask more of herself," says lyricist Marilyn Bergman, who, with her husband, Alan, wrote the lyrics to one of Streisand's signature songs, "The Way We Were."

"This [returning to live performance] is overcoming fear. And I think that because she was so afraid of it, it made her want to feel that she could conquer it."

But if Streisand is no longer paralyzed by fear, she's still very anxious about

appearing onstage. Mindful of the long-ago death threat before the Central Park performance, she has imposed antiterrorist-level security measures at her concerts, with every member of the audience required to go through

(continued on page 156)

### CHANGING TIMES

(from top):

the 1970s, she sported the decade's signatureorkscrew curls, though she occasionally went waifish as well. In 1984, she wore a typical power look, but a few years later she'd opted for a waifish, low-key look, even adding (by the 1990s) a whimsical sailor cap



entertainment-industry insiders say, may be due simply to her \$60 million contract with Sony, which includes \$2 million a year for ten years to develop projects; \$3 million for a movie she directs; a \$4 million advance for every movie in which she stars; and a \$5 million advance for each of six albums she is expected to produce. High-priced projects like these are unquestionably helped by a star's high visibility.

And the fear of growing old and outdated may also be part of her return to the stage. "She might be going out there again because she



# DOES MOTHER KNOW BEST?

WOMEN TODAY ARE FIGHTING THE MEDICAL COMMUNITY ON BEHALF OF THEIR CHILDREN—TO KEEP THEM ALIVE, TO LET THEM DIE WITH DIGNITY, EVEN TO GIVE BIRTH TO THEM AFTER FIFTY. HOW MUCH OF A SAY SHOULD A MOM HAVE?

**B**aby K, as the little girl is known in the courts and newspapers, will never see, hear, feel or think. She will never say "Mommy" or know what the word means. And she will never know a life outside the confines of her bed in the nursing home where she lives. Born with no viable brain, Baby K, nearly two, has already lived longer than expected, thanks to the hospital that revives her when she comes close to death. Her mother wants this treatment

to continue for the remainder of her daughter's life; the hospital wants it to stop.

Who should decide?

This conflict is the most extreme current example of a mother fighting for the right to make a controversial medical decision for her child, but it is not the only one. Parents are increasingly being pitted against doctors, hospitals, lawyers, advocacy groups and, in some cases, public opinion. At issue are the rights to choose how and when to have children, to *(continued on page 153)*

Told that her baby son, Callian, should be born by caesarean, Tabita Bricci took her doctors and state officials to court for the right to refuse the operation—and won. Today, Callian is healthy





*By Carol Lynn Milner's  
Photograph by Mary Ellen Mark*

# WAY OUT HERE





Robert James Waller, author of the phenomenal love story *The Bridges of Madison County*, is unquestionably today's most popular author. Readers around the world have been deeply moved by his heartfelt tales of passion and longing. In the U.S. alone, more than seven million copies of his books—*Bridges*, *Slow Waltz in Cedar Bend* and the essay collection *Old Songs in a New Café*—are in print. Here, in the first of a two-part *Journal* exclusive, he writes about his life, his wife, Georgia, and the wide-open country they call home

**M**y road atlas says it's about 1,250 miles to El Paso from Des Moines, forty miles less than from Des Moines to Montpelier, Vermont. It doesn't feel that way; Montpelier seems a lot closer than El Paso by my internal reckoning. Somewhere west of Austin and past the hill country is a space-time curtain blowing around in the southern run of the high plains, and on the other side of that curtain lies another land entirely: West Texas. West Texas, where the moon sits full on I-10, fat and round and looking as if you could drive right through it in a mile or two.

If, as I still am, you're used to green fields and towns that lie only a few miles apart, or city streets and corner delicatessens, the great distance out here and the loft

(continued)

(continued) of high-desert mountains can make you feel small and vulnerable. A West Texas radio station labels itself "The Voice of the Last Frontier." I believe it. And driving through a sunup that turns the high buttes red on their eastern sides and sends the moon to where it goes before it comes around again, you understand it's no place to be running an empty.

On a Monday morning, at dawn, while eastern commuter trains clack toward the work of stocks and bonds and putting out magazines and designing clothes, it's quiet out here except for our dog named Shy, who thinks she smells something on the canyon breeze and barks intermittently. Sometimes, when the wind dies, it's so quiet you feel as if the Big-Space-Silence might actually crush you; I've had that feeling more than once, a silence that is almost suffocating until you get used to it and come to want only that which will not disturb it.

Both my wife, Georgia, and I have that sense of a space-time curtain. We keep saying to each other how big the land seems way out here . . . and is. And there's no sign of jet contrails across these blue, high-desert skies; the flight paths are far north of us.

This morning, I built a fire in the stove for her and started toward the little outbuilding where I work, then

came here. In the evenings we practice the Texas t-step, getting ready for the annual cowboy-poetry celebration that's coming up in a couple of weeks. She's a fine dancer—all her years of ballet saw to that—but I'm self-conscious and klutzy. I grin and tell her, "Real men don't bond, and tough guys don't dance. That's how I was brought up."

She'll have none of it, and I'd promised I'd learn if we came to West Texas, so she rewinds the Wayne Jennings tape to "Rainy Day Woman" one more time. "See, it's not hard. You just do this little skip and shuffle and stay with it while I do my turns." Across the living room we go, into the billiards room and around the pool table, Georgia moving light and easy while I'm starting to sweat under my flannel shirt, counting to myself and thinking, "Lead with left foot, shuffle, skip. . ."

After dancing for a while (I'll never get the West Texas style of waltzing down—never), we take out a couple of beers and shoot pool. I can do that, and she can't. She grew up with ballet lessons; I grew up in a place called "The Sportsman," where it was a dime a cue, ladies pay. The .30-30 saddle gun lies on a chair in case the javelinas—wild pigs—come tonight. I look at it, then back at her and say, "Keep your cue level, nice smooth stroke . . . na, no, you're not concentrating on the target ball."

She smiles and plows the cue ball into three or four others, hoping something will head toward the pocket, any pocket. I open the billiards-room door and look down at three dogs asleep on the steps

## "Real men don't bond, and tough guys don't dance."

ran back to the house, saying, "Look at the clouds swirling up there on Bird Mountain." In two minutes I had a tripod set up and was firing the Nikon at clouds running over the mountain and streaming down into the canyon next to it, the same canyon where a mule-deer buck lives and carries the biggest rack you've ever seen. I saw him through my binoculars a few weeks ago, standing by an upthrust of rock in the morning sunlight.

Out here we've had to learn new things and be reminded of others—that water doesn't really come from a faucet and that you need to periodically repack the pumps pulling it up from fifteen hundred feet below the earth's surface. And we've learned what it means when a dog shifts from a low growl to a shrill bark in the nighttime. And how to plan meals when you get to town only once a week, how to prepare for a grass fire and where the firebreaks ought to go on the edge of the property. We have a lot more to learn, but the people out here are patient and kind, moving a little slower than we're used to but doing things right when they do them, as far as I can tell.

Georgia and I don't have a television; we'd stopped watching television a long time before we

then up at Bird Mountain, and remember that tomorrow I have to check the south pump.

Georgia bends over the pool table, squinting at the cue ball, and says, "How about leftover spaghetti tonight?"

"That's fine with me," I tell her, still looking out the door at Bird Mountain and wondering if a lion is there staring back at me silhouetted in the door of the ranch-house billiards room, wondering if the javelinas will come tonight with trouble on their minds, and if the south pump is working all right. As far as I can see, and that's thirty miles to the north in the daytime, there are no other lights at home. A mile from dawn by the highway, I catch the low rumble of a Southern Pacific freight, barely audible, and behind me I can hear the click of pool balls and Georgia saying, "Got it! Yea for me."

It's pretty quiet way out here, real quiet, except for the click of billiard balls or when the wind comes and blows the clouds around on Bird Mountain. And even then it's quiet, in its own way, in this special and peculiar place.

*Continued in next month's Ladies' Home Journal.*

**THE  
CRUNCH**



**THAT  
SATISFIES**





# It's Magic!

When Walt Disney World's publicity staff wrote to us asking for makeovers to help them look their prettiest in the Florida heat, it was LHH's turn to put *our* magic to the test. We flew to Orlando with an expert team—hair pro Gad Cohen and makeup ace Lydia Snyder—to create Cinderella-style transformations (even Minnie Mouse got in on the act). Sometimes when you wish upon a star, dreams *do* come true. By Lois Joy Johnson.

Beauty and Fashion Director

## Michelle Fisher

"I've always wanted bigger eyes *and* bigger hair," said twenty-eight-year-old Michelle. "And can you teach me how to apply eye makeup so it lasts?" Gad worked his less-is-more sorcery by cutting Michelle's hair to a more sophisticated shoulder length. "The new swingier length plus reverse blow-drying [head flipped forward when drying] added great body," said Gad. "There are tricks to creating larger eyes," said Lydia. "But Michelle's best bet is to make her mouth the focal point of her face. A defined mouth will add a lot of sophistication." Lydia blended a mauve-brown shadow on the whole lid to push back the brow overhang, then swept a deeper brown shadow at the outer corners in a sideways V. Lydia also explained that makeup lasts longest when you layer rich, matte colors. She saved the drama for Michelle's lips, choosing a bright, matte-formula blue-red shade. Voilà!





# Jennie Hess

Jennie, a large, 50-year-old mother of 10, wanted a month-old baby, took a step in the right direction when she cut her long hair short last fall. God loved the length—but said the artificial-looking red color had to go. He softened it to a warm chestnut brown, which altered Jennie's whole look. It added a rosy glow to her skin and made her pretty blue eyes really

stand out. Lydia reshaped Jennie's eyebrows, creating a slight off-center arch, then haloed the eyes with smoky color—à la Liz Taylor—which gives Jennie's

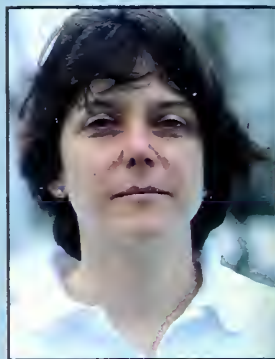
new look star quality.

All makeup: Voreal. Details, page 150. Large photo: dress, Laundry by Shelli Segal at Lord & Taylor Petites; earrings, Ann & Catherine Prevost. Small photo: jacket, Zang T. 1; necklace, Kenneth Jay Lane; earrings, R. chelieu.



# Jane Adams

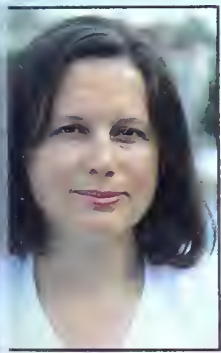
Sometimes your natural hair color is not the best complement to your skin—as was the case for forty-year-old Jane. Gad brightened the dull brown to auburn, which livened up Jane's face. He also reshaped the cut into a



sexy gamine style. Lydia chose new makeup shades in melon, coral and warm ginger—shades that look wonderful on redheads. Lydia also made Jane's thin lips more voluptuous by rounding out the points of the bow with a neutral lip pencil, then filling in with matte color.

All makeup, Estée Lauder. Details, page 150. Large photo: jacket, Linda Allard for Ellen Tracy; Petite for Lord & Taylor; pearls, Carolee. Small photo: jacket, Barney's NY; choker, Ann & Catherine Prevost.





# Pam Brandon

ant to look sophisticated without a lot of makeup. I like natural," said Pam, a forty-  
 -old mother of two. "Pam's hair length was great," said Gad. "All I did was cut  
 y, loose layers for movement and add gold and honey highlights to blend in the  
 y and give her hair color more dimension." The biggest change Lydia made was  
 ning and extending Pam's pale, sparse brows with both pencil and brow powder.  
 m was so worried about looking natural that she was afraid to wear makeup,"  
 Lydia. "So I showed her how she could achieve a natural look using neutral  
 ars." Lydia used muted-brown eye shadows and a very small amount of black eye  
 dow at the lash base to add definition. Pam's quick switch for evening: red lips  
 a Velcro-roller set for sexy waves. Natural never looked so good.



akeup, Revlon. Details, page 150. Large photo: jacket, Christian Dior; necklace, Yves Saint Laurent; earrings,

# Carole Jackson Munroe

"I love makeup and fashion," said Carole, thirty-three. "But I'd like to develop a real signature style." Gad's advice: a sleeker hairstyle. "A blunt chin-length cut gives Carole options—she can wear her hair down or smoothed into a chignon." Lydio concentrated on perfecting Carole's oily complexion: She spot-blended two shades of oil-free foundation to even out the skin tone, topping it with concealer and powder. Her daytime look is neutral eye shadows, rosy-brown blush and red-brown lips. For evening, heavier eye makeup and a pale, shimmering mouth. Now Carole has unmistakable style!

All makeup, Maybelline Shades of You Details, page 150. Large photo: dress, Bill Blass; choker, Givenchy; earrings, Nina Ricci. Small photo: jacket, K.L. Karl Lagerfeld; sweater, K.L. Karl Lagerfeld; earrings, Kenneth Jay Lane.



## SEVEN SECRETS TO MAKEOVER MAGIC

- Make small or hooded eyes look dramatically larger by using the same shape of the eye horizontally. Start by extending the brow at the outer corner, then extend shadow to the same point, feathering the edges to blend. Extend eyeliner to meet the outer edge of shadow, widening and lifting the line at the outer lid.
- All brows need to be shaped and enhanced with makeup to create larger, younger eyes: Subtly thin and lift the brow, adding a little more arch on top with a pencil or powder.
- Don't be afraid to overline your lips. Round out your lip line where you need more fullness. Match pencil to your natural lip color when using neutral or earthy lipcolors; or, when wearing bright lipcolor, match liner to lipstick for a sharper shape.
- Layering can add movement, texture and body to give hair a younger look.
- Shampooing isn't always necessary for a fast style boost. A

ten-minute Velcro-roller set while you're doing your makeup or dressing can add soft waves. Gel applied to the roots of short hair creates a tousled look.

- A richer, warmer version of your own hair color can lift a sallow complexion. Highlights around the face can help soften wrinkles.

- Spend more time perfecting the look of your skin before making up eyes and lips. The right foundation, concealer and powder can even out problem skin, prevent shine and de-emphasize lines.

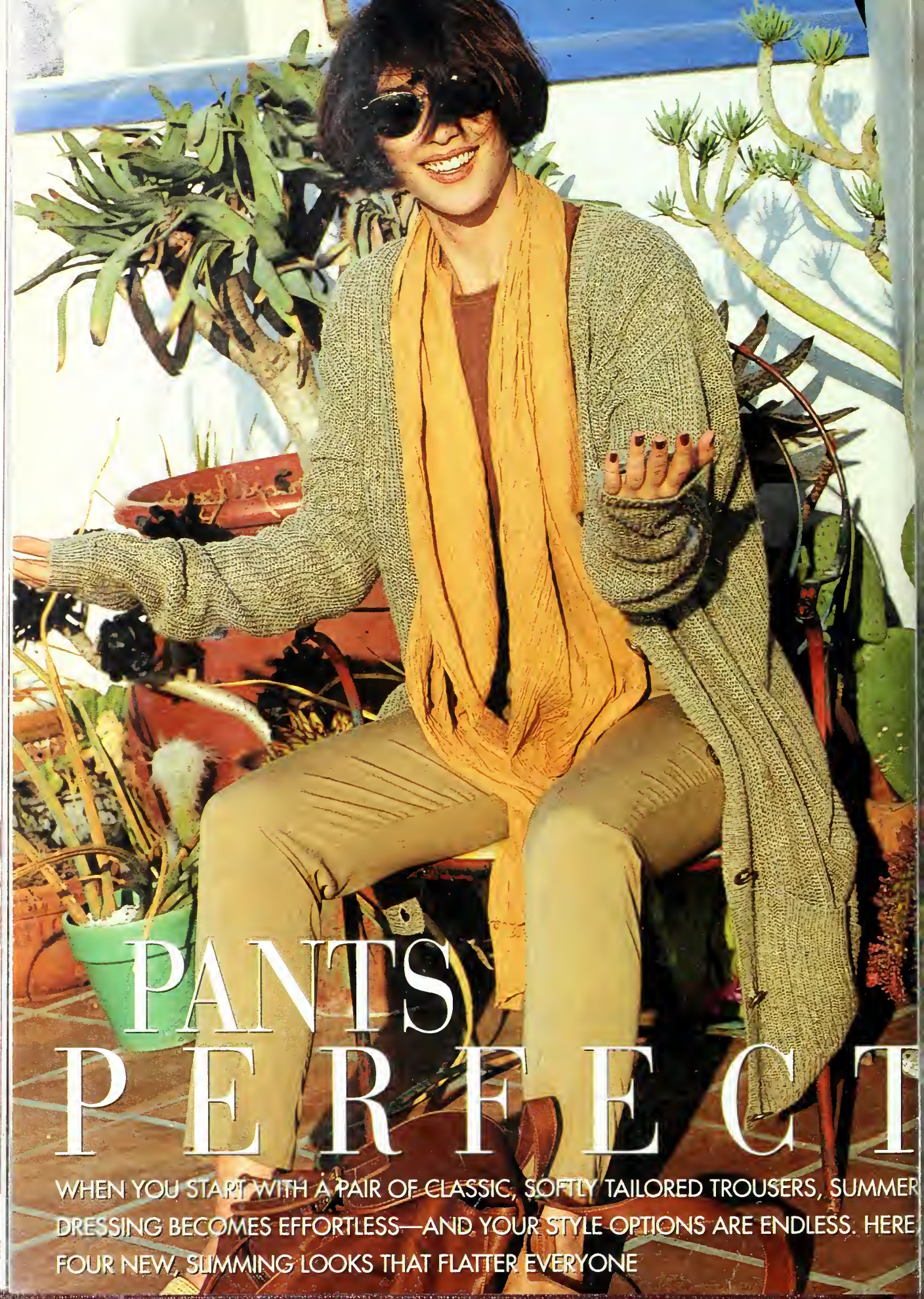


## Sarona Soughers

"I've always permed my hair because it's so fine, but I'm tired of it. Also, my makeup never stays put on my oily skin," thirty-two-year-old Sarona told us. Gad's solution? A bob. "Sarona's perm and the dry, dull texture of her hair distract from its great color. A simple bob, blow-dried straight, emphasizes the natural blond silkiness."

Lydia chose a brand-new makeup palette for Sarona and put the emphasis on a fresh, groomed look. "Sarona looks monotone with her pale skin, palest blue eyes and light hair. After applying an oil-free dual powder-foundation, I shaded her eyes with soft gray and vanilla and lined them in a deeper gray, extending the eye slightly at the corner. Neutral beige-pink lipstick is the finishing touch." Instant sophistication.





# PANTS PERFECT

WHEN YOU START WITH A PAIR OF CLASSIC, SOFTLY TAILORED TROUSERS, SUMMER DRESSING BECOMES EFFORTLESS—AND YOUR STYLE OPTIONS ARE ENDLESS. HERE FOUR NEW, SLIMMING LOOKS THAT FLATTER EVERYONE

## TIPS FOR A PERFECT FIT

nts should hang  
ght from waist to  
in an unbroken  
The waist and  
rea should offer  
gh breathing  
so you can bend  
move with ease.  
ays sit to check  
t and rise of  
. and cross your  
too. A slightly  
rise (the distance  
en the crotch  
he waistband) is  
r than one that's  
If, when  
ing, there isn't a  
ful of excess  
y at the crotch,  
ants are too tight.  
he ease at the  
is okay when  
e standing but  
thighs look like  
d sausages  
you sit, the  
don't fit.  
ok at the back  
Make sure pants  
cup your bottom.  
en buying knit  
s, the crotch area  
d fit flat and  
th: the waistband  
ld be narrow to  
l excess shirring  
oric around  
lastic.  
imate panty  
y wearing  
es with high-cut  
and a natural  
band that sits on  
waist (*not*  
i-style).



The straight and narrow, left: The freshest alternative to leggings when you want to wear a big top over a lean bottom? Slim, tapered, straight-leg pants. Style tip: Slim pants should hit the ankle or just above; wear with a flat shoe. Above: It's a wash. Washed silks are the new wardrobe

basics for no-fail elegance and comfort. The tailored trousers and easy shirt worn tunic-style are a perfect combo when you want to do without a jacket. Style tip: Dark-color trousers eliminate see-through.

Left: Pants, United Colors of Benetton; cardigan, DKNY; tee and shoes, Agnès B.; scarf, Honey Collection; bag, Coach. Model, Mirzi Martin of Elite L.A. Above: silk pants and shirt, J.H. Collectibles; slides, Cole Haan. Model, Nikka of Pauline's.





## THE PROPER PANTS LENGTH

jeans with a wide leg should be cut at the top of the hip and break slightly so that when you walk the hem falls just above the top of the foot. More tapered, straight-leg pants should be shorter—to the ankle or above. The hem for any type of pants should be even all around—never angled or curved back. Hems should not dust the ground or droop over the shoe. Cuffs work well if you have long hair and you're going for a menswear look—otherwise, they'll make your legs look shorter.

## WHAT'S IN THE PUMP NOW

Right shoes are essential to a stylish look. The top choices for summer '94 are flat or low-heel shoes in buttery suede, polished leather, buckled loafer and pump looks. Also appropriate but more conservative: closed-toe oxfords, slim loafers, and pointed flats with a fast toe or tuxedo toe (dressed up with a heel). Avoid anything with a heel higher than one and a half inches—it instantly dates the entire look.



**Strong suit, far left:** The best summer suit is made from a soft, fluid fabric that contours gracefully and is as comfy as your favorite jeans yet has enough body to hold a tailored line. This one is washed-silk corduroy—silk tulle and silk crepe are other good choices. **Style tips:** Match jacket and pants for the slimmest silhouette; wear with a plain cotton tee, a vest, and oxfords for the newest look. **Knit wit, left:** Drawstring pajama pants in rayon knit look very sophisticated when topped with layers—in this case, a cardigan under a vest. **Style tips:** Wear knits in a classy, versatile neutral like white or black; pair knit pants with knit tops.

**Far left:** Suit, CK Calvin Klein; Tee, J. Crew; vest, A/X Armani Exchange; shoes, Calvin Klein. **Model:** Sharon Summerall of Blue Blanchard. **Left:** drawstring pants, vest and cardigan, Country Road Australia; cami-tee, Donna Karan Intimates; scarf, Liz Claiborne; sunglasses, Guess? **Eye wear:**

# SELECTING A SOY SAUCE



Kikkoman Lite Soy Sauce has the lowest sodium of any major brand. Yet it's naturally brewed using the same time-honored method Kikkoman has been using for nearly four centuries.



*Kikko-Mushroom Burger:* Drain and chop one 2 oz. can of mushroom stems and pieces. Mix with 1 lb. lean ground beef, ½ cup chopped onion and 2 tablespoons Kikkoman Soy Sauce; shape into 4 patties. Cook in hot skillet over medium heat about 10 minutes, or to desired doneness. Remove patties from pan. Stir in 2 tablespoons Kikkoman Soy Sauce; bring to boil. Remove pan from heat; add patties and coat with soy sauce. Makes 4 servings. For additional recipes, send a stamped, self-addressed envelope to: Kikkoman International Inc., Dept. CS4D, P.O. Box 420784, San Francisco, CA 94142-0784.



As it matures, Kikkoman Soy Sauce becomes a rich ruby-nut brown and develops a distinctive roasted aroma. Other soy sauces use chemicals and artificial coloring in their attempts to achieve the same effects.

**KIKKOMAN**  
NATURALLY BREWED  
**Soy Sauce**

Of all the major brands, only Kikkoman Soy Sauce is naturally brewed for almost half a year. So it enhances, rather than overwhelms, the flavors of foods.

*Soy-Lemon Chicken:* Broil or grill 4 chicken quarters 7 inches from heat about 30 minutes, or until no longer pink in center; turn over occasionally. Combine ¼ cup Kikkoman Soy Sauce, 2 tablespoons lemon juice, ¼ teaspoon each oregano and garlic powder; brush chicken during last 10 minutes of cooking time. Make 4 servings.



# Food Journal

## **GRILL TALK**

Great recipes for chicken, fish, beef and pork plus foolproof tips from two of the country's top grill masters

## **SALADS—THE CLASSICS**

Lighten up with our best-loved salads—from satisfying entrées to perfect side dishes

## **WHAT A PEACH!**

Just-peachy desserts that make the most of summer's bounty



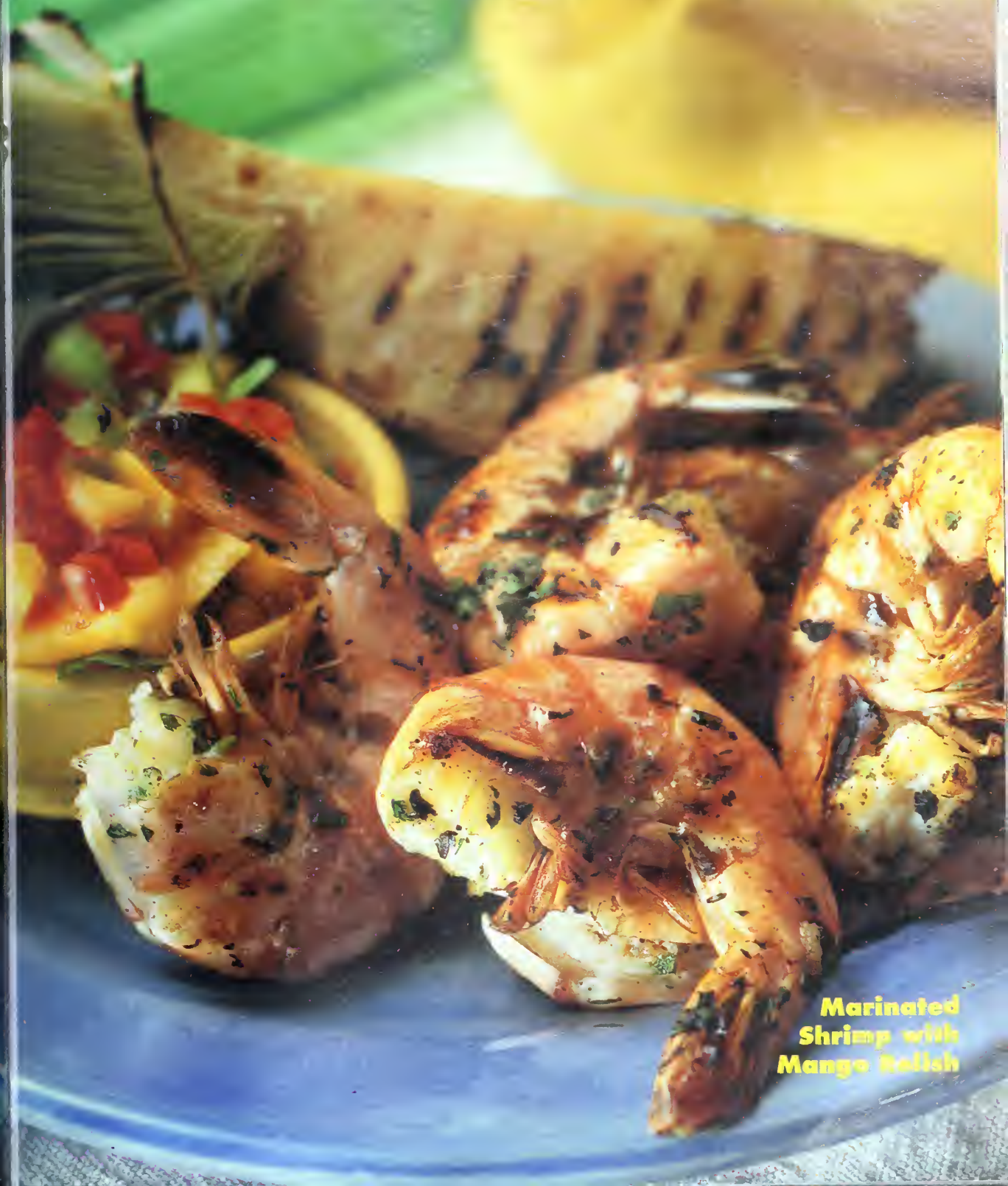
**We're talking flavor! The secret: spicy dry rubs and zesty marinades that bring out the best in meats and fish. Summer cooking has never had so much sizzle.**

**By Chris Schlesinger and John Willoughby**



**Cumin-Rubbed  
Steak with  
Avocado Salad**

# GRILL TALK



**Marinated  
Shrimp with  
Mango Salsa**

## Grill talk

continued

- Easy ● Challenging ▼ Low-fat  
 ● Moderate Ⓜ Microwave ▼ Low-calorie  
 \* Can be frozen up to 1, 3, 6 or 9 months

### HOISIN-GLAZED PORK CHOPS WITH PICKLED GINGER



**Test-kitchen favorite** The smoky flavor of grilled pork stands up to a sweet-sour glaze and aromatic pickled ginger. Although you can buy pickled ginger in Asian markets, it's easy and fun to make it yourself.

**Prep time:** 15 minutes plus cooling ○  
**Grilling time:** 6 to 8 minutes

#### Pickled Ginger

- 2/3 cup white vinegar
- 1/3 cup sugar
- 1 teaspoon salt
- 1/3 cup thinly sliced fresh ginger (2 oz.)

- 1/4 cup hoisin sauce\*
- 2 tablespoons tomato ketchup
- 2 tablespoons white vinegar
- 1 tablespoon reduced-sodium soy sauce
- 4 pork loin chops, 1/2 to 3/4 inch thick, trimmed
- Salt and cracked black pepper
- 3 green onions, sliced thin diagonally

1. **Make Pickled Ginger:** Heat vinegar, sugar and salt in small saucepan to boiling. Add ginger; return to boil, reduce heat and simmer 10 minutes. Cool. Cover and refrigerate. (Can be made ahead up to 1 month.)
2. Prepare grill.
3. Combine hoisin sauce, ketchup, vinegar and soy sauce in small bowl.
4. Sprinkle chops with salt and pepper. Grill over medium-hot coals 3 to 4 minutes per side. During last 30 seconds, brush tops with hoisin mixture; grill 15 seconds. Turn, brush other side with hoisin and grill 15 seconds more.
5. Transfer to dinner plates and sprinkle with green onions. Drain Pickled Ginger and serve on the side. Makes 4 servings.

\*Hoisin sauce is available in Asian markets and the specialty sections of some supermarkets.

Per serving		Daily goal
Calories	345	2,000 (F), 2,500 (M)
Total fat	12 g	60 g or less (F); 70 g or less (M)
Saturated fat	4 g	20 g or less (F); 23 g or less (M)
Cholesterol	114 mg	300 mg or less
Sodium	973 mg	2,400 mg or less
Carbohydrates	15 g	250 g or more
Protein	44 g	55 g to 90 g

## LATIN SPICED PORK TENDERLOIN



**Fastest recipe of the month** The flavor combination of cumin, chile, coriander and cinnamon—characteristic of Latin American cooking—is especially good with pork. Covered and stored in a cool, dark place, the spice mixture will keep for about six weeks.

**Prep time:** 8 minutes ▼ ○  
**Grilling time:** 20 to 25 minutes

#### Spice Mixture

- 2 tablespoons cumin seeds
- 2 tablespoons chili powder
- 1 tablespoon ground coriander
- 1 tablespoon salt
- 1 tablespoon freshly ground pepper
- 1 1/2 teaspoons cinnamon
- 1 1/2 teaspoons brown sugar
- 1 1/2 teaspoons crushed red pepper

- 2 pork tenderloins (10–12 oz. each), trimmed

#### Lime wedges, for garnish

1. Prepare grill.
2. **Prepare spice mixture:** Toast cumin seeds in small skillet over medium heat, shaking occasionally, until fragrant, 2 to 3 minutes. Transfer to spice mill, coffee grinder or mortar with remaining spices; grind to powder. Makes 1/2 cup.
3. Rub 2 tablespoons spice mixture over each tenderloin. Grill over medium-low coals 20 to 25 minutes, turning occasionally, until meat thermometer inserted in thickest part reaches 160°F. Serve with lime wedges. Makes 6 servings.

### There's the rub

Dry rubs give grilled foods maximum flavor with minimum effort. Rubbing meat with spices before grilling creates a flavorful, slightly crunchy crust. Don't worry when the rub turns dark brown during cooking—grilling over medium (not hot) coals will help ensure that it won't blacken or scorch. To make a dry rub, mix the spices together thoroughly, then coat the meat all over with small handfuls, using a little pressure to make sure the spices adhere.

Per 3-oz. serving		Daily goal
Calories	160	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	73 mg	300 mg or less
Sodium	615 mg	2,400 mg or less
Carbohydrates	2 g	250 g or more
Protein	24 g	55 g to 90 g

### LIME FLANK STEAK WITH CHIPOTLE-HONEY SAUCE



In this recipe, adopted from "The Thrill of the Grill" (Morrow, 1990), chipotle-dried, smoked jalapeño chiles—give sauce a smoky heat. Slicing the steak thin against the grain keeps it tender.

**Prep time:** 25 minutes plus marinating  
**Grilling time:** 10 to 14 minutes

- 6 tablespoons fresh lime juice
- 1/4 cup vegetable oil
- 1 canned chipotle chile,\* chopped
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon minced garlic
- 2 flank steaks (1 1/4–1 1/2 lb. each), trimmed

#### Salt and cracked black pepper

#### Chipotle-Honey Sauce

- 1/4 cup honey
- 1/4 cup fresh lime juice
- 3 canned chipotle chiles\*
- 2 tablespoons vegetable oil
- 2 tablespoons balsamic vinegar
- 2 tablespoons prepared mustard
- 2 garlic cloves
- 1 teaspoon salt
- 1 teaspoon cumin
- 1/4 teaspoon cracked black pepper
- 2 tablespoons chopped fresh cilantro

1. Combine lime juice, oil, chile, cilantro and garlic in large nonaluminum baking dish. Add steaks, turning to coat. Cover and refrigerate at least 3 or up to 24 hours, turning once or twice. Remove from refrigerator 30 minutes before grilling.

2. **Make Chipotle-Honey Sauce:** Combine honey, lime juice, chiles, oil, vinegar, mustard, garlic, salt, cumin and pepper in blender; blend until smooth. Stir in cilantro. Makes 1 cup.

3. Prepare grill.
4. Grill steak over medium-hot coals 5 to 7 minutes per side for medium-rare. Let rest 5 minutes. Slice very thin against grain. Serve with Chipotle-Honey Sauce. Makes 8 servings. (continued)

Good  
Seasons

Salad  
Dressing Mix

**Italian**

ALL NATURAL

## Marinade

- 1 envelope  
GOOD SEASONS®  
Italian Salad Dressing Mix
- $\frac{1}{3}$  cup oil
- $\frac{1}{3}$  cup dry white wine  
(or water)
- 2 tablespoons lemon juice

Mix ingredients in cruet or  
bowl until well blended.

Reserve  $\frac{1}{4}$  cup for basting.

Pour marinade over meat,  
poultry or seafood;  
cover and refrigerate.

*This summer prepare a few fireworks of your own.*



*Marinating limes, meat and poultry, 30 min.  
overnight; seafood, 30 min. to one hour.*

**Good  
Seasons**

## Grill talk

continued

\*Chipotle chiles are available in Hispanic markets and by mail from Mo-Hotta Mo-Betta, 800-462-3220.

Per serving		Daily goal
Calories	345	2,000 (F), 2,500 (M)
Total fat	19 g	60 g or less (F), 70 g or less (M)
Saturated fat	6 g	20 g or less (F); 23 g or less (M)
Cholesterol	78 mg	300 mg or less
Sodium	519 mg	2,400 mg or less
Carbohydrates	11 g	250 g or more
Protein	32 g	55 g to 90 g

### CHICKEN SKEWERS WITH INDONESIAN KETCHUP



This recipe, adopted from "Big Flavors of

the Hot Sun" (Morrow, 1994), is a version of satay, the grilled skewers of Southeast Asia. We turn up the heat with a soy-lime-chile marinade, complemented by a spicy-sweet soy-molasses sauce.

**Prep time: 45 minutes plus marinating**

**Grilling time: 4 to 6 minutes** ▼ ▽ ○

#### Indonesian Ketchup

- 1/2 cup light molasses
- 1/2 cup reduced-sodium soy sauce
- 1/2 cup firmly packed brown sugar
- 2 tablespoons cracked black pepper
- 2 tablespoons minced fresh ginger
- 1 teaspoon nutmeg

2 pounds boneless, skinless chicken breasts

- 1/2 cup water
- 1/4 cup fresh lime juice
- 1/4 cup reduced-sodium soy sauce
- 2 to 4 tablespoons minced jalapeño or serrano chiles
- 1 tablespoon cracked black pepper

1. Make *Indonesian Ketchup*: Combine all ingredients in medium saucepan. Bring to boil; reduce heat and simmer, stirring fre-

quently, until slightly thickened, 7 to 10 minutes. (Can be made ahead. Cool and refrigerate up to 1 month.) Makes 1 1/4 cups.

2. Cut chicken breasts into 3x1/2-inch strips. Combine water, lime juice, sauce, chiles and pepper in medium bowl; add chicken and toss to coat. Cover and refrigerate 3 to 4 hours, stirring once or twice.

3. Prepare grill. Remove chicken from marinade and thread loosely on metal skewers. Grill over medium-hot coals 2 to 3 minutes per side, until cooked through and browned. Just before removing from grill, brush lightly with *Indonesian Ketchup*. Serve with additional *Ketchup* for dipping. Makes 8 servings.

Per serving		Daily goal
Calories	255	2,000 (F), 2,500 (M)
Total fat	2 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	66 mg	300 mg or less
Sodium	955 mg	2,400 mg or less
Carbohydrates	32 g	250 g or more
Protein	28 g	55 g to 90 g

### GRILLED CHICKEN SANDWICH WITH SMOKY RED-ONION SALSA



The trick to grilling chicken breasts is cooking them fast: The outside is slightly seared, which adds rich flavor, and the inside stays moist. The smoky onion-tomato salsa is the perfect condiment for a quick, tasty sandwich.

**Prep time: 20 minutes**

**Grilling time: 9 to 11 minutes**

#### Smoky Red-Onion Salsa

- 1 small red onion, cut into 4 slices
- 1 tomato, cut into 4 slices
- 6 tablespoons fresh lime juice
- 1/4 cup chopped fresh cilantro
- 4 to 10 dashes red pepper sauce
- Salt and cracked black pepper

3 tablespoons chili powder

- 1 tablespoon cumin
- 1 tablespoon cracked black pepper
- 4 boneless, skinless chicken-breast halves (1 1/4 lb.)

Salt

- 8 slices sourdough bread, 1/2 inch thick
- 1/4 cup mayonnaise
- Assorted baby lettuces

1. Prepare grill.
2. Make *salsa*: Grill onion and tomato slices 2 minutes per side. Chop coarsely and transfer to bowl. Stir in remaining ingredients. Makes 2 cups.
3. Combine chili powder, (contin

## A SIMPLE GUIDE TO GREAT GRILLING

Grilling is anything but an exact science—that's what makes it fun. Below, all you need to know to grill with the proper fuel and fire and guarantee that your food will attain the smoky flavor you can get only from grilling.

Standard charcoal briquettes are readily available and work perfectly well. Hardwood lump charcoal is almost pure carbon and therefore starts quickly and burns very cleanly. Hardwood logs, such as apple wood and cherry wood, are fun but unpredictable. Logs are best left to those who are true grilling veterans.

Lay a fire with a surface area about 10 percent larger than the food being grilled. Don't skimp on the fuel—we recommend mounding the coals about 3 inches deep at the center, tapering out to about 1 inch at the edges of the fire.

Electric fire-starters and grill chimneys (round metal containers with wooden handles) are the quickest and most ecologically sound ways to start the fire. Light the coals about 30 minutes before you want to cook. Let them get fiery red and then die down until they are covered with gray ash.

Every fire is different, so cooking times given in recipes are approximate. To judge the doneness of the food, do what many professional chefs do: Cut one piece open and look inside.

We don't use marinades to tenderize foods—food for grilling should be fairly tender anyway, since it doesn't cook long enough on the grill to overcome any toughness. Some foods can be marinated for several hours, but 20 minutes is all it takes to add strong, bright flavors.

Try out these tips from chefs who are known for their grilling savvy:

Before you begin, says Mary Sue Milliken, of *Border Grill*, in Santa Monica, "Always scrape the grill grate well with a wire brush so it's very clean." Susan Spicer, of *Bayona*, in New Orleans, advises, "If you use a marinade, strip off as much as possible with your fingers before you grill. This avoids huge flare-ups, which give food a burned taste." And a final word from Jody Adams, of *Michela's*, in Cambridge, Massachusetts: "Don't overcook: If food is seared too quickly but is not finished cooking, move it to a cooler spot to slow the cooking down. Or cover it with a pan lid or disposable aluminum pan for faster, but more even, cooking." —C.S. and J.W.





# REAL BACON MAKES THE ORDINARY EXTRAORDINARY.

*You can turn the humble potato into a proud feast with HORMEL® Real Bacon Bits or Real Bacon Pieces. They also add sizzle to salads, casseroles, scrambled eggs, baked beans, omelets, pizza, all kinds of foods. Real bacon. Anything else is unreal.*



**REAL BACON ADDS REAL TASTE.™**



# IT WHIPS EGGS, CREAM AND OTHER MIXERS.

Cookie dough isn't all this KitchenAid® hand mixer beats. Unlike other mixers, it powers through even stiff chocolate chip dough and automatically maintains consistent beater speeds. You can cook up a storm, too, because we made cleanup a breeze. For maximum power and minimum cleanup, legendary KitchenAid quality, and the only Total Replacement Warranty Program, one mixer wins hands down. For more, call 1-800-422-1230.

**KitchenAid®**  
FOR THE WAY IT'S MADE™

## Grill talk

*continued*

cumin and pepper in small bowl. Rub all over chicken. Sprinkle with salt.

4. Grill chicken over medium-hot coals until cooked through, 4 to 5 minutes per side. Grill bread until golden, 30 to 60 seconds per side.

5. Top 4 bread slices with mayonnaise, lettuces, chicken, then salsa. Top with remaining bread. Makes 4 servings.

Per serving		Daily goal
Calories	440	2,000 (F), 2,500 (M)
Total fat	15 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	91 mg	300 mg or less
Sodium	544 mg	2,400 mg or less
Carbohydrates	37 g	250 g or more
Protein	39 g	55 g to 90 g

## MARINATED SHRIMP WITH MANGO RELISH

Leaving the shells on protects shrimp from burning during grilling. Size is important. The bigger the shrimp you use, the easier they are for your guests to peel.

*Prep time: 40 minutes plus marinating*

*Grilling time: 2 to 6 minutes* ▼ ▼ ○

- 1 1/2 cups pineapple juice
- 1/2 cup dark rum
- 1/4 cup fresh lime juice
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon minced garlic

- 1 teaspoon salt
- 1/2 teaspoon cracked black pepper
- 2 pounds medium shrimp in shells

### Mango Relish

- 2 mangoes, diced fine
- 1/2 cup finely diced red pepper
- 1/2 cup finely diced green pepper
- 1/3 cup finely chopped red onion
- 2 tablespoons fresh lime juice
- 1 tablespoon red wine vinegar
- 1/2 teaspoon minced garlic
- 15 whole cilantro leaves
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

1. Combine pineapple juice, rum, lime juice, cilantro, garlic, salt and pepper in large bowl. Add shrimp, cover and refrigerate 2 to 4 hours.

2. *Make Mango Relish:* Combine all ingredients in medium bowl. Makes 2 3/4 cups. (Can be made ahead. Cover and refrigerate up to 4 hours.)

3. Prepare grill.

4. Thread shrimp on skewers and grill over medium-hot coals until opaque throughout, 1 to 3 minutes per side. Spread Mango Relish on platter and arrange shrimp on top. Makes 6 servings.

Per serving		Daily goal
Calories	225	2,000 (F), 2,500 (M)
Total fat	2 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	186 mg	300 mg or less

Sodium	458 mg	2,400 mg or less
Carbohydrates	20 g	250 g or more
Protein	26 g	55 g to 90 g

## CUMIN-RUBBED STEAK WITH AVOCADO SALAD

*Spice rubs don't have to be complex combinations of many spices—here, a simple blend of salt, pepper and toasted cumin seeds lends the meat an intense flavor.*

*Prep time: 30 minutes*

*Grilling time: 12 to 14 minutes*

### Avocado Salad

- 1/3 cup olive oil
- 1/4 cup red wine vinegar
- 1/4 cup fresh lime juice
- 1/4 cup chopped fresh oregano (or 1/2 teaspoon dried and 1/4 cup chopped fresh parsley)
- 1 tablespoon cumin
- 1 teaspoon chili powder
- 1 teaspoon minced garlic
- 4 to 8 dashes hot pepper sauce
- Salt and cracked black pepper
- 3 firm, ripe avocados, cut into 1/2-inch dice
- 1 small red onion, chopped fine
- 1 small red pepper, diced fine

- 3 tablespoons cumin seeds
- 3 tablespoons kosher salt or 1 1/2 teaspoons table salt

spoons cracked black pepper  
 1/2 pounds round steak, 1 1/2  
 inches thick, trimmed

are grill.  
**Make Avocado Salad:** Combine oil,  
 lime juice, oregano, cumin, chili  
 powder, garlic, pepper sauce, salt and  
 vinegar in large bowl. Add avocado,  
 and pepper; stir gently to coat.  
 4 cups.

stir cumin seeds in small skillet over  
 low heat, shaking pan occasionally,  
 for 2 to 3 minutes. Immediately  
 transfer to small bowl. Add kosher salt and  
 vinegar and mix well. Rub all over steak.

Place steak over medium-hot coals 6  
 minutes per side for medium-rare. Let  
 rest 5 minutes.

Carve steak against the grain into very  
 thin slices. Serve with Avocado Salad.  
 6 servings.

	Daily goal
540	2,000 (F), 2,500 (M)
37 g	60 g or less (F); 70 g or less (M)
7 g	20 g or less (F); 23 g or less (M)
100 mg	300 mg or less
842 mg	2,400 mg or less
14 g	250 g or more
40 g	55 g to 90 g

**GRILLED MAHIMAH**

Continued on page 129  
 a cue from the way fish is pre-  
 pared in many tropical cuisines, delicate,

white-fleshed mahimahi is combined with  
 spices to great effect. Lime-marinated  
 onions and spicy greens add other robust  
 flavors to the mix.

**Prep time:** 35 minutes  
**Grilling time:** 8 to 12 minutes

**Limey Red Onions**  
 1 1/2 cups thinly sliced red onion  
 6 tablespoons fresh lime juice  
 1 teaspoon sugar  
 1/4 cup chopped fresh cilantro

**Curry Rub**  
 1 1/2 teaspoons cumin  
 1 1/2 teaspoons paprika  
 3/4 teaspoon ground coriander  
 3/4 teaspoon ginger  
 3/4 teaspoon cinnamon  
 1/2 teaspoon salt  
 1/4 teaspoon turmeric  
 1/4 teaspoon dry mustard  
 1/8 teaspoon ground red pepper

**Spicy Greens**  
 4 tablespoons olive oil, divided  
 2 pounds mustard, turnip or collard  
 greens, kale or spinach, or a  
 combination, cut into thin strips  
 1/4 cup white vinegar  
 1 teaspoon crushed red pepper  
 1 teaspoon sugar  
 1/2 teaspoon salt  
 4 mahimahi or swordfish fillets (8 oz.

1. Prepare grill
2. **Make Limey Red Onions:** Combine onion, lime juice, sugar and cilantro in medium bowl. Let stand 30 minutes.
3. **Make Curry Rub:** Combine all ingredients in small bowl.
4. **Prepare Spicy Greens:** Heat 2 tablespoons oil in large skillet over high heat until shimmering. Add half the greens, stirring quickly until slightly wilted, 30 to 40 seconds. Transfer to bowl. Repeat with remaining oil and greens. Add vinegar, crushed red pepper and sugar to skillet, bring to boil; stir. Add to greens with salt and toss. Keep warm.
5. Rub curry all over fish. Grill fish over medium-hot coals until opaque throughout, 4 to 6 minutes per side.
6. Divide greens among 4 dinner plates. Place fish on top and spoon Limey Red Onions on top. Makes 4 servings.

Per serving		Daily goal
Calories	420	2,000 (F), 2,500 (M)
Total fat	16 g	60 g or less (F), 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	166 mg	300 mg or less
Sodium	812 mg	2,400 mg or less
Carbohydrates	23 g	250 g or more
Protein	50 g	55 g to 90 g

Chris Schlesinger, a chef and restaurateur, and John Willoughby, a writer, have co-authored three cookbooks. They are based in Cambridge, Massachusetts.

# The California Dip.

## The Secret.

**Lipton**  
 RECIPE SECRETS  
 Onion  
 For Soup, Recipes & Dips

With Lipton's special blend of seasonings, you can create.

**THE FAMOUS LIPTON CALIFORNIA DIP**

- 1 envelope Lipton Recipe Secrets® Onion Soup Mix
- 1 container (16 oz.) sour cream

In small bowl, blend all ingredients, chill. Makes about 2 cups dip.

For a creamier dip, add more sour cream. Try these delicious variations:

- **CALIFORNIA SEAFOOD DIP:** Add 1 cup finely chopped cooked clams, crabmeat or shrimp, 1/2 cup chili sauce and 1 tablespoon horseradish.
- **CALIFORNIA BACON DIP:** Add 1/2 cup crumbled cooked bacon or bacon bits.

Lipton® Recipe Secrets® Onion. The Secret Worth Passing Around.

# S A L



This season we're paying tribute to the salad superstars. From Caesar to versions of all your time-honored favorites. When the weather's steamy and you

# A D S

## THE CLASSICS



Spinach to the ultimate chef's salad (above), our hall of fame includes updated  
want something light, it's a toss-up. By Jan Turner Hazard, Food Editor

## Salads: the classics

continued

- Easy ● Challenging ▼ Low-fat  
 ● Moderate ⊕ Microwave ▼ Low-calorie  
 \* Can be frozen up to 1, 3, 6 or 9 months

### SOUTHWESTERN POTATO SALAD



**Budget recipe of the month** *Cumin seeds and chiles give this creamy potato salad its Southwestern kick. It's a lively companion to grilled meat and poultry.*  
**Prep time:** 30 minutes plus cooling ○  
**Cooking time:** 20 to 25 minutes

- 4 pounds small red potatoes  
 Salt  
 3 tablespoons olive oil  
 2 teaspoons cumin seeds  
 1 tablespoon minced jalapeño chile  
 1/2 teaspoon minced garlic  
 1/4 cup fresh lime juice  
 1 teaspoon grated lime peel  
 1/2 teaspoon freshly ground pepper  
 1 container (8 oz.) sour cream  
 1/2 cup plain low-fat yogurt  
 1/2 cup finely chopped red onion  
 1/4 cup chopped fresh parsley

1. Cook potatoes in boiling salted water; boil until tender, 15 to 20 minutes. Drain.
2. Meanwhile, heat oil in small saucepan over medium heat. Add cumin seeds and cook until fragrant, 30 seconds. Remove from heat and stir in jalapeño and garlic. Whisk in lime juice and peel, 2 teaspoons salt and the pepper. Transfer to large bowl.
3. Slice warm potatoes 1/2 inch thick and toss with dressing; cool. Stir in remaining ingredients. Makes 8 cups.

Per 1/2 cup	Daily goal
Calories 155	2,000 (F), 2,500 (M)
Total fat 6 g	60 g or less (F); 70 g or less (M)
Saturated fat 2 g	20 g or less (F); 23 g or less (M)
Cholesterol 7 mg	300 mg or less
Sodium 435 mg	2,400 mg or less
Carbohydrates 23 g	250 g or more
Protein 3 g	55 g to 90 g

### GARDEN MACARONI SALAD



*How can you improve on the summer comfort of a great macaroni salad? By*

*adding dill radishes and cucumbers for crisp texture and fresh flavor.*

**Prep time:** 30 minutes ○

**Cooking time:** 10 minutes

#### Dressing

- 1 cup buttermilk  
 1/2 cup mayonnaise or salad dressing  
 1 tablespoon fresh lemon juice  
 2 teaspoons salt  
 2 teaspoons Dijon mustard  
 1/4 teaspoon freshly ground pepper  
 1/8 teaspoon hot pepper sauce

- 8 ounces elbow macaroni (2 1/3 cups)  
 1 cup shredded carrots  
 1 bunch radishes, halved and sliced  
 1 cucumber, peeled, quartered, seeded and sliced  
 1/4 cup sliced green onions  
 1/4 cup chopped fresh parsley  
 3 tablespoons chopped fresh dill or 1 1/2 teaspoons dried dillweed

1. Make dressing: Whisk all ingredients in large bowl until smooth.
2. Cook macaroni according to package directions just until tender; drain. Rinse under cold water and drain again.
3. Add macaroni, then remaining ingredients, to dressing; toss well. Makes 8 cups.

Per 1/2 cup	Daily goal
Calories 115	2,000 (F), 2,500 (M)
Total fat 6 g	60 g or less (F); 70 g or less (M)
Saturated fat 1 g	20 g or less (F); 23 g or less (M)
Cholesterol 5 mg	300 mg or less
Sodium 356 mg	2,400 mg or less
Carbohydrates 13 g	250 g or more
Protein 3 g	55 g to 90 g

### TABBOULEH



*This Middle Eastern salad has a base of bulgur that is soaked, drained and tossed with lemony vinaigrette and crunchy, aromatic chopped veggies and herbs.*

**Prep time:** 35 minutes plus soaking ○

- 1 cup bulgur wheat  
 3/4 cup peeled, seeded and finely diced cucumber  
 1/2 cup chopped fresh parsley  
 1 medium tomato, seeded and diced  
 1/4 cup finely chopped green onions  
 1/4 cup fresh lemon juice  
 3 tablespoons extra-virgin olive oil  
 2 tablespoons chopped fresh mint  
 2 tablespoons chopped fresh cilantro  
 1/2 teaspoon salt  
 1/8 teaspoon ground red pepper  
 1/8 teaspoon grated lemon peel

1. Place bulgur in small bowl in cold water to cover by 1 inch; soak 1 hour. Drain well, pressing out excess water.
2. Toss bulgur with remaining ingredients

in bowl. Makes 4 1/2 cups.

Per 1/2 cup	Daily goal
Calories 101	2,000 (F), 2,500 (M)
Total fat 5 g	60 g or less (F); 70 g or less (M)
Saturated fat 1 g	20 g or less (F); 23 g or less (M)
Cholesterol 0 mg	300 mg or less
Sodium 128 mg	2,400 mg or less
Carbohydrates 14 g	250 g or more
Protein 2 g	55 g to 90 g

### FETA-SPINACH SALAD



*We broke with tradition by adding flavorful feta cheese, but it's still the greens make a great spinach salad. Select or bright, small leaves: They can be smooth or curly, but wash them well to get rid of the grit.*

**Total prep time:** 20 minutes

#### Dressing

- 3 tablespoons fresh lemon juice  
 3/4 teaspoon salt  
 1/8 teaspoon freshly ground pepper  
 1/3 cup olive oil

- 1 1/2 pounds spinach, trimmed, cleaned and torn  
 1/2 pound mushrooms, sliced thin  
 1/2 cup thinly sliced red onion  
 10 slices bacon, cooked and crumbled  
 1/2 cup crumbled feta cheese (2 oz.)

1. Make dressing: Whisk lemon juice, salt and pepper in medium bowl. Gradually whisk in oil.
2. Combine spinach, mushrooms, onion, half the bacon and half the cheese in large salad bowl. Add dressing and toss to coat. Sprinkle with remaining bacon and cheese. Makes 6 servings.

Per serving	Daily goal
Calories 225	2,000 (F), 2,500 (M)
Total fat 22 g	60 g or less (F); 70 g or less (M)
Saturated fat 5 g	20 g or less (F); 23 g or less (M)
Cholesterol 17 mg	300 mg or less
Sodium 616 mg	2,400 mg or less
Carbohydrates 7 g	250 g or more
Protein 8 g	55 g to 90 g

### CREAMY CAESAR SALAD



*In our version of this great salad (actually created in a restaurant in Tijuana, Mexico), mayonnaise dressing replaces raw-egg dressing. You can* (continued)

Two More Luscious Reasons **DANNON** Will Be The

# Light

Of Your Life.



## Introducing New Dannon® Light Dessert Flavors.

...me Caramell Banana Cream Pie! Now two  
...e deliciously creamy Dannon® Light Nonfat  
...urt\* flavors bring the total up to 13. And

since they're all fat free and just 100 calories,\*\*  
that makes 13 a very  
lucky number for people  
watching their weight.

A VERY HEALTHY HABIT.  
FOR LIFE.™

**DANNON**

*Light*

\* yogurt with aspartame sweetener  
\*\* 2 serving

© The Dannon Company, Inc.

## Salads: the classics

continued

Use anchovy paste instead of chopping your own anchovies, but don't skip the fish entirely.

Prep time: 20 minutes

Cooking time: 10 minutes

### Creamy Caesar Dressing

- 1/2 cup mayonnaise or salad dressing
- 1/4 cup freshly grated Parmesan cheese
- 2 tablespoons fresh lemon juice
- 2 tablespoons water
- 3 to 4 anchovies, chopped fine
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon minced garlic

### CROUTONS

- 2 tablespoons olive oil
- 1 garlic clove, smashed
- 2 cups cubed (1/2 inch) sourdough bread

10 cups torn romaine lettuce  
Additional anchovies (optional)

1. **Make dressing:** Whisk all ingredients together in small bowl.

2. **Make croutons:** Heat oil with garlic in large skillet over medium-low heat until garlic is golden brown. Remove garlic. Cook, stirring frequently, until golden and crisp, 10 minutes. Drain on paper towels.

3. Toss romaine with dressing in large salad bowl. Add croutons and anchovies, if desired, and toss again. Makes 6 servings.

Per serving	Daily goal
Calories	200
Calories	2,000 (F), 2,500 (M)
Total fat	16 g
Saturated fat	3 g
Cholesterol	12 mg
Sodium	309 mg
Carbohydrates	9 g
Protein	5 g

## COBB SALAD



A superstar salad from Hollywood's heyday, this masterpiece of avocado, tomato, bacon and chicken was created at L.A.'s Brown Derby restaurant in the 1930s.

Total prep time: 50 minutes

### Dressing

- 1/4 cup red wine vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 1 garlic clove, halved
- 2/3 cup vegetable oil

- 1 pound boneless, skinless chicken breasts
- 1 teaspoon salt
- 10 cups thinly sliced iceberg lettuce

- 1/2 pound bacon, cooked and crumbled
- 4 hard-cooked eggs, chopped fine
- 2 large tomatoes, seeded and chopped fine

- 1 avocado, chopped fine
- 4 green onions, chopped fine
- 2/3 cup crumbled blue cheese

1. **Make dressing:** Whisk vinegar, mustard, salt, pepper and garlic in small bowl. Gradually whisk in oil. Remove garlic before using.

2. Combine chicken with salt and water to cover in large saucepan. Heat just to boiling; reduce heat and simmer gently 10 minutes. Drain. Cool and chop fine.

3. Line large salad bowl or individual plates with lettuce. Arrange rows of chicken, bacon, eggs, tomatoes, avocado, green onions and blue cheese on top. Just before serving, drizzle with half the dressing and toss well to coat. Pass remaining dressing. Makes 6 servings.

Per serving without extra dressing	Daily goal
Calories	445
Calories	2,000 (F), 2,500 (M)
Total fat	32 g
Saturated fat	8 g
Cholesterol	206 mg
Sodium	1,245 mg
Carbohydrates	10 g
Protein	31 g

## GRILLED TUNA NIÇOISE



Fresh tuna adds a wonderful twist to this Provençal salad. Served with crusty bread, it's the perfect luncheon fare.

Prep time: 45 minutes plus marinating

Grilling time: 4 to 6 minutes

### Dressing

- 1/4 cup red wine vinegar
- 1/4 cup minced shallots
- 1/4 cup chopped fresh parsley
- 2 tablespoons Dijon mustard
- 1 teaspoon chopped fresh thyme or 1/4 teaspoon dried
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1/2 cup olive oil

4 tuna fillets, 3/4 inch thick (1 lb.)

- Salt
- 1/2 pound small red potatoes
- 1/4 pound green beans, trimmed
- 1 head Boston lettuce
- 2 plum tomatoes, sliced
- 2 hard-cooked eggs, quartered
- 4 anchovy fillets
- 1/4 cup Niçoise or Greek olives

1. **Make dressing:** Whisk vinegar, shallots, parsley, mustard, thyme, salt and pepper in bowl. Gradually whisk in oil.

2. Prepare grill or preheat broiler. Coat

tuna with 2 tablespoons dressing; cover and refrigerate 30 minutes.

3. Bring 4 cups water to boil in large saucepan. Add 1 teaspoon salt and potatoes; boil just until tender, 15 to 20 minutes. Drain. While still hot, cut into 1/2-inch slices. Toss with 2 tablespoons dressing in small bowl.

4. Bring 4 cups water to boil in large saucepan. Add 1/2 teaspoon salt and green beans; boil just until tender, 3 to 5 minutes. Drain and rinse under cold water.

5. Lightly oil grill or broiler pan. Grill or broil tuna 2 to 3 minutes per side for medium rare. Keep warm.

6. Line platter with 6 whole lettuce leaves. Tear remaining lettuce into bite-size pieces in medium bowl and toss with 2 tablespoons dressing. Arrange dressed lettuce in center of platter. Add potatoes, beans, tomatoes, eggs, anchovies and olives. Top with tuna. Drizzle with remaining dressing. Makes 4 servings.

Per serving	Daily goal
Calories	545
Calories	2,000 (F), 2,500 (M)
Total fat	37 g
Saturated fat	6 g
Cholesterol	156 mg
Sodium	1,360 mg
Carbohydrates	19 g
Protein	34 g

## ULTIMATE CHEF'S SALAD

Grilled chicken breasts and Brie cheese add a continental touch to this old-American favorite.

Prep time: 55 minutes

Grilling time: 8 to 10 minutes

### Honey-Mustard Dressing

- 1 tablespoon Dijon mustard
- 2 tablespoons white wine vinegar
- 1 1/2 teaspoons honey
- 1/2 teaspoon salt
- 1/3 cup vegetable oil

2 teaspoons Dijon mustard

1 tablespoon vegetable oil

1/4 teaspoon salt

1/4 teaspoon freshly ground pepper

1 pound boneless, skinless chicken breasts

10 cups torn mixed salad greens (arugula, watercress, romaine, radicchio)

1/4 pound Westphalian ham, julienned

1/4 pound ripe Brie cheese, julienned

2 tomatoes, cut into small wedges

1. **Make dressing:** Whisk mustard, vinegar, honey and salt in small bowl. Gradually whisk in oil.

2. Prepare grill or preheat broiler. Combine mustard, oil, salt and pepper in bowl. Brush over chicken. Grill 4 to 5 minutes per side, until cooked through. Cool, then cut into thin strips.

3. Arrange greens in large salad bowl. Arrange chicken, ham, Brie and tomatoes on top. Just before serving, add dressing and toss well to coat. Makes 6 servings.

Per serving	Daily goal
Calories	330
Calories	2,000 (F), 2,500 (M)
Total fat	22 g
Saturated fat	2 g
Cholesterol	73 mg
Sodium	812 mg
Carbohydrates	6 g
Protein	27 g

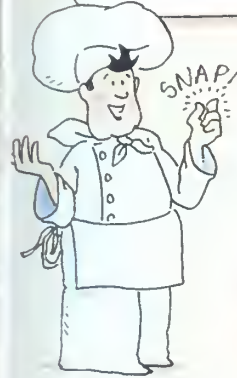


# S&W FINE FOODS PRESENTS MR. S AND MRS. S

MR. S, YOUR PASTA MEDITERRANEAN IS FANTASTIC! I ASSUME YOU USED OUR NEW S&W TOMATO, HERB AND GARLIC COOKING SAUCE?

YEP! ITS RESTAURANT-STYLE SEASONINGS MAKE A DELICIOUS MEAL QUICK AND EASY!

SNAP!



IM... IF TWO TABLESPOONS MAKE IT THIS GOOD, WHY ON'T WE USE THREE? OR MAYBE FOUR?

NOT SO FAST! THIS NEW SAUCE IS SO RICH IN FLAVOR, A LITTLE GOES A LONG WAY...



... SO ONE BOTTLE IS GOOD FOR LOTS OF MEALS!

BUT THAT MEANS WE'LL SELL LESS! DO YOU WANT HAPPY CUSTOMERS, OR MORE SALES? ON SECOND THOUGHT, DON'T ANSWER THAT!

## S&W Pasta Mediterranean

- |                                                                                  |                                                               |
|----------------------------------------------------------------------------------|---------------------------------------------------------------|
| 1/2 cup olive oil                                                                | 1 can (15 oz.) S&W Black Beans, drained & rinsed              |
| 1/2 cup chopped onion                                                            | 1 can (8.25 oz.) S&W Small Whole Carrots, drained             |
| 1/2 cups broccoli flowerettes                                                    | 6 oz. linguine, cooked & drained                              |
| 3 mushrooms, quartered                                                           | 1/3 cup shredded Parmesan cheese                              |
| 1/2 cup (14.5 oz.) S&W Italian Herb Ready-Cut® Tomatoes, drained (reserve juice) | Garnish (optional): Italian parsley, shredded Parmesan cheese |
| 1/2 cup S&W Tomato, Herb & Garlic Cooking Sauce                                  |                                                               |
| 1/2 cup sour cream                                                               |                                                               |

Heat oil in a large skillet. Add onions, broccoli and mushrooms; sauté over medium-low heat, stirring constantly, until vegetables are tender. Reduce heat to low. Meanwhile, blend reserved tomato juice with cooking sauce and sour cream. Add tomatoes, black beans, carrots and pasta to skillet; drizzle tomato juice mixture over pasta and sprinkle with Parmesan cheese; toss gently to mix. Garnish with additional Parmesan cheese and Italian parsley, if desired. Serves 4-6.

Nutrition information per serving: 290 cal; 13 g protein, 35 g carbohydrate; 7 g fiber; 8 g fat, 5 mg chol, 800 mg sodium.

For free recipes, write S&W Fine Foods, San Ramon, CA 04583-0587.



SIMPLY WONDERFUL

# WHAT A PEACH





**J**UICY, SWEET AND DELICIOUSLY RIPE . . . A FRESH PEACH IS ONE OF THE DELIGHTS OF SUMMER. HOW TO IMPROVE ON PERFECTION? WITH OUR SCRUMPTIOUS PEACH DESSERTS: (CLOCKWISE FROM TOP LEFT) PEACH MELBA TART; PEACH SHERBET AND PEACH ICE CREAM; DEEP-DISH PEACH PIE; PEACH COFFEE CAKE; AND, LEFT, PEACH PHYLLO PIE. ANY WAY YOU SLICE IT, THESE TREATS ARE PEACHY KEEN!

## What a peach!

continued

- Easy ● Challenging ▼ Low-fat  
 ● Moderate ⊕ Microwave ▼ Low-calorie  
 \* Can be frozen up to 1, 3, 6 or 9 months

### PEACH PHYLLO PIE

The piecrust is made from layers of phyllo that are baked, then piled high with sliced fresh peaches just before serving. For a dessert that's truly distinctive, look for white peaches, usually sold at farmers' markets.

Prep time: 30 minutes ○

Baking time: 20 to 30 minutes

#### Pastry

- 1/4 cup walnuts, toasted
- 1/4 cup plus 1 tablespoon sugar
- 1/4 cup unsalted butter, melted
- 8 sheets phyllo dough

- 1/3 cup mascarpone cheese or 1 package (3 oz.) cream cheese
- 2 tablespoons honey
- 1 tablespoon fresh lemon juice
- 2 tablespoons sugar
- 3 pounds peaches, peeled and sliced (6 cups)

1. **Assemble pastry:** Preheat oven to 375°F. Process walnuts with 1/4 cup sugar in food processor or blender until ground fine. Place 9-inch pie plate on cookie sheet; brush plate lightly with butter. Place 1 phyllo sheet in plate and brush lightly with butter. Place another sheet on top in the opposite direction; brush with butter. Sprinkle one third of the nut mixture on top. To form rim, tuck in edges and crumple. Layer 2 more phyllo sheets, brushing with butter and sprinkling with nuts; repeat. Top with remaining 2 phyllo sheets, brushing with butter; sprinkle with remaining 1 tablespoon sugar. Crumple edges in

2. Bake 20 to 30 minutes, until golden. Cool on wire rack. (Can be made ahead. Cover and let stand up to 8 hours.)
3. Combine mascarpone and honey in small bowl. (Can be made ahead. Cover and refrigerate up to 8 hours.)
4. Just before serving, combine lemon juice and sugar in large bowl. Add peaches and toss to combine. Spoon mascarpone mixture in bottom of pastry. Spoon peaches on top. Makes 6 servings.

Per serving	Daily goal	
Calories	390	2,000 (F), 2,500 (M)
Total fat	19 g	60 g or less (F); 70 g or less (M)
Saturated fat	5 g	20 g or less (F); 23 g or less (M)
Cholesterol	40 mg	300 mg or less
Sodium	133 mg	2,400 mg or less
Carbohydrates	55 g	250 g or more
Protein	9 g	55 g to 90 g

### PEACH MELBA TART

**Food editor's choice** Peaches are baked over an almond-sugar layer and adorned with fresh raspberries for an elegant ending to any meal.

Prep time: 30 minutes plus chilling ● ⊕

Baking time: 63 to 65 minutes

#### Pastry

- 1 cup all-purpose flour
- 2 tablespoons sugar
- 6 tablespoons cold butter, cut up
- 4 teaspoons ice water

- 1/2 cup sugar
- 1/2 cup blanched slivered almonds
- 1 tablespoon cornstarch
- 1 large egg
- 2 1/2 pounds peaches, peeled and quartered (5 cups)
- 1/4 cup peach or apricot preserves
- 1 cup raspberries

1. **Prepare pastry:** Combine flour and sugar in medium bowl. With pastry blender or 2 knives, cut in butter until mixture resembles fine crumbs. Sprinkle with water, tossing with fork until pastry begins to

hold together. Shape into ball; flatten disk. Wrap and refrigerate 1 hour.

2. On lightly floured surface with floured rolling pin, roll pastry to 11-inch circle; fit into 9 1/2-inch tart pan with removable bottom; trim overhang to 1 inch and fold against side of tart. Freeze 30 minutes.
3. Meanwhile, preheat oven to 400°F. Line pastry with foil and fill with 4 beans or rice. Bake 10 minutes. Remove foil and beans and bake 8 to 10 minutes more, until golden. Cool on wire rack.
4. Process sugar with almonds and starch in food processor until ground. Add egg and process just until blended. Spread in bottom of baked pastry shell. Arrange peaches on top.
5. Bake on cookie sheet 45 minutes until golden. Cool on wire rack 5 minutes. Remove side of pan.
6. Microwave preserves in microwave proof cup on High 1 minute. Brush top of tart; cool completely. Arrange raspberries around edge. Makes 8 servings.

Per serving	Daily goal	
Calories	335	2,000 (F), 2,500 (M)
Total fat	14 g	60 g or less (F); 70 g or less (M)
Saturated fat	6 g	20 g or less (F); 23 g or less (M)
Cholesterol	50 mg	300 mg or less
Sodium	101 mg	2,400 mg or less
Carbohydrates	50 g	250 g or more
Protein	5 g	55 g to 90 g

### PEACH SHERBET

This velvety sherbet is made with milk (so sherbets are not) and the ripest, most flavorful fruit you can find to double the pleasure of an old-fashioned summertime treat.

Prep time: 40 minutes plus chilling and freezing ▼

- 2/3 cup sugar
- 2/3 cup water
- 1/4 cup fresh lemon juice
- 1/4 cup light corn syrup
- 1 3/4 pounds peaches, peeled and sliced (3 cups)
- 1 cup whole, low-fat or skim milk

1. Heat sugar and water to a boil in saucepan over high heat. Reduce heat and simmer 5 minutes. Stir in lemon juice and corn syrup; cool to room temperature. 2. Transfer mixture to blender. Add peaches and blend until smooth. Refrigerate until cold. 3. Stir in milk. Transfer to ice-cream maker and freeze according to manufacturer's instructions. Place in freezer at least 1 hour. Makes 4 1/2 cups.

Per 1/2 cup	Daily goal	
Calories	130	2,000 (F), 2,500 (M)
Total fat	1 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	4 mg	300 mg or less
Sodium	25 mg	2,400 mg or less
Carbohydrates	31 g	250 g or more
Protein	1 g	55 g to 90 g

### PEACH ICE CREAM

Is there any dessert that evokes the sea more perfectly than a bowl of homemade peach ice cream?

Prep time: 25 minutes plus chilling and freezing ▼

- 1 3/4 pound peaches, peeled and sliced (3 cups) (continued on page

## MAKING THE MOST OF THE SUMMER CROP

Here is the lowdown on handling the quintessential summer fruit, plus two unimpeachable ways to use them:

**How to buy** Look for peaches that are plump, large and firm but not hard, with no trace of green or soft spots. They should have a cream- or golden-color skin, a sweet fragrance and a well-defined crease down the side. Redness is not a sign of ripeness.

**How to ripen** Store at room temperature for a day or two away from sunlight or in a loosely closed paper bag or a ripening bowl. Softer peaches should be used immediately or refrigerated for a few days.

**How to peel** Immerse a peach in boiling water for 20 to 30 seconds, then remove with a slotted spoon and plunge immediately into cold water.

The skin should slide off easily.

**Making peach sauce** Peel and slice 1 3/4 pounds (3 cups) peaches. Combine half the peaches with 1/3 cup sugar, 2 tablespoons cold water and 1 1/2 teaspoons cornstarch in small saucepan. Bring to boil, stirring occasionally; simmer 1 minute. Remove from heat; stir in remaining peaches and 1 teaspoon fresh lemon juice. Serve over ice cream. Makes 1 1/2 cups.

**Making peaches in red wine** For this easy dessert, combine 1 1/2 cups red wine and 3 tablespoons sugar in medium bowl, stirring to dissolve sugar. Gently stir in 4 ripe peaches, peeled and sliced thin. Cover and refrigerate at least 1 hour or up to 6 hours. Makes 4 servings.

# GREAT ART OF THE GREAT CATS.

the First Collector Plates by Qua.



Tiger

Snow Leopard

White Tiger

Cheetah



Actual

## CUBS OF THE BIG CATS

... whose animal portraits are world renowned, creates her ever plate collection. Eight spellbinding works of art in porcelain, capturing the fire of the most beautiful cubs of big cats. Each plate is masterful for its realism and detail. Together, they form a collection to own with pride. And, as a work or first by a great wildlife artist, it is an acquisition of lasting importance.

### Fine Porcelain decorated with 23 karat gold

Each porcelain plate is carefully handcrafted to depict every color and nuance of the artist's work—then handsomely

rimmed with 23 karat gold for striking display in your home.

### Issued in Limited Edition

The collection is being issued in limited edition, with each plate restricted to 90 firing days. Each work is *hand numbered* and bears the artist's signature and personal remarque. The subscription price is \$29.90 per plate, payable in convenient installments. To begin your collection, enter your subscription now.

**Gallery Guarantee:** At Princeton Gallery, we understand how important it is to see a new acquisition in your home. That's why we ensure your right to return any plate at any time within one year for replacement. And you may cancel your subscription at any time. Thus, you can place your subscription now, without risk, knowing your satisfaction is completely guaranteed.

Princeton Gallery

986554

GALLERY SUBSCRIPTION • PLEASE MAIL BY JULY 31, 1994.

I wish to enter my subscription to *Cubs of the Big Cats*, a collection of eight fine porcelain plates to be sent to me at the rate of \$29.90 every other month. I need send no money now. I will be billed for each plate, after shipment, in two monthly installments of \$14.95\* each.

Signature \_\_\_\_\_ Telephone (\_\_\_\_) \_\_\_\_\_

Name \_\_\_\_\_

PLEASE PRINT CLEARLY

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Mail to: Princeton Gallery, Studio 344  
301 North Harrison Street  
Princeton, New Jersey 08540

\* Plus \$3.25 per plate for shipping, handling and insurance. 986554

## What a peach!

continued from page 146

- 2/3 cup sugar
- 1 1/2 teaspoons fresh lemon juice
- 1 cup half-and-half cream
- 1/2 cup heavy or whipping cream

1. Mash peaches with sugar and lemon juice in bowl. Cover and refrigerate 1 hour.  
2. Stir in creams. Transfer to ice-cream maker and freeze according to manufacturer's instructions. Makes 6 cups.

Per 1/2 cup	Daily goal
Calories	125
Total fat	6 g
Saturated fat	4 g
Cholesterol	21 mg
Sodium	12 mg
Carbohydrates	18 g
Protein	1 g

## PEACH COFFEE CAKE

**Indulgent but worth it** Make and freeze several coffee cakes at the peak of peach season to savor on the first cold autumn morning of the year.

Prep time: 30 minutes

Baking time: 50 to 60 minutes

### Streusel

- 1/2 cup uncooked oats
- 2 tablespoons flour
- 1/2 cup firmly packed brown sugar
- 1/2 teaspoon cinnamon
- 3 tablespoons butter or margarine, cut up
- 1/2 cup chopped pecans

- 1 3/4 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 6 tablespoons butter or margarine, softened
- 2/3 cup granulated sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 pint sour cream
- 1 1/4 pounds peaches, peeled and cut into 1-inch chunks (2 cups)

### Confectioners' sugar

1. Preheat oven to 350°F. Grease 9-inch square baking pan.
2. Make streusel: Combine oats, flour, brown sugar and cinnamon in medium bowl. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Stir in pecans.
3. Combine flour, baking powder, baking soda and salt in medium bowl. Beat butter and sugar in mixer bowl at medium speed until light and fluffy. Beat in eggs one at a time, then add vanilla. Add sour cream alternately with dry ingredients, beginning and ending with dry ingredients, beat just until combined.
4. Spread batter in prepared pan. Sprinkle evenly with half the streusel. Spoon peaches on top; sprinkle with remaining streusel. Bake 50 to 60 minutes, until toothpick inserted in center comes out

clean. Cool in pan on wire rack 30 minutes. Sprinkle with confectioners' sugar. Serve warm or at room temperature. Makes 8 servings.

Per serving	Daily goal
Calories	510
Total fat	26 g
Saturated fat	13 g
Cholesterol	102 mg
Sodium	411 mg
Carbohydrates	65 g
Protein	7 g

## DEEP-DISH PEACH PIE

Because summer peaches are so juicy, we skipped the bottom pastry for this pie. What's left? Succulent peach filling crowned by a floky crust.

Prep time: 30 minutes

Baking time: 45 to 60 minutes

### Pastry

- 1 cup all-purpose flour
- 1/4 teaspoon salt
- 1/4 cup butter or margarine, cut up
- 1 tablespoon vegetable shortening
- 1 to 2 tablespoons ice water

- 2/3 cup plus 2 tablespoons sugar
- 1/4 cup all-purpose flour
- 1/4 teaspoon grated lemon peel
- 3 pounds peaches, peeled and sliced (6 cups)
- 2 teaspoons fresh lemon juice
- 1 teaspoon vanilla extract
- 1 tablespoon butter or margarine, cut up
- 1 tablespoon milk
- Vanilla ice cream

1. Prepare pastry: Combine flour and salt in medium bowl. With pastry blender or 2 knives, cut in butter and shortening until mixture resembles coarse crumbs. Sprinkle with water, tossing with fork until pastry begins to hold together. Shape into ball; flatten into disk. Wrap and refrigerate at least 30 minutes.
2. Preheat oven to 425°F. Combine 2/3 cup sugar, the flour and lemon peel in large bowl. Add peaches, lemon juice and vanilla; toss to combine. Spoon into 10-inch deep-dish pie plate and dot with butter.
3. On lightly floured surface, roll pastry to 11-inch circle. Cut decorative vents. Place pastry over peaches and flute edges, or cut pastry in 1/2-inch strips and arrange on top of pie to form lattice. Brush pastry with milk and sprinkle with 2 tablespoons sugar.
4. Place on cookie sheet and bake 15 minutes. Reduce oven temperature to 375°F. and bake 30 to 45 minutes more, until bubbly in center. Cool on wire rack 20 minutes. Serve with vanilla ice cream. Makes 8 servings.

Per serving	Daily goal
Calories	285
Total fat	9 g
Saturated fat	5 g
Cholesterol	20 mg
Sodium	142 mg
Carbohydrates	49 g
Protein	3 g

Recipes developed by Lisa Brainerd.

## JOURNAL SHOPPING CENTER

**IT'S MAGIC Pages 118-123** MICHELLE FISHER: A makeup by Cover Girl. Clean Fragrance-Free Makeup in Creamy Natural, Clean Fragrance-Free Pressed Powder in Creamy Natural, The Invisible Concealer in Light, Professional Mascara Straight Brush in Black Brown, Pro Color Eyeshadow in Swiss Chocolate and Terracotta, Remarkable Lip Definer in True Reds, Remarkable Lipcolor in Crushed Cranberry. JENNIE HESS: All makeup by L'Oréal. Large photo: Hydra Perfecte Protective Hydrating Makeup in Beige, Hydra Perfecte Perfecting Loose Powder in Translucent, New Hydra Perfecte Concealer in Light, Brow Elegance Enhancing Brow Liner in Brunet. Voluminous Dramatically Thick Mascara in Black, L'Grand Kohl Perfectly Soft Liner in Onyx, Soft Effect Eyecolour in Woodsmoke, Visuelle Softly Blendable Blush in Cameo, Colour Riche Lipcolour in Tawny Lip Precision in The Nudes. Small photo: Le Grand Kohl Perfectly Soft Liner in Smoke, Couleu Couleur! Eyeshadow in Couleurs Cafe, Colour Rich Lipcolour in Rose Intense. JANE ADAMS: All makeup by Estée Lauder. Large photo: Lucidity Light-Diffusing Makeup SPF 8 in Pale Ivory, Lucidity Translucent Loose Powder in Light, Automatic Cream Concealer in Light, Automatic Pencil for Brows. Auburn, More Than Mascara in Black/Brown, Compact Disc EyeShadow in Taupe #3 and Neutr. #2.1, JUST BLUSH! in Peachblush, Double Mat. Moisturizing Lipcolor in Peach Melba (available counter in August), Lip Defining Pencil in Tawny. Small photo: Double Matte Moisturizing Lipcolor. Creme Brulee (available at counter in August). PA BRANDON: All makeup by Revlon. Large photo: New Complexion Makeup (Normal/Dry) in Natural Beige. Natural Brows Color and Style System in Rich Brown and in Black, Waterproof Eyebrow Pencil in Dark Brown, Lengthwise Mascara in Black/Brown, Custody Eyes Shadow in Cedar, Super Lustrous Lipstick Pink in the Afternoon, Timeliner for Lips in Dusky Rose. Small photo: New Complexion Pressed Powder in Medium, Natural Brows Color and Style System in Rich Brown, Lashfull Mascara in Intense Black, Custom Eyes Shadow in Not Quite White and in Slate Grey, Super Lustrous Lipstick in Certainly Red. Timeliner for Lips in Real Red. CAROL JACKSON: MUNROE: All makeup by Maybelline. Large photo: Shades of You Lipstick in Barbados Bronze, Shade of You Lip Liner in Plum. Small photo: Shades of You 100% Oil Free Compact Creme Make-Up, Cafe Au Lait and in Almond, Shades of You 100% Oil Free Oil Control Loose Powder in Light and Medium, Shades of You 100% Oil Free Coverstick, Light and Medium, Revitalizing Brow Pencil in Soft Black, Ultra Big Lash in Black Velvet, Shades of You Eye Shadow Collection in The Smoke Collection, Shades of You 100% Oil Free Powder Blush in Cherries Jubilee, Shades of You Lipstick in Mahogany Red, Shades of You Lip Liner in Spice. SARON SOUGHERS: All makeup by Elizabeth Arden. One Great Makeup in Perfect Ivory, Flawless Finish Cream Concealer in Light, Really Great Mascara in Real Black, Slenderliner Eye Pencil in Midnight Green, Eyecolour Naturals in Ecru and in Silversmoke, Cheekcolor Naturals in Whispering, Lip Spa shade SPF 15 in Bare, Slenderliner Lip Pencil in Naturel.

**BARBRA STREISAND Page 108** Photo, Visages. **Page 109** Photo, Firooz Zahedi/The Botai Group. **Page 110** PHOTOS, TOP LEFT TO RIGHT: Kobal Collection, Phil Roach/Photoreporters, Archive Photos, Ron Galelli Ltd. THE MOVIES, CLOCKWISE FROM TOP LEFT: Photofest, Neal Peters Collection, The Kobal Collection, The Kobal Collection, David James/Sygm. Steve Schapiro/Sygm, Steve Schapiro/Gamma-Liaison. **Page 111** PHOTOS, TOP LEFT TO BOTTOM: Steve Schapiro/Sygm, Globe Photos, Phil Roach/Photoreporters, Greg Gorman/Gamma-Liaison, Photoreporters. THE MEN, TOP TO BOTTOM: Ron Galelli, Slane/Sipa Press, Jim Smeal/Ron Galelli, Ltd. Kevin Winter/DMI, Rick Maiman/Sygm, Albert Ortega/Ron Galelli, Ltd.

**WHAT A PEACH!** Watercolor backgrounds by Sa Abalan. **Page 144** Cakestand, "Dot Dash" pater Dan Levy Studio, 212-254-8964. **Page 145** Top right: Venetian glass goblets, Gardner & Barr, 212-752-0555. Bottom left: cakestand, Michael Trap Antiques, 203-672-6098.



They'll all want seconds on the Fourth.



## Stars & Stripes

2 pints strawberries  
 1 package (12 ounces) ENTENMANN'S All Butter Pound Loaf, cut into 8 slices  
 1 1/2 cups blueberries  
 1 tub (12 ounces) COOL WHIP Whipped Topping, thawed



- **SLICE** 1 cup of strawberries; halve remaining strawberries. Set aside
- **LINE** bottom of 12 x 8 inch glass baking dish with cake slices. Top with 1 cup sliced strawberries, 1 cup blueberries and COOL WHIP
- **ARRANGE** strawberry halves and remaining blueberries over COOL WHIP to create a flag design. Refrigerate until ready to serve. Makes 15 servings.

*Whip Smackin'  
 Lip Smackin' Easy*

For Skin  
This Soft,

You  
Need  
Cocoa  
Butter  
This  
Rich.



Cocoa Butter is one of nature's most effective skin softeners, the more Cocoa Butter a moisturizer contains, the softer it leaves your skin. Palmer's® Cocoa Butter Formula™, enriched with emollients and Vitamin E, is concentrated to help soothe away even the roughest, driest skin and stretch marks. For more information and a free sample, please call toll free 1-800-441-SOFT.

**PALMER'S**

EVERYTHING PALMER'S TOUCHES  
TURNS TO SOFT.

# INSIDE THE JOURNAL KITCHEN

You asked for it!

Dear Readers:

Eating a big plateful of soft-shell crabs is high on our list of summer pleasures. When several readers asked us recently how to prepare them, we really warmed the task. We went to the Milton Inn, in Sparks, Maryland, where executive chef Mark Henry's Sautéed Soft-Shell Crabs are the specialty of the house. Here's his recipe for this coastal delicacy, which is in peak season during June and July.

—The food editor

## SUMMER ON THE SOFT SHELL

1. Preheat oven to 450°F. Sprinkle **8 soft-shell crabs, cleaned**, with **1/2 teaspoon salt** and **1/4 teaspoon freshly ground pepper**. Place **1/2 cup all-purpose flour** on a sheet of wax paper; coat both sides of crabs, shaking off excess flour.

2. Heat **1 tablespoon each vegetable oil and butter** in each of 2 large skillets over medium-high heat. Add 6 crabs to each pan and cook, shell side down, until golden, 4 to 5 minutes. Turn crabs over; place skillets in oven. Bake uncovered 10 minutes.

3. Prepare **Mustard Beurre Blanc**: Meanwhile, heat **1/3 cup dry white wine** and **2 shallots, sliced thin**, to boiling in small saucepan over high heat. Bail until liquid is al-



most completely evaporated. Add **1 tablespoon heavy or whipping cream**; turn to bail. Reduce heat to low and whisk in **12 tablespoons unsalted butter (no substitutions)**, 1 tablespoon at a time, until completely incorporated.

4. Remove saucepan from heat; stir in **2 tablespoons fresh lemon juice** and **1/2 teaspoon salt**. Strain sauce through fine sieve. Stir in **3 tablespoons thinly sliced green onion** and **1 teaspoon whole grain mustard**. Place crabs and sauce in large pan; add warm water until ready to serve.

5. To serve, place 2 crabs on each of 4 warm dinner plates. Spoon 3 tablespoons sauce over each serving. Makes 4 servings.

## RECIPE INDEX

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk include microwave instructions.

### ENTRÉES

Chicken Skewers with Indonesian Ketchup p. 134  
Creamy Caesar Salad p. 140  
Cobb Salad p. 142  
Cumin-Rubbed Steak with Avocado Salad p. 136  
Curried Grilled Mahimahi p. 137  
Feta-Spinach Salad p. 140  
Grilled Chicken Sandwich with Smoky Red Onion Salsa p. 134  
Grilled Tuna Niçoise p. 142  
Hoisin Glazed Pork Chops with Pickled Ginger p. 132  
Kikko-Mushroom Burger p. 128  
Latin Spiced Pork Tenderloin p. 132

Lime Flank Steak with Chipotle Honey Sauce p. 132  
Marinated Shrimp with Mango Relish p. 136  
**Marinated Steak Italiano p. 85**  
Sautéed Soft-Shell Crabs p. 15  
**Soy-Lemon Chicken p. 128**  
Ultimate Chef's Salad p. 142

### MISCELLANEOUS

The Famous Lipton California Dip p. 137  
Italian Marinade p. 133

### SIDE DISHES

Garden Macaroni Salad p. 140  
Southwestern Potato Salad p. 140  
Tabbouleh p. 140

### DESSERTS

Deep-Dish Peach Pie p. 150  
Peach Coffee Cake p. 150  
Peach Ice Cream p. 146  
Peach Melba Tart\* p. 146  
Peach Phyllo Pie p. 146  
Peach Sherbet p. 146  
Stars and Stripes p. 151

## COMING IN AUGUST

**Too tired for sex?** If you and your husband have little energy left for romance, don't despair. There are easy ways to put the sizzle back in your lavelife. **After the flood** One family's Midwest home went from water-logged to wonderful when LHJ pitched in to help. Join us for a tour. **The best in the business** For skin, hair and makeup that's never looked better, don't miss these expert tips from today's top pros. **Cool cooking** Can't stand the heat? We'll get you out of the kitchen fast with sensational summertime recipes. Plus interviews with your favorite celebs and lots, lots more.

ON SALE JULY 12

THANK YOU FOR BUYING THIS ISSUE. WE HOPE YOU ENJOYED IT. SEE YOU NEXT MONTH!



# Who else know best?

1 from page 112

the quality of their life—even to their gender. And in doing so, these profound moral and ethical issues: When must important choices be made for a child? Does a parent have the final say in deciding what is best for the child? And if not, who does?

## GOING HOPE ALIVE

Finally, our society has supported the right of parents to direct the medical care of their children, for it is assumed that parents will act in a child's best interests. These rights aren't absolute. The state can intervene on behalf of children whose parents are content to be negligent in their medical care. Can a parent insist that the medical community give care against its judgment? The Baby K case may raise that question.

Corey's mother, an unmarried woman identified publicly only as Ms. H, demanded prenatal testing that her child would be born with anencephaly—no brain stem, but no cortex. Most of the infants born with the defect (between one in 10,000 and two thousand) usually die within a few months. But when Ms. H's doctor suggested she terminate the pregnancy, she refused.

At the time the child suffered life-threatening respiratory crises, Ms. H transferred Corey to Fairfax Hospital in Falls Church, Virginia, for treatment. Even though the child's doctors and the hospital's ethics committee balked at continuing to treat Baby K, they felt that it was their humane and ethical duty, since they could never be "cured" and the quality of her life would never improve. Ms. H firmly objected. Only God, she said, had the right to decide when Corey would die.

After a year, the hospital filed suit, asking the court's permission to refuse further emergency treatment. Ms. H lost the case and won, and a federal appellate court upheld the decision earlier this year. Fairfax Hospital has challenged the ruling, and the case may end up in the U.S. Supreme Court.

Was his decision justified? Some experts say yes. To Robert M. Veatch, director of the Kennedy Institute of Ethics at Georgetown University, in Washington, D.C., who testified for Ms. H at trial, "The fact that a baby be kept alive falls within the well-established range of parental discretion."

Others disagree, questioning the wisdom of spending vast sums of money on a child who will never gain awareness. "We're now in a situation where we're spending the money to vaccinate children while we're going to pay a million dollars to keep Baby K, with no brain, on

a ventilator," says Arthur Caplan, Ph.D., trustee professor of bioethics at the University of Pennsylvania, in Philadelphia.

Some doctors fear that this case could set a precedent in which parents' wishes are always honored, even if it means keeping brain-dead patients on machines indefinitely. "To order a hospital to use technology simply because it's there removes physicians' authority as moral agents in making decisions," says Arthur Kohrman, M.D., chair of the bioethics committee of the American Academy of Pediatrics, which filed a brief in support of Fairfax Hospital. He adds, "We've gotten so lulled by the promise of technology, I think, that there's an unspoken belief that if we just apply enough of it, death will become optional. One of our issues as a society is that we have to come to grips with the fact that everyone is eventually going to die—and some are going to die tragically and young."

## WHEN TO SAY GOOD-BYE

Even as Ms. H demanded that doctors continue to resuscitate her daughter, a woman in Lewiston, Maine, was battling for the right to refuse similar treatment for her own child.

Linda LaFrance's daughter, twelve-year-old Corey Brown, is mentally retarded and communicates only through sounds, gestures and facial expressions. Spastic cerebral palsy and scoliosis (curvature of the spine) affect her breathing and place pressure on her organs that her doctor believes will eventually prove fatal. In April 1993, Corey suffered a seizure and serious breathing problems.

Because of this, LaFrance began to reconsider something Corey's pediatrician had once recommended: that she issue a "do not resuscitate" (DNR) order for Corey in the event she becomes critically ill. Standard CPR procedures, he said, could cause critical internal injuries that would further her suffering.

LaFrance submitted a request to school board officials in Lewiston, where Corey attends special-education classes with an aide, that if Corey stopped breathing while in school, she be allowed to die. The board agreed. Outraged, advocates for the disabled promptly protested and even threatened to file a federal civil-rights lawsuit against the school board.

DNR orders are quite common today, but they usually apply to those who are either permanently comatose or terminally ill. Corey is neither, points out John Winske, director of the Massachusetts Coalition for Citizens with Disabilities. Winske, who has muscular dystrophy, believes that Corey is the only one qualified to decide that her life is not worth saving. "Even someone who is severely disabled deserves the right to grow up and to live as independent and productive a life as possible" (continued)



## Cocoa Butter Formula Lotion

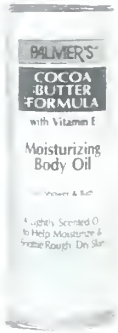
A rich, smooth lotion of Cocoa Butter Formula with Vitamin E to help moisturize and soothe rough, dry skin. Also available in a family size with convenient pump.

### For Cocoa Butter This Rich, Call 1-800-441 SOFT.

We'll send you more information and a free sample.

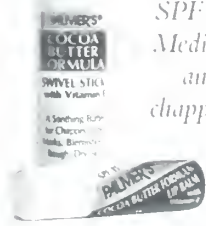
## Cocoa Butter Formula Moisturizing Body Oil.

A lightly scented Body Oil with Vitamin E to help moisturize and soothe rough, dry skin without greasiness. Features a flip-top cap for easy application in either shower or bath. Also available in a travel trial size bottle.



## Cocoa Butter Formula Moisturizing Lip Balm and Swivel Stick.

A new lip balm with SPF 15 and Vitamin E. Medicated to help prevent chapped, cracked or sunburned lips. Also available for spot moisturizing, a convenient Swivel Stick to touch-up dry areas on the face and body.



# PALMER'S

EVERYTHING PALMER'S TOUCHES TURNS TO SOFT.

take care of the  
*moment*

Or

take care of  
*yourself*



Replens™ does for you what a lubricant can't because Replens goes beyond enhancing your comfort during sex. Available in slim pre-fill applicators, Replens is uniquely designed to help restore long-lasting moisture to your vaginal tissue in a way K-Y® can't. Doctors tell us that vaginal moisture is essential to maintaining vaginal health. Just as your skin needs moisture, so does your vaginal tissue. Without moisture, your vaginal tissue can become too dry—causing considerable discomfort or irritation. Each time you use Replens, your vaginal tissue will have its natural moisture restored for days. So you can use it in advance and be sexually spontaneous. And Replens is estrogen-free and fragrance-free with just the right pH.

Switch to Replens. It's not only right for the moment. It's also right for you.

**REPLENS®**

*The vaginal moisturizer that gives your body the special treatment it deserves*

## mother know best?

possible," he says. Other activists argue that LaFrance is underestimating her child's position. "I think children with severe disabilities [whom] society misunderstands are at tremendous risk of so-evaluation," says Carol Gill, a developmental psychologist in Chicago, Illinois. She adds that LaFrance might not be aware of all the possible alternatives for Corey's care. In that case, she says, "I think society would be obliged to intervene. . . . That's why we have laws against neglect."

In the end, the Lewiston school board agreed with the activists who opposed the court order. Two weeks after they rescinded Linda LaFrance's request, the board rescinded the order and replaced it with a new plan: If Corey has a health emergency, teachers will call for help to get aides to give her oxygen.

### QUESTION OF CHOICE

More sensitive than the matter of deciding a minor's care is that of a mother's right over her unborn child. In this debate is usually confined to the general issue of abortion, it has given some interesting twists following two recent incidents.

In Washington, D.C., a woman asserted that doctors should have respected her wish that her daughter not be born disabled. In 1990, when Venita Davis was seven weeks pregnant, a sonogram revealed that the unborn girl had a spina bifida, an irreparable disorder. Most of her brain had developed in a sac outside the back of her head; what tissue remained inside the skull was virtually useless. Like Baby K, the child would be completely disabled.

Davis and her husband made the agonizing decision to undergo a late-term, induced abortion. In the middle of the procedure, however, the doctor suddenly left the room to consult with other doctors. When he returned about an hour later, he stopped the abortion, explaining that he had been told the fetus would be born alive. Unaware that several doctors in the U.S. specialize in late-trimester abortions of fetuses with abnormalities, Davis carried her baby to term.

Portia Davis—immobile, suffering from seizures and incapable of thought or speech—was sent to a care facility after her birth. The Davises are suing the hospital who stopped the abortion, as well as two other physicians who cared for her during her pregnancy.

There seems to be consensus among all those who oppose abortion on any grounds that Davis's doctor was wrong to proceed on her. Says Jonathan Moreno,

Ph.D., professor of biomedical ethics at the State University of New York Health Science Center, in Brooklyn, "Once there's a therapeutic relationship established, the physician has an obligation to make sure the patient's care isn't interrupted."

Tabita Bricci, on the other hand, asked simply to be left alone—and her request has stirred up far greater disagreement. Last November, when she was nearly eight months pregnant, the twenty-two-year-old Chicago woman was informed by her doctor that her unborn son was not getting enough oxygen from the placenta. Unless he was delivered by caesarean section or labor was induced right away, the doctor said, he was in danger of dying or sustaining severe brain damage.

Bricci—up to then a dutiful patient—said no. She and her husband, Pentecostal Christians, believed that pregnancies should be carried to term. "We had God's promise that our son would be okay," they say. The Cook County State Attorney's office and county public guardian went to court seeking to override her wishes.

Did the state have the right to demand control over Bricci's body? Absolutely, says Lee Ann Lowder, of the

not compel Tabita Bricci to undergo surgery. Her son was born soon after that; though small, he showed no evidence of brain damage and seemed to be doing well several months later. The county public guardian's office appealed to the U.S. Supreme Court, but the baby was born, the court decided not to hear the case.

As for Portia Davis, she was still alive at the end of 1993. Ironically, according to one report, Venita Davis has requested that her daughter be revived if she goes into cardiac arrest.

### WHEN TO DRAW THE LINE

If some women are being challenged for the decisions they give as mothers, others face disapproval for having children in the first place. Medicine has improved in nature to such a degree that women can give birth well past menopause, or choose to have a child of a particular sex. But does the fact that these miracles are possible also mean they are morally right?

Last December, a fifty-nine-year-old British woman made history when she gave birth to twins. Not long afterward, an Italian woman announced her pregnancy—at the incredible age of sixty-two.

# Does the fact that medical miracles are possible also mean they are morally right?

Cook County Public Guardian's Office. A mother's right over her fetus gives way, she says, "when the child can live independently outside the mother's womb." Lowder adds that if Bricci's son had indeed been born disabled, the state would have to provide him with special education and possibly foot the bill for his medical care. "So, doesn't the state have an interest in ensuring that kid is born healthy?" she asks.

Not necessarily, says Moreno. "There are some who believe we should pull out all the stops when a fetus is endangered, regardless of what a woman wants. But what we've been willing to say in this society is [that] while a woman can't abort a healthy fetus in the third trimester, we won't require that she deliver in a certain way."

Last December 14, a three-member panel of the Illinois Appellate Court ruled unanimously that the state could

Like other pregnancies involving postmenopausal or infertile women, these were made possible by the use of donated eggs.

But most women who conceive using donated eggs are in their forties or early fifties and have either suffered years of infertility or want to start a new family after remarriage. Much of the world received the news of the European mothers with horror. Some accused the women of not considering whether it might be unfair for a child to have a mom old enough to be a grandmother.

Yet, can a healthy older woman be barred from bearing a child? The idea angers some women who have given birth late in life. "No one tells me when to quit," one woman who had a child by her second husband at fifty-two has said. "Everyone wants to know how I keep up with the baby. Well, I'm fifty-four, not one hundred four." To many, the criticism of aging (continued)



**IT'S THE  
TRAVEL PLANNER  
YOU NEED  
TO MAKE THE MOST  
OF YOUR VACATION.  
AND IT'S FREE!**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE \_\_\_\_\_

For more information on Amtrak's Great American Vacations travel packages call 1-800-257-8964 or mail this coupon to:

AMTRAK, Dept TP7, P.O. Box 7717 Itasca, IL 60143

**AMTRAK®**

THERE'S SOMETHING ABOUT A TRAIN THAT'S MAGIC.

**Does mother know best?**

*continued*

mothers also smacks of a double standard; after all, men have long married women much younger than themselves and fathered children well into old age.

As yet, there has been no groundswell of public opinion in this country pushing for age restrictions on who may use the new fertility technology. There probably never will be. Another medical advance, however, is meeting with resistance in some corners.

Earlier this year, a British couple made front-page news for planning the sex of their third child with the aid of a "gender clinic." After using a sperm-separation technique developed in the U.S., doctors fertilized Gillian Clark with sperm from her husband containing the chromosomes most likely to produce the chosen sex. Already the parents of two sons, the Clarks were trying for a daughter. They got their wish—and in the process, created a national furor.

Though gender selection has been practiced in America for years with relatively little public outcry, experts here have expressed concern over what the future might hold. Some say that society could eventually become dominated by firstborn men, with fewer women knowing the benefits of being the ranking child in the

LADIES' HOME  
**Journal**  
**SUBSCRIBER SERVICES**

**Change of Address:** Please send mailing label from this magazine along with your new address to the address below. 6-8 weeks advance notice is needed.

**Mailing List Name Removal:** We occasionally make our mailing list available to organizations whose offer we believe might be of interest. If you do not wish to receive any mailings from companies not affiliated with Meredith Publications, Inc., please send a note stating your request along with your mailing label to the address below.

**Complaints:** For duplicate issues, late delivery or any problems, send mailing label and details to the address below.

**Mail to: LHJ, P.O. Box 53940, Boulder, CO 80322-3940**

family. Others fear that couples might abort children on the basis of gender alone.

Proponents of the technology, on the other hand, say that it helps eliminate guesswork, which may be a boon to would-be parents who want only one child of each sex. It also offers hope to couples who are carriers of sex-linked diseases like hemophilia and Duchenne muscular dystrophy, which affect males. Caplan adds that the probability that too many parents would opt to abort a child of the "wrong" sex is virtually nonexistent.

Since millions of women would have to undergo the procedure successfully in order to produce a noticeable effect, the prospect of a brave new sex-chosen world anytime soon is slight. For their part, the Clarks insist that they would have loved little Sophie May just as much had she been a boy.

In the end, there are no easy answers to the ethical questions posed by the struggles of these families. One thing, however, is clear: There are the kinds of stories we will be hearing again and again. In them, some of the important moral debates of our time collide with a force as powerful as it is ancient: the determination of a mother to have her child and to protect that child as she deems best. ■

*Carol Lynn Mithers is a contributing editor to Ladies' Home Journal.*

**Barbra's fight against fear**

*continued from page 111*

an airport-style metal detector.

**A PERFECT STAR?**

Fear isn't the only thing that's kept her from performing, though. She wears a mask, friends say, reluctant to be involved in any project over which she had little or no total control. "When you're doing live," explains one friend, "you do not have that control."

And for Streisand, control is everything, whether onstage or off. To say she wants—and gets—her own way is a laughable understatement. A legend among journalists for giving on approval of everything—photographs to quotes. She doesn't allow anyone to photograph the right side of her face, which she says is more masculine-looking. When she appeared in London, she had the floor area of Wembley Stadium equivalent of, say, Yankee Stadium—covered in red carpet. Why? Depending on how you believe, she either liked the way it looked or thought it would provide better acoustics.

Streisand is defensive about being a control freak: "You don't ask a man if you want to be in control?"—you do, he wants control," she's said. "How would a woman be any different? How could anyone not want to be in control of their work?"

Her associates say, tactfully, she simply never wants to give up more than her best. "Why shouldn't she be involved in every decision?" one friend says heatedly. "When that record goes on, or the conductor gives the downbeat, she is the person standing there alone. The stage is pretty naked; it's a very vulnerable place to be."

But it can also be a wonderful thing when, like Streisand, a performer creates and gets—frenzied adulation from thousands of fans, the people who provide instant, loving feedback.

Of course, as anyone familiar with Streisand's story knows, love is exactly what she missed as a child, what she appears to be in constant search of. "If you don't feel love as a child," she has said, "you spend your life trying to get that love." Her father, Emanuel, an English teacher, died when she was fifteen months old. Several years later, her mother, who married a used-car dealer named Kind, who, Streisand has said, spoke to her except once, when she told her to be more like one of her friends—quiet.

Streisand has also had an unusually complicated (continued on page 112)

# DOMINO® SUGAR

America's Sweet On Domino.®



100% Pure

## A Cake Into A Dominosaurus.

Being a monster has never been so much fun. Or so easy. Just follow the recipe and turn a simple pound cake into a prehistoric delight. And because it's made with 100% pure Domino® Sugar, your dinosaur will be 100% delicious.

### Dinosaur Pound Cake

- 2 cups all-purpose flour
- 1 1/2 tsp baking powder
- 1/2 tsp salt
- 1 cup (1 1/2 sticks) butter or margarine, softened
- 1 cup Domino® Pure Granulated Sugar
- 1/2 tsp vanilla
- 3 eggs
- 1/2 cup milk

Combine flour, baking powder and salt in medium bowl; set aside. In separate bowl, cream butter and sugar; add vanilla. Add eggs one at a time, beating well after each. Alternately add flour mixture and milk. Line outside of 9" or 9 1/2" springform pan with grease and flour pan. Pour in batter and bake at 350° for 45 min. or until wooden pick inserted in center comes out clean. Remove cake from pan. To prevent crumbling, let cake cool for 10 min. before cutting. Makes 8 servings.

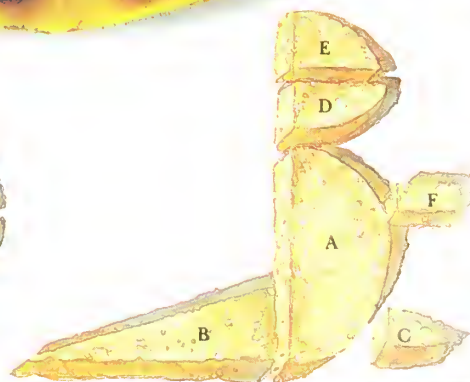
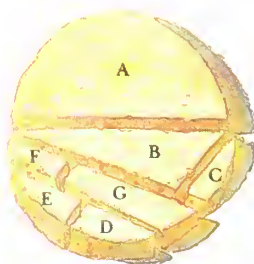
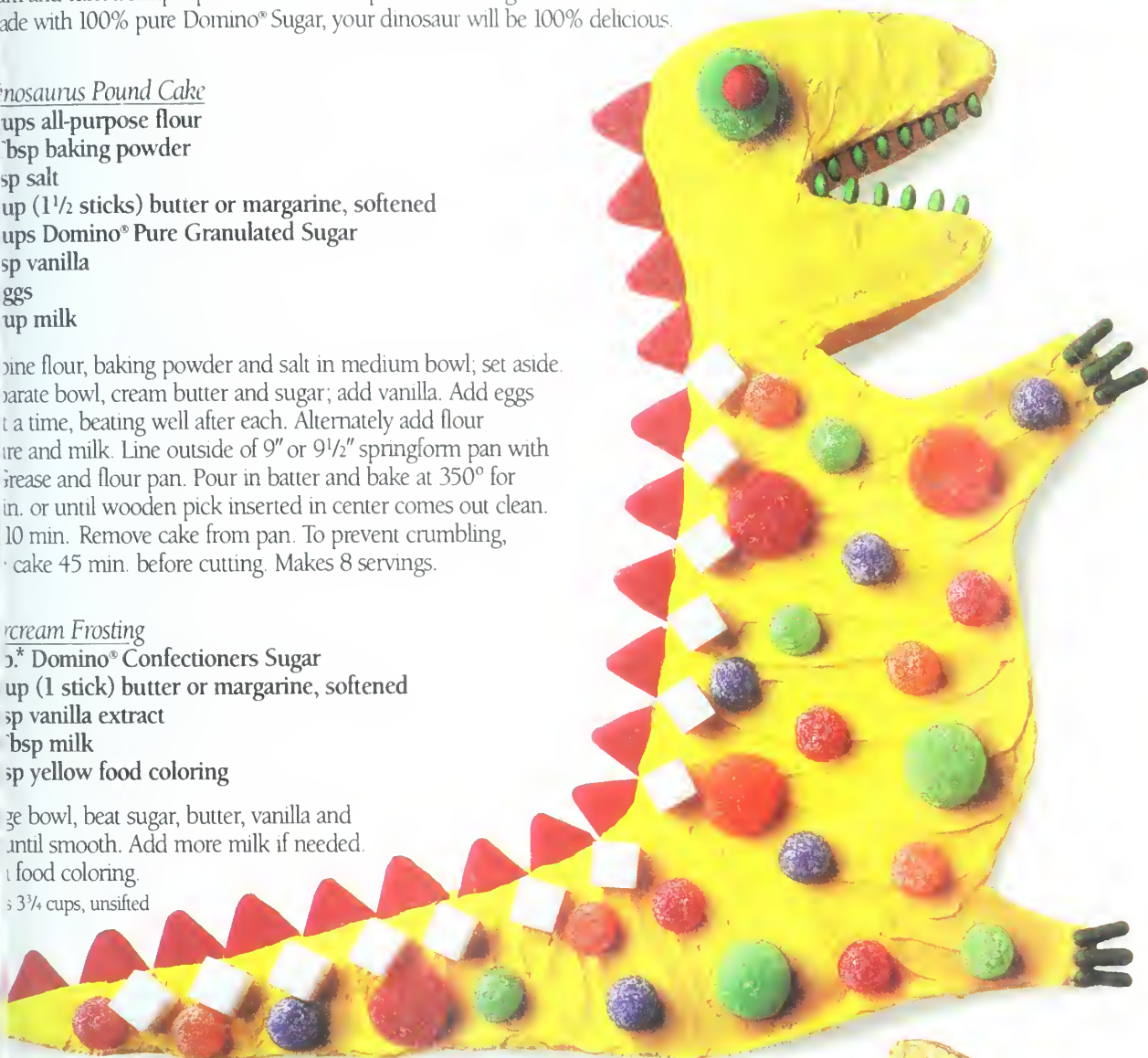
### Cream Frosting

- 1/2 cup\* Domino® Confectioners Sugar
- 1/2 cup (1 stick) butter or margarine, softened
- 1/2 tsp vanilla extract
- 1/2 tsp milk
- 1/2 tsp yellow food coloring

In large bowl, beat sugar, butter, vanilla and milk until smooth. Add more milk if needed. Add 1/2 tsp yellow food coloring. Makes 3 3/4 cups, unsifted.

### Assembling The Dinosaur

Assemble the dinosaur as indicated on diagram. Use the 1/2" x 16" foil-covered cardboard, and "stick" parts together. Snack on the dinosaur as you decorate! Use the extra piece (G) as you decorate! Decorate with candies and Domino® Dots® Sugar Cubes.



# Why mess with a yeast infection?

*The tip releases the Monistat.<sup>®</sup>  
The rest absorbs the mess.  
Together, just one tampon per night  
cures in 5 days.*



**NEW**  
**PRESCRIPTION**  
**ONLY**

*Ask your doctor for the clean cure.*

**MONISTAT<sup>®</sup> 5**  
**MICONAZOLE NITRATE**  
**TAMPONS**

**WARNINGS:**

- Do not rely on condoms or diaphragms to prevent sexually transmitted diseases or pregnancy during the 5 days you are using Monistat<sup>®</sup> 5 (miconazole nitrate) Tampons 100 mg, because an ingredient in Monistat 5 Tampons will break down the latex.
- Please note that Monistat 5 Tampons are not recommended for use during pregnancy.
- The use of nonmedicated tampons for menstrual flow has been associated with Toxic Shock Syndrome (TSS). Although there have been no reports of TSS to date with Monistat 5 Tampons, patients who develop high fever, vomiting, or diarrhea should discontinue use and consult a physician.
- Low occurrence of side effects has included burning, itching or irritation, headache, or nausea; however, these occurred about as often as with nonmedicated tampons.

**Available only in California.**



**MONISTAT<sup>®</sup> 5**  
miconazole nitrate  
Tampons 100 mg

**DESCRIPTION:** MONISTAT<sup>®</sup> 5 (miconazole nitrate) is a white to off-white, tampon-shaped, intravaginal antifungal agent. Each tampon contains 100 mg of miconazole nitrate. The tampon is inserted into the vagina and left in place overnight.

**INDICATIONS AND USAGE:** MONISTAT<sup>®</sup> 5 (miconazole nitrate) is indicated for the treatment of vulvovaginal candidiasis (moniliasis). As M. NITRATE is used to treat candidiasis, the diagnosis should be confirmed by smear and/or culture. The use of MONISTAT<sup>®</sup> 5 (miconazole nitrate) is contraindicated in women using either oral contraceptive agents or tampons.

**CONTRAINDICATIONS:** Patients known to be hypersensitive to this drug.

**WARNINGS:** Safety and efficacy of the tampon in patients who have not been established, therefore MONISTAT<sup>®</sup> 5 (miconazole nitrate) Tampons are not recommended for use during pregnancy. MONISTAT<sup>®</sup> 5 Tampons are not indicated for use as a menstrual tampon but are a drug delivery system for treating vulvovaginal candidiasis.

**Re: Toxic Shock Syndrome.** The use of non-medicated tampons for menstrual flow has been associated with an increased risk of Toxic Shock Syndrome (TSS). TSS is a rare illness which can be fatal and is characterized by high fever (102°F or greater), hypotension, sunburnlike rash with desquamation 1 to 2 weeks after onset. Three (3) or more other organ systems may become involved.

Patients should be advised that if, during the use of MONISTAT<sup>®</sup> 5 (miconazole nitrate) Tampons, a high fever (greater or equal to 102°F) develops and vomiting or diarrhea is experienced, the use of MONISTAT<sup>®</sup> 5 (miconazole nitrate) Tampons should be immediately discontinued and a physician contacted.

**PRECAUTIONS:**

**General:** Discontinue drug if sensitization or irritation is reported during use.

**Laboratory Tests:** If there is a lack of response to MONISTAT<sup>®</sup> 5 (miconazole nitrate) Tampons, appropriate microbiological studies should be repeated to confirm the diagnosis and exclude other pathogens.

**Carcinogenesis, mutagenesis, impairment of fertility:** Long-term animal studies to determine carcinogenic potential have not been performed.

**PREGNANCY: Pregnancy Category C.** Miconazole nitrate has been shown to be embryotoxic in animals when given by the oral route at 12 times the human dose. There are no adequate and well-controlled studies in pregnant women.

**Nursing mothers:** It is not known whether miconazole nitrate is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when miconazole nitrate is administered to nursing women.

**ADVERSE REACTIONS:** During clinical studies with miconazole nitrate tampons for up to 14 days, 33 of 535 patients (6.2%) treated with miconazole nitrate tampons reported complaints during therapy. The most frequent complaints were vulvovaginal burning, itching or irritation, headache, or nausea. In the placebo-controlled trial, the number of miconazole nitrate tampon-treated patients reporting each of these complaints was not statistically different from the number of placebo tampon-treated patients reporting them. The therapy related dropout rate was 0.4%.

**DOSE AND ADMINISTRATION:**

**MONISTAT<sup>®</sup> 5 (miconazole nitrate) Tampons:** One tampon (100 mg miconazole nitrate) is inserted intravaginally

at bedtime, left in place overnight, and removed in the morning for each of 5 consecutive nights. During menstruation, the concurrent use of sanitary napkin protection is advised.

If vulvovaginal candidiasis persists or recurs, therapy may be repeated after other pathogens have been excluded by appropriate smears and cultures.

**HOW SUPPLIED:** MONISTAT<sup>®</sup> 5 Tampons are available as white to off-white tampons, each coated with 1.0 g of a base mixture containing 100 mg of miconazole nitrate. MONISTAT<sup>®</sup> 5 Tampons are supplied in packages of five, with an inserter. Store at 15°C to 30°C (59°F to 86°F).

**CAUTION:** Federal law prohibits dispensing without prescription.

**Advanced Care Products**  
Ortho Pharmaceutical Corporation, New Jersey 08869

Hey Toast...

# Let's Jam, Baby!



*Distinctively creamy taste that excites food.*

*You Know when  
it's Knudsen.*



*The  
Very Best*



# AT MORE TURKEY, DANCE MORE TANGOS.

KEEP YOURSELF HEALTHY AND YOU'LL BE ABLE TO DO THE THINGS YOU ENJOY. WE'D LIKE TO HELP, WITH RECIPES THAT ARE NUTRITIOUS AND LOWER IN FAT. TRY OUR FRESH LEAN GROUND TURKEY, 100% GROUND BREAST MEAT AND BURGER PATTIES. IT'S A STEP YOU'LL BE GLAD YOU TOOK.

## MEDITERRANEAN TURKEY MEATBALL SANDWICHES

### - MEATBALLS -

1 PKG. (ABOUT 1¼ LB.) THE TURKEY STORE®

PREMIUM FRESH LEAN GROUND TURKEY

¼ CUP CHOPPED ONION

1½ TSP. DRIED OREGANO

2 TSP. EACH DRIED MINT, PARSLEY

AND LEMON PEPPER

1 CLOVE GARLIC, MINCED

1 TSP. LEMON JUICE

### - SAUCE -

½ CUP NONFAT SOUR CREAM

2 MEDIUM CUCUMBER, PEELED AND  
FINELY CHOPPED

½ TSP. LEMON JUICE

3 TSP. BLACK PEPPER

6 6" PITA BREADS, CUT IN HALF CROSSWISE

LETTUCE LEAVES, TORN INTO PIECES

MEDIUM TOMATO, CHOPPED

COMBINE TURKEY MEATBALL INGREDIENTS; MIX WELL.

SHAPE INTO 18 (1¼") BALLS. USING SKILLET COATED

WITH NON-STICK COOKING SPRAY, COOK MEATBALLS

8 TO 10 MINUTES OR UNTIL BROWNE

IN CENTER; STIR OCCASIONALLY. COMBINE SAUCE

INGREDIENTS. PLACE 3 MEATBALLS IN EACH PITA HALF.

ADD LETTUCE AND TOMATO. TOP WITH SAUCE. 6 SERVINGS.

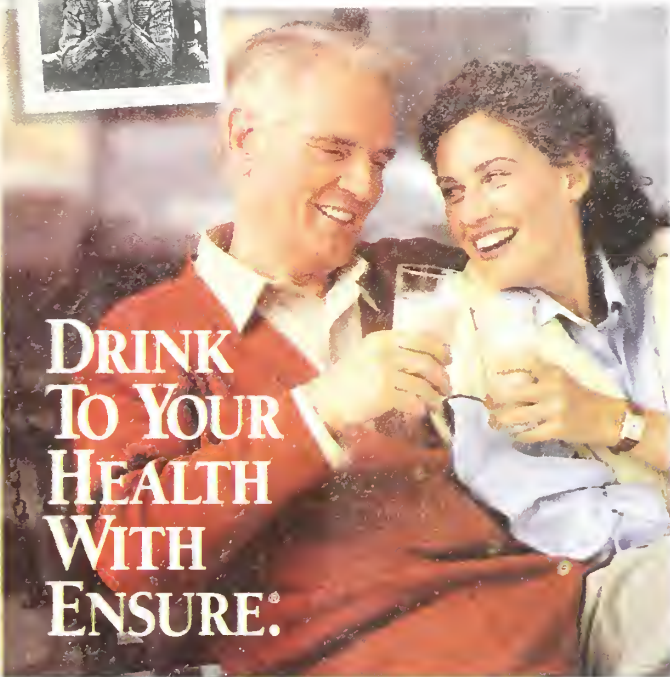
NUTRITIONAL INFORMATION PER SERVING (1/6 OF RECIPE) - CALORIES 264,  
PROTEIN 25G, CARBOHYDRATE 29G, FAT 7G, CHOLESTEROL 65MG, SODIUM 122 MG.

FOR "A FRESH APPROACH" COOKBOOK, SEND \$2.50 WITH YOUR ADDRESS TO P.O. BOX 1173-03 LORETTO, MN 55599





*"When I was a kid my dad  
always looked out for me...now  
it's my turn to look out for him."*



**DRINK  
TO YOUR  
HEALTH  
WITH  
ENSURE.**

## The #1 Doctor Recommended Source of Nutrition.

Most doctors will tell you that a key to good health is good nutrition. So how can you help guarantee that you and the ones you love get the right nutrition?

With Ensure.

Ensure is more than a vitamin supplement. It's complete, balanced nutrition in a delicious drink that provides an excellent balance of protein, carbohydrate, vitamins and minerals. It's all the nutrition you need everyday to help stay healthy, be energetic and more active. Drink Ensure anytime. Enjoy it as a healthy meal by itself or as a between-meal snack. Ensure is even recommended #1 by doctors as a complete source of nutrition.

So make sure you and the ones you love get the right nutrition. Drink Ensure and drink to your health.



© 1993 Ross Laboratories

Available in 6 Delicious Flavors

# travel journal

## Colorado's old West beckons

Located in the southwest corner of Colorado, Durango offers a Western ambience that hasn't changed nearly since the turn of the century. Modern tourists can experience the same amenities the town's early visitors enjoyed—the hotel and saloon, the railroad, the natural beauty of the Indian heritage—all remain relatively unaltered. As a result, Durango offers a modern-day, active family vacation surroundings reminiscent of days past.

Put on the map by the silver strikes of the 1880s, the town boomed when the Denver and Rio Grande Railroad arrived a few years later. Over \$300 million in gold and silver were hauled out of nearby mines during the next thirty-five years. Men spent their wages in the Diamond Belle Saloon located in the Strater Hotel, which has been open for business since 1873.

Today's visitors will find few changes: The Diamond Belle Saloon still sports a carved, gold-trimmed mirror, a tin ceiling and ruby patterned wallpaper—not to mention a grand piano and a sleeved piano player. And visitors can still stay at the restored Strater Hotel (800-247-4431). The lobby features the original chandeliers and carved-wood decor, while the rooms are decorated with period antiques. Outside the Strater, the historic Western buildings of Main Avenue have also been restored to house modern shops and restaurants.

Although the railroad abandoned Durango after the mines closed, the Durango Silverton Narrow Gauge Railway (303-247-2733) still operates restored coaches over a scenic 27-mile section of track, carrying tourists to the tiny mining town of Silverton (population 700). A Registered National Historic Landmark, Silverton provides another walk through Western history. Bat Masterson once policed Blair Street, locking up rowdy miners in what is now the San Juan County Historical Museum. The restored livery stable, gun shop and gambling hall offer jewelry, gifts and clothing. (The railroad operates between the two towns from May 1 through October 31.)

Durango is located on the southern edge of the San Juan National Forest (303-247-4874). While the mines of the San Juan Mountains were long ago depleted of their ore, the wilderness area is still rich with natural beauty. Dotted with crystal-clear lakes, the two million acres of ponderosa pine, spruce and aspen are home to elk, bighorn sheep, peregrine falcons and golden eagles. And for scenic drives, it's hard to beat the park's Million Dollar Highway, a section of Road 550 north of Silverton named for the riches carried out of the mountains. Incredible switchbacks cut into steep ledges above sloping forests, hairpin turns confront spectacular waterfalls and a dancing creek races beside the road.

To explore the miles of Indian trails, footpaths and mountain roads that lace the park, you can rent mountain bikes, horses and Jeeps or arrange a guided tour with the Colorado Outdoors Association (303-368-4731). White-water rafting on the Animas River, seasonal rodeos and ballooning are other popular activities in the area. Public campsites in the National Forest are open May through November.

Another not-to-be-missed sight: Historic Mesa Verde National Park, just thirty-six miles west of Durango, is open year-round and contains the largest concentration of Anasazi Indian cliff dwellings in the United States. Many of the eight hundred-year-old ruins can be viewed by overlooks, while others are reached by ladders, hiking trails or ranger-led tours.

For more information, call the Durango Chamber of Commerce at 303-247-0312.

—WINNIFRED JAMES

**Anna  
from  
Sweden**



*"I love sports,  
cooking and music.  
Last summer, I worked  
at a camp as a  
swimming instructor.  
I really enjoyed  
working  
with children."*

## **Become a Host Family...** **to an Australian, Scandinavian, European, South American or Japanese High School Exchange Student.**

AISE brings people together from around the world for an adventure in understanding. You too can share this adventure by becoming a Host Family. Open your heart and your home to a foreign student who wants to spend a year studying in America.

---

**American Intercultural  
Student Exchange**®

A non-profit tax exempt educational Foundation

---

**CALL 1-800-SIBLING**

# The best thing to happen to your kids since crayons!



**TWO COMPLETE STORYBOOKS IN EVERY ISSUE!**  
Plus crafts and projects, games and puzzles, fun facts and more!



Builds **CONFIDENCE!**

From your friends at Crayola® — a magazine that makes learning and creating more fun than ever before!



Encourages **CREATIVITY!**

**WILD ABOUT PETS**

**HURRY! Clip and mail coupon today!**

Color their world with the all-new CRAYOLA KIDS™ Magazine! Your kids won't want to put it down! It's bursting with brilliant colors, wonderful stories, challenging crafts and lots of fun — all the things your kids wonder, dream about, and love! Pets and animals, friends and scary things, songs and dances, long-ago creatures like dinosaurs, far-away places and more.



## \$5 CHARTER SUBSCRIBER SAVINGS COUPON \$5

### YOUR FULL MONEY-BACK GUARANTEE

You and your child must be 100% delighted with CRAYOLA KIDS Magazine — every colorful page and issue — or you can get your money back, all of it, at any time during your subscription, simply by notifying us.

**YES!** Rush the exciting first issue of CRAYOLA KIDS™ Magazine and enter a Charter subscription in my child's name(s) for one year (6 issues) for only \$14.97! I understand that's **\$5.00 off** what others will pay at the established subscription price and that our satisfaction — my child's and mine — is 100% guaranteed! For gift orders to a different address, please list names and addresses on a separate sheet and enclose with this coupon.

CHILDREN'S NAMES \_\_\_\_\_

BIRTHDAYS (MONTH/YEAR) \_\_\_\_\_

Please Print MY NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

APT. # \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_

**Send no money now — We'll bill you later! Hurry! Subscription prices subject to change.**

MAIL TO: Better Homes and Gardens® CRAYOLA KIDS™ Magazine, 1716 Locust Street, Des Moines, Iowa 50309-9708.

S-5

Please allow 6-8 weeks for delivery of first issue. Published 6 times a year. Add \$6 for subscriptions to Canada and other foreign countries. Printed in U.S.A.

Reviewed and approved by the Crayola® Parent Advisory Board.

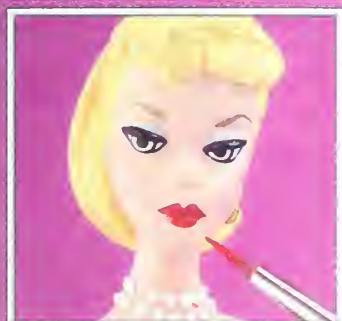
© 1993 Binney & Smith Inc. Crayola, chevron, serpentine and crayon character are registered trademarks of Binney & Smith Inc.

Only  
\$26<sup>95</sup>!

The 1960

# Barbie™

Solo in the Spotlight™  
Figurine



Skillful hand-painting captures every nuance of the beauty and timeless appeal of Barbie.



All the memorable details of the original Barbie gown are captured to perfection — from the bright red rose to the glitter of her dress.



## Barbra's fight against fear

*Continued from page 156*

relationship with her mother, who she has said did not give her enough emotional support: Diana Kind urged her daughter to forget singing and get a clerical job. And when she first saw Streisand act, the singer recalled, Mrs. Kind had only one comment to make: "Your arms are too skinny."

Streisand has tried to forgive her mother: "I saw she did the best she could, you know?" she has said. "It's just another generation. And she obviously caused me to be who I am today. Because I was only trying to prove to my mother that I was something."

But some ambivalence remains, and her mixed feelings are obvious even in concert. During one of her Las Vegas appearances, she asked her mother to stand for applause from the audience, and then, with a trace of impatience, abruptly told her to sit down.

It may be that those unhappy early relationships have left Streisand unable to have a long-lasting relationship of her own. "I live with a lot of angst," she has said. "I'm a mass of contradictions. I change and I grow. I change my mind all the time. So tell [whatever] man I'm looking for that if he likes to have affairs with lots of women, then I'm perfect for him!"

Streisand hasn't found that man, despite a string of relationships with, among others, Elliott Gould (her only husband and the father of her son, Jason, now twenty-seven), Ryan O'Neal, ice-cream heir Richard Baskin, producer Jon Peters, Don Johnson, tennis player Andre Agassi and Pierre Trudeau, the former Canadian Prime Minister with whom she's recently been seen again.

"[People] were meant to be together with somebody," she has said. "We're meant to have a mate." (That sweet wistfulness, so rarely seen in public, so appealing to men in private, has enabled her to remain friends with most of her ex-lovers.)

The superstar's anxieties about men form a small but significant part of her concert patter, in which she tells an off-stage "analyst" of her uncertainties about who opens the car door or picks up the dinner check—questions that, if they are genuine, are surprisingly old-fashioned for one of Hollywood's most powerful women. Undoubtedly, Streisand does have a vulnerable side: "I'm supposed to be this big, powerful woman, but I'd be scared to get on a train by myself or travel alone through Europe. So there's always a contradiction."

## BARBRA'S NEW AGE

She's tried to explore the particular contradictions in her life through therapy—beginning more than thirty years ago: "I always thought I'd adjust well to success. Clearly I didn't. The first week *Funny Girl* opened I was on the covers of *Time* and *Life*. It was too much for me. It put me into analysis."

Besides that grueling, often painful process of self-examination, Streisand has explored a number of other paths as well: She's expressed interest in the ideas of poet Robert Bly, inner-child theorist John Bradshaw and mythographer Joseph Campbell, and she's reportedly held a few at-home spiritual gatherings for her friends.

She's also gone recently to a retreat center in Arizona run by a guru-type figure called Brugh Joy. There, associates report, Streisand has joined in "group work" that involves aerobics, yoga, meditation and interpretation of dreams.

In fact, though Shirley MacLaine has a reputation for being the spiciest Hollywood star, MacLaine, a friend of Streisand, has said, "Barbra rivals me in questioning values and human behavior."

Yet, for someone who professes such a high degree of spirituality, Streisand can be both inconsiderate and rude. Associates recount her screaming fits on the telephone with humorous awe, and even some of her most ardent fans were embarrassed in Las Vegas by her lengthy onstage trashing of the hotel/casino where she was performing. Streisand's chief complaint: There were no soap holders in the bathroom. "They were paying her millions of dollars," one fan said bemusedly. "Couldn't she have bought her own soap dish?"

## THE CLINTON CONNECTION

But the superstar has a charitable side as well. The organization she founded, the Streisand Foundation, has given more than \$7.5 million to environmental, civil-rights and AIDS research groups. She herself made substantial donations to local groups following the Exxon *Valdez* disaster and the Los Angeles riots. And she has spoken out on controversial political issues such as the anti-gay-rights amendment passed by Colorado voters in 1992.

It is Streisand's involvement with the Clinton White House, however, that has drawn the most attention. She has spent the night in the White House, dined with Attorney General Janet Reno and attended Congressional hearings on

gays in the military. Nonetheless, angrily blasts as "a joke" the charge she is trying to be a political force.

Gossip says that she and the President have a mutual crush on each other and that Mrs. Clinton may be somewhat enamored of Barbra. That's unlikely, associates say. What is, however, is that both Clintons and her talent and professionalism—never mention the money she can raise, she is attracted to the President's political education and politics.

She also developed a close relationship with his mother, Virginia Kelley, who died early this year of breast cancer; Streisand donated \$200,000 breast-cancer fund in her memory.

The star's interest in political controversial causes extends, in fact, to her work. She is planning to direct a film version of *Normal Heart*, a play by gay actor Larry Kramer about the early days of the AIDS epidemic and, Streisand says emphatically, "everybody's right to love." She has also optioned the story of Colonel Margarethe Cameron Meyer, a National Guard officer forced to resign from the organization because of her lesbianism. Significantly, her third big project is personal rather than political in nature—she plans to star in *The Mirror Has Two Faces*, the story of the complicated relationship between mother and daughters.

But amid all these high-powered projects, Streisand's most meaningful triumph may just have been one more last January, when on a Las Vegas stage in front of an audience that included everyone from Michael Jackson to Gregory Peck, the unthinkable happened: she made a mistake.

A fairly small one, as mistakes go, but a mistake nonetheless: She flubbed a few words to *Evergreen*, the 1976 Academy Award-winning hit she co-wrote with Paul Williams. But rather than stopping, or letting her embarrassment mar her performance, she simply smiled and said lightly, "And that's on my mind," and kept right on singing.

The audience rewarded her with a wilder applause than they'd been giving her as she sang the introductory notes to each familiar number. Said one adoring fan, "It just made me love her more. I know that she allowed herself to be vulnerable with us."

Streisand swept triumphantly through the rest of her performance that night joyously telling her audience, "I did it! I did it!"

No one who saw her that night doubts that she'll keep on doing it.

*Susan Price writes about celebrities frequently for Ladies' Home Journal.*



**In memory of President Clinton's mother, Virginia Kelley, Streisand donated \$200,000 to a breast-cancer fund**



There's no dog like your dog.  
 And no heartworm protection like ours.

Now each beefy, chewable chunk of HEARTGARD-30 Plus  
 combines unsurpassed heartworm protection *plus* treatment  
 and control of more types of other worms.

So ask your veterinarian for HEARTGARD-30 Plus.

**Heartgard<sup>30</sup>**   
 Chewables (ivermectin/pyrantel)

**Heartworm protection plus. Right from the heart.**

**30 Plus (ivermectin/pyrantel) Caution:** Federal (U.S.A.) law restricts this product to use by or on the order of a licensed veterinarian. **Precautions:** Avoid contact with the eyes. If contact occurs, flush thoroughly with water. **Warnings:** Do not use in dogs with known hypersensitivity to ivermectin or pyrantel. **Adverse Reactions:** In clinical trials, the most common adverse reactions were vomiting and diarrhea. **Safety:** HEARTGARD-30 Plus has been shown to be safe in dogs of various breeds, ages, and weights. **How to Use:** Administer one chewable chunk daily with or without food. **Storage:** Store at room temperature. **Expiration Date:** See package insert for details. **Keep this and all drugs out of the reach of children.**



There are those among us  
with very simple tastes.

They only want the best.

For them, there is Fancy Feast.  
The gourmet dry cat food.  
Supremely delicious. Exquisitely  
satisfying. A gourmet taste that  
could only come from Fancy Feast.  
Fancy Feast gourmet dry cat food.  
Good taste is easy to recognize.™



Keeping your cats and dogs healthy and happy. By Shana Aborn

# ON THE ROAD AGAIN

**Thinking about taking your pet on your next vacation? If you plan your trip properly, and even include outdoor activities or sites that welcome animals, it can be fun for everyone**

**F**or the traveling pet, one tip is basic: Have your pet checked by a veterinarian beforehand, and get a copy of its health certificate and proof of inoculation if you're traveling out

of state. The Humane Society of the United States recommends packing first-aid supplies such as bandages and disinfectant, as well as water and food, dishes, litter box and other necessities. Animals should also wear an ID tag at all times that includes the addresses of your destination and the name of an alternate contact.

If your pet isn't used to traveling, let it explore its carrier and go for short drives prior to the trip.

On car trips, says Tom Greek, D.V.M., of the Long Beach Animal Hospital, in Long Beach, California, schedule rest stops every one to two hours, leashing the pet—even a cat—when it's out of its carrier. Feed it a couple of hours before starting out, and keep to its regular diet

on the trip. Never leave a pet alone in a car in hot weather; it can be deadly.

If you're traveling by bus or train, make sure you can bring animals along. Amtrak and Greyhound permit only assistance dogs for the disabled. Most airlines allow pets, but check before making reservations and ask about requirements. By law, pets must be at least eight weeks old, weaned and in properly marked carriers. Some breeds simply don't fly well; ask your vet whether your pet is suited to air travel. (The issue of animals' safety in plane cargo holds has been under

debate since a lawsuit that was recently settled. You may want to ask the airline about its animal-handling policies and whether pets are permitted in the passenger section.)

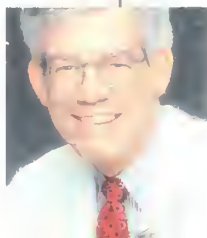
The free booklet "Touring With Towser" is available from Quaker Professional Services, 585 Hawthorne Court, Galesburg, IL 61401. "Air Travel for Your Dog or Cat" is a free pamphlet; send a business-size self-addressed, stamped envelope to Air Transport Association of America, 1301 Pennsylvania Avenue, N.W., Suite 1100, Washington, DC 20004-1707, Attention: Cargo Services.

—VICKI L. HOGUE



## Who's minding the mutt?

**What child hasn't made the promise, "Can we have a pet? I'll take care of it—honest!" But on polling 1,100 pet owners, the American Animal Hospital Association found that 66 percent of those who took care of the family pets were adult women; men came in second, at 19 percent. Only 7 percent were sons and daughters, and just 5 percent of all caretakers were younger than twenty. This confirms what mothers have known for years: Kids may give a pet lots of love, but it's Mom who provides everything else.**



## ASK THE VET

By William D. Swartz, D.V.M.

***Every so often, my cat will nip me lightly on the hand when I pet him. He's neutered, so he shouldn't be aggressive. Why does he do this?***

Many cat owners are perplexed by these nip-and-run attacks, but sudden mood changes are just part of a cat's nature. They often indulge in long periods of napping or lying in wait for prey, followed by a pounce, nip or some other burst of activity. Teach your cat that biting is unacceptable by giving him a small treat every time he cuddles on your lap without nipping. If he does bite, stop petting him, firmly scold, "No!" or "Ouch!" and don't reward him.

Reinforcing his good behavior will persuade him to repeat it more often.

Dr. Swartz is a veterinarian in practice in Herndon, Virginia. Send your questions about pet health and behavior to Box PN, Ladies' Home Journal, 100 Park Avenue, New York, NY 10017. We'll use the best ones in future issues.

**NOBODY BEATS OUR PRICES!**

**ANY WALLPAPER ANY BLIND**

UP TO **80% OFF**

All National Brands

- All First Quality
- Special Case Discounts
- Over 3 Million Satisfied Customers Coast to Coast

**FREE** UPS SHIPPING NO SALES TAX OUTSIDE MI

**FREE** ▶ **BLIND SAMPLE KIT**

TO ORDER WALLPAPER, WRITE DOWN BOOK NAME, PAGE AND PATTERN NUMBER, THEN CALL:

**TOLL FREE 1-800-735-5300**

**AMERICAN** BLIND & WALLPAPER FACTORY

28237 Orchard Lake Rd., Farmington Hills, MI 48334

VISA MC E Cards

WEEKDAYS: 7:00 a.m. - 1:00 a.m.  
SAT. & SUN. 8:30 a.m. - 9:00 p.m. EST

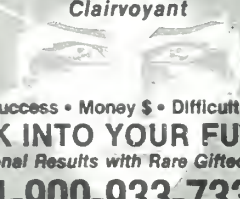
**High School At Home**  
DIPLOMA AWARDED

Without obligation, get free info on low cost home study method, accreditation, Diploma. No salesman will call on you.

American School®, Dept. 204  
850 E. 58th St.  
Chicago, IL 60637

CALL FREE ANYTIME  
**1-800-228-5600**

**LIVE PERSONAL PSYCHIC**  
Numerology • Tarot • Astrology  
Clairvoyant



Love • Success • Money \$ • Difficult Decisions

**LOOK INTO YOUR FUTURE!**  
Sensational Results with Rare Gifted Psychics

**1-900-933-7333**

24 Hrs. Call Now OR MC/VISA & CUST. SERV. \$2.97 Per Min.

**1-800-972-1117**

Mid-Hi Psychics • Must be 18 +  
Also Spanish, French & German Speaking Psychics

**BOSOM BUDDY**

**External Breast Form**  
One of the most comfortable prostheses a mastectomee can wear



**Free Brochure**

Women who wear the Bosom Buddy breast form enjoy cool comfort at a modest cost. Doctors are telling their patients about this alternative to silicone prostheses. No need for special bra...fits inside regular bra...all fabric and weight adjustable. Prompt, confidential service.

**MONEY BACK GUARANTEE** **MEDICARE APPROVED**

1-800-262-2789

**B & B COMPANY, INC. Dept. LO41**  
2417 Bank Drive - PO Box 5731  
Boise, Idaho 83705-0731

**Classified Lady Rates:**  
\$25.50 a word - 10 word min.  
MC/Visa Accepted  
Call Diane - Media People, Inc.  
1-800-542-5585

**Live Psychic Advisors**  
Personal Readings \$1.95 Min.

See Why OUR Clients Refer Us to Their Friends!

Info 1-800-982-5041 Visa/MC & Checks  
PSYCHICS 1-900-884-3292 \$1.95 MIN.  
Checks Accepted By Phone 18 & over

24 Hours

**PUBLISH YOUR BOOK!**

Join our satisfied authors in a complete and reliable publishing program. This program includes attractive books, publicity, advertising and quality service since 1959. All subjects are invited! Send for a FREE manuscript report & copy of How To Publish Your Book

**CARLTON PRESS** 11 W. 32nd St. Dept. LHG  
New York, NY 10001

**Tan At Home!**

Don't You Love To Be Tan!  
SunQuest  
WOLFF  
TANNING BEDS

Buy Direct and Save Up To 50%  
Call for a FREE Color Catalog and Wholesale Pricing!

Home Delivery • **1-800-462-9197**

# JOURNAL STORE

**BECOME A PARALEGAL** Join America's fastest growing profession. Lawyer instructed home study. Choice of specialty programs offered. P.C.D. Atlanta, Georgia. For a free catalog, call 800-527-7070, Dept. LE203.


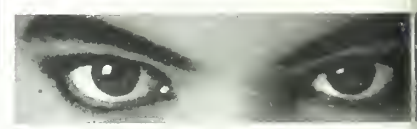


**SIX-WEEK SWEAT CONTROL** Drionic is designed for the heavy sweater and succeeds where other methods fail. Electronic treatment gives six weeks of dryness to the underarms, hands or feet. Reusable, safe and effective, say ten medical books. Try or thousands prescribed by doctors. Send for free information: General Medical Co., Dept. LJ E-61, 100 Armocost Avenue, Los Angeles, CA 90025.

**King-Size**  
FOR TALL AND BIG MEN

**QUALITY BRAND-NAME AND PRIVATE LABEL CLOTHING EXCLUSIVELY FOR TALL AND TALL MEN** To 8XL Big and 5XL Tall. Shoe sizes 12 to 17. 100 percent fit and satisfaction guaranteed. King-Size Co., Dept. 2935, P.O. Box 9115, Hingham, MA 02043. For free catalog, call 800-846-1616.

**ENJOY WRITING IN ENTRY?** Compete for \$12,000 in prizes and possible publication in deluxe, hardbound anthology. Enter the National Library of Poetry's annual poetry contest. No entry or purchase required. Submit one poem, any subject, any style, twenty lines or less to: The National Library of Poetry, 11419 Cranridge Drive, P.O. Box 704-LJ, Owings Mills, MD 21117

**SAVE UP TO 75 PERCENT OR MORE ON ALL NAME-BRAND CONTACT LENSES!** Get the same lenses your doctor ordered at wholesale prices. Twenty-four-hour delivery and money-back guarantee. Free cleaning kit and eyeglasses. Have your prescription and record ready when you call 800-333-LENS, Dept. LHJ; or fax your order to 800-285-LENS.

For advertising information, call Media People Inc. (800) 542-5585 or FAX: (203) 542-6904.

## classified lady

1-800-322-5850. **HOUSE DRESSING FURNITURE.** Save up to 60% off (300 brands) Nationwide in-home delivery. **FREE BROCHURE.** 3608 W. Wendover Greensboro, North Carolina 27407

**ABSOLUTE BEST VALUE** - Name brand furniture at wholesale prices. High Point, NC - Direct 1-800-442-9049

**BECOME A PARALEGAL.** Lawyer instructed home study. Join America's fastest growing profession. P.C.D.I. Atlanta, Georgia. Free catalogue. 1-800-362-7070 Dept. LLH203

**ORDER FAT FREE SNACKS/FOOD!** Chips, dips, cookies, sauces, more! Catalog \$1.00 (Creditable to order.) FATWISE, Box 25LHJ, Colonia, NJ 07067-0025

**DISCOUNT DECORATING DOESN'T MEAN YUCK!** America's Discount Decorator helps YOU beat the high cost of decorating. **FREE INFO CALL NOW 800-456-6262**

**DRAPERY FABRIC.** Upholstery fabric, slipcover fabric discounted to 60%. Any fabric from any mill. Distributor 9am-9pm 7 days. OUIX 1-800-487-6773

**ELLEN CHANDLER!** Miracle Worker! Solves All Problems. Reunites Loved Ones. Removes Bad Luck. One Call Will Change Your Life. 1-512-834-0683

**FURNITURE FROM HIGH POINT.** 1-800-695-4814. Discount prices. Major manufacturers, Hekman, Pearson, Lexington. Visit or call showroom for great buys on market samples.

**GET PAID FOR READING BOOKS!** \$100 per book. Send name and address to Calco Publishing (Dept. C-649), 500 South Broad, Mendenhall, VA 22654

**"GOLDEN VALLEY LIGHTING.** Savings to 50% on Lighting Fixtures and Lamps. (800) 735-3377 for Pricing or Order Our Color Lighting or Lamp Catalogs (\$5 each. REFUNDABLE.)"

**GREAT EXTRA INCOME!** Work from home assembling products from National companies. Fun/easy! As seen on T V! Guaranteed! 1-800-377-6000 ext 6140

**HOME TYPISTS.** PC users needed. \$35,000 potential. Details. Call (1) 805-962-8000 Ext. B-2901

**LIVE PSYCHIC** Confused, Lonely, Unhappy. Reunites Lovers, Removes Others, Obstacles, Negatives. Reveals Love, Career, Marriage. Law suits. 512-385-5803

**MS. GABRIEL, POWERFUL LOVE PSYCHIC.** Returns Lovers, solves all problems, Removes obstacles. Gives true honest advice. Immediate results. Call 1-214-788-0675

**PAY ALL YOUR BILLS WITH LESS MONEY!** FREE Information 1-800-369-4539

**QUALITY PSYCHIC - SPIRITUAL HELP.** You won't be disappointed. Call 800-344-3087

**RUTH GARFIELD CALIFORNIA PSYCHIC** Seen on T V 2 On The Town. Heard on Radio KFI & KFWB. Telephone Readings Reveals Future. "SPECIALTY LOVE PROBLEMS" 818-791-4586. 800-736-2717 VISA MC DIS AMEX

**TELEPHONE RECORDING SYSTEM** - silently tape incoming outgoing calls automatically. For information SASE. EDE. POB 337/LJ. Buffalo, NY 14226 (716) 691-3476

**E**VEN IN THE BEST RELATIONSHIPS, love-making can lose its excitement all too soon. Sex can become boring instead of pleasurable, frustrating instead of fulfilling. That's why we've created The Better Sex Videotapes, written by nationally famous sex educator Dr. Judy Seifer.

The Better Sex Videotapes show how to put fun back into lovemaking. They teach us not to be satisfied with "going through the motions," but to aim for heights of ecstasy most people only dream about.

Dr. Seifer introduces three typical couples who show how to overcome inhibitions and make sex fun again. They begin with the basics — intimacy, gentleness, and good communication.

This series is controversial — so much so that it has been featured on HBO. Yet tens of thousands have ordered Better Sex Videotapes. They are used in universities,

and recommended by family doctors, gynecologists, psychologists, and sex therapists.

# After years of making love the same old way, here's an exciting new beginning.

Why is it controversial? Simply, because it is explicit. Each and every technique is not just talked about but demonstrated. Each lesson is shown from start to finish, in detail — preferably to be watched and discussed by both partners together.

Who orders Better Sex Videotapes? Married people seeking to restore the sense of discovery they had when they first met. Sexually active young men and women who seek only to find new ways to satisfy the ones they love. Couples in their 40s, 50s, and 60s desiring to rekindle the passion of their younger days — often as a specially meaningful gift.

Who else should order these tapes? Perhaps you should — for yourself, or for someone you love very much.



INTRODUCTORY OFFER

**\$10 OFF**

ORIGINAL PRICE OF \$39.95

The Townsend Institute, Dept. ZLH4, P.O. Box 8855, Chapel Hill, NC 27515

**THE  
Better  
Sex  
Video  
SERIES®**

VIDEO	QTY.	PRICE EA.	TOTAL
Vol. 1, Better Sexual Techniques		\$29.95	
Vol. 2, Advanced Techniques		\$29.95	
Vol. 3, Making Sex Fun		\$29.95	
The 3-Volume Set — Save \$20!		\$69.85	

Postage & Handling \$ 3.00

Format: TAPES ARE VHS ONLY

TOTAL \$

VISA  MasterCard  Check  Money Order

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Canadian Orders Welcome. Please Make Checks Payable In U.S. Dollars. An Additional \$5.00 Is Required For Shipping.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Signature \_\_\_\_\_

I certify that I am at least 18 years of age.

For Fastest Service  
Credit Card Customers Call **(800) 888-1900**

24 Hours A Day,  
7 Days A Week

Dealer Inquiries Welcome

# Why I'm not a complainer

My grandmother had no use for whiners. Her constant theme was, If you can't change it, change the way you think about it. By Maya Angelou

**W**hen my grandmother was raising me in Stamps, Arkansas, she had a particular routine when people who were known to be whiners entered her store. Whenever she saw a known complainer coming, she would call me from whatever I was doing and say conspiratorially, "Sister, come inside. Come." Of course I would obey.

My grandmother would ask the customer, "How are you doing today, Brother Thomas?" And the person would reply, "Not so good." There would be a distinct whine in the voice. "Not so good today, Sister Henderson. You see, it's this summer. It's this summer heat. I just hate it. Oh, I hate it so much. It just frazzles me up and frazzles me down. I just hate the heat. It's almost killing me." Then my grandmother would stand stoically, her arms folded, and mumble, "Uh-huh, uh-huh." And she would cut her eyes at me to make certain that I had heard the lamentation.

At another time a whiner would mewl, "I hate plowing. That packed-down dirt ain't got no reasoning, and mules ain't got good sense. . . . Sure ain't. It's killing me. I can't ever seem to get done. My feet and my hands stay sore, and I get dirt in my eyes and up my nose. I just can't stand it." And my grandmother, again stoically with her arms folded, would say, "Uh-huh, uh-huh," and then look at me and nod.

As soon as the complainer was out of the store, my

grandmother would call me to stand in front of her. And then she would say the same thing she had said at least a thousand times, it seemed to me. "Sister, did you hear what Brother So-and-So or Sister Much-to-Do complained about? You heard that?" And I would nod. Mamma would continue, "Sister, there are people who went to sleep all over the world

last night, poor and rich and white and black, but they will never wake again. Sister, those who expected to rise did not, their beds became their cooling boards, and their blankets became their winding sheets. And those dead folks would give anything, anything at all for just five minutes of this weather or ten minutes of that plowing that person was grumbling about. So you watch yourself about complaining, Sister. What you're supposed to do when you don't like a thing is change it. If you can't change it, change the way you think about it. Don't complain."

It is said that persons have few teachable moments in their lives. Mamma seemed to have caught me

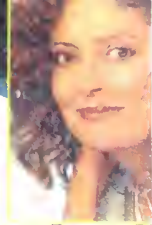
at each one I had between the ages of three and thirteen. Whining is not only graceless, but can be dangerous. It can alert a brute that a victim is in the neighborhood. ■

*Maya Angelou is the author of the best-selling "I Know Why the Caged Bird Sings" as well as several other books and collections of poetry.*



LADIES' HOME Susan Sarandon: Supermom

5' HOME JOURNAL  
August



# Journal

BURLINGAME PUBLIC LIBRARY  
3 9042 03745938 2

**How To Know  
When Your  
Doctor Is Wrong**

**Thicker Hair,  
Smoother Skin  
And Tricks  
From Top Experts**

**What To Eat?  
Favorite Foods  
Without The Fat**

**Too Tired?  
5 Ways To Wake Up  
For Lovelife**

**How To Cook  
Summer Meals**

**Stranger Danger  
The Only Way To Protect  
Your Kids From Perverts**

**Caroline  
Kennedy**

**How She's  
Coping  
With Her  
Grief**

**Love Story  
From The  
Author Of  
"The Bridges  
Of Madison  
County"**

BURLINGAME  
JUL 11 1994  
LIBRARY

#BXBCHFS\*\*\*\*CAP-RT SORT\*\*CP3D  
#LBRLP000097 1#302496 EF  
APR 95  
BURLINGAME PUB LIB BADE  
480 PRIMROSE RD #11008  
BURLINGAME CA 94010-4010

ULTRESS® N° 35

“MAKE HIM DROP THE REMOTE CONTROL” RED



Photo by Howard Schatz. Color by Ultress: Y 35 Lightest Auburn © 1994 Clairol Inc.

*Revel in the world's only haircolor with luminescent gel.*

GORGEOUS HAIR IS THE BEST REVENGE.

CLAIROL®



ULTRESS®

"KICK DOWN THE DOOR AND B

2011



*Revel in the world's only haircolor with luminescent gel.*

GORGEOUS HAIR IS THE BEST REVENGE.

CLAIROL®



L

THE TIME

UL



R

THE NEXT GENERATION  
OF SKINCARE

L'OREAL®  
PLÉNITUDE  
EXCELL-A<sup>3</sup>  
SKIN  
REVEALING  
LOTION

reduces the signs  
of aging





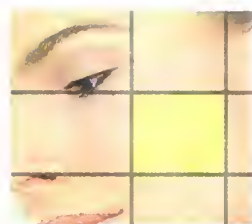
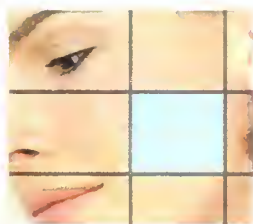
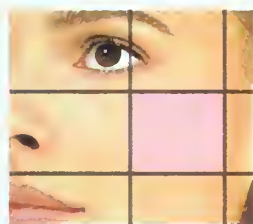
É

A

L<sup>®</sup>  
PARIS

Finally, reveal your best skin  
and reduce the signs of premature aging.

Introducing  
**PLÉNITUDE**  
**EXCELL-A<sup>3</sup>**  
Skin Revealing Lotion



**1. Reveals**  
clearer, more even-toned skin

Tri alpha-hydroxy fruit acids gently lift away lifeless cells and allow newer, healthier cells to surface.

**2. Combats**  
signs of premature aging

A Melanin and Vitamin E complex helps neutralize free radicals before they can damage skin.

**3. Protects**  
against aging UV rays

SPF 8 helps shield skin from daily sun damage — the leading cause of premature aging.

Because today's world can age skin faster than ever, L'Oréal creates new Plénitude Excell-A<sup>3</sup>. The only daily lotion that combines three potent skin-perfecting discoveries in one



gentle formula. Wrinkles become less noticeable. Newer skin is revealed. Better still, this "just born" skin receives the extra protection it needs to stay younger-looking, longer.

L'ORÉAL

**PLÉNITUDE**

Reduces the signs of aging

**"I shop for a lot of things. I shop-**

**Talking to your Kmart pharmacist is absolutely free. Not talking can cost you. Did you know that 30% to 50% of prescriptions dispensed each year are taken incorrectly? And 11% of all hospital admissions are due to patients improperly taking their drugs! Your Kmart pharmacist will be happy to tell you how and when your drugs should be taken.**

**ped around for my pharmacist too. She hap-**

**pens to be at Kmart (which makes it easier to shop for a lot of things). She**

**"My pharmacist wasn't checking for drug interactions so I decided it was time to interact with another pharmacist."**

**discusses my prescription drugs with me. She even provided me with a patient education**

Prescription  
Rx NUM: 680  
Tx NUM: 183  
Patient: COOPER  
Drug: DRG 144  
SUBS:  
ORD QTY: 100  
DIS QTY: 100  
SIG: 1 BID TAKE O  
Days: 90  
Refills: 1  
Doctor: PHYS 1 PHYSICIAN

PR Code:  
PR Zone:  
PROVER:  
PR-QTY:  
#Lab-TP:  
New PR:  
Old PR:

Brand:  
SUBS:  
Cost:  
Profit:  
Copay:  
Disc:

printout from the computer.

It told me all about my medication. Still, I had questions. Lots of them, such as, 'What am



I supposed to do if I miss a dose?' We communicate, we interact, call it what you want.

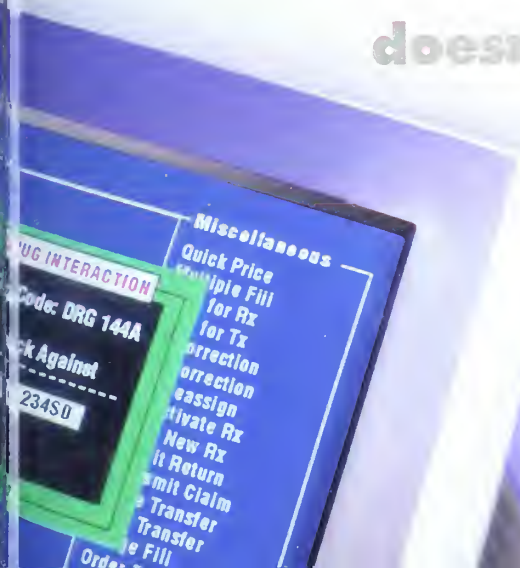


Talking to her is medicine, too; it just doesn't come in a bottle."



Some questions you have for a Kmart pharmacist may be answered over the phone. Call 1-800-866-0086 for the location and phone number of your nearest Kmart store or pharmacy.

©1994 Kmart Corporation. Lynn Swartz. The PM Group. All Rights Reserved.



**CG Professional**  
MASCARA NEW STRAIGHT BRUSH

"Now Go STRAIGHT TO THE PRO  
AND MAGNIFY YOUR LASHES  
LIKE YOU'VE NEVER SEEN!"

Bridget Moynahan



**Introducing  
Professional Mascara's  
New Lash-Enhancer  
Straight Brush**

It's the secret to separating your lashes better than ever before. The plusher brush zeroes-in on every lash to lengthen and thicken incredibly. For a new, eye-opening look of totally magnified lashes. Without a clump or glob in sight. It's a brush with greatness.



**COVER GIRL**

COVER GIRL  
Bridget Moynahan

Magnify Your Lashes Like Never Before.

August 1994 • VOL. CXI NO.8

## in the news

**41 CNN NEWSLINE REPORT** LHJ teams up with the world's news leader to bring you the latest stories. This month: the link between fat and skin cancer; vacation scams; special toys for special kids; and more.

**66 LOVE AND LOSS** Two months after the death of her mother, how is Caroline Kennedy Schlossberg coping? *By Ellen O'Hara*

**98 "WE CARE!"** LHJ asked you to help fight the war against sleaze and violence, and over forty thousand of you responded. Here's a sampling of your suggestions.

**106 THE WOMAN WHO WOULDN'T GIVE UP** When Janice Guthrie was diagnosed with cancer, she did her own research on the treatments available—and defied the doctor's prognosis. Now she's helping other women take charge of their own care. *By Ellen Perley Frank*

**108 "DON'T TALK TO STRANGERS"** These mothers were sure that their kids would never even *talk* to a stranger, let alone willingly walk off with one. A child-safety expert shows how kids get lured and gives his tips for keeping them safe. *By Margery D. Rosen*



## personalities

**42 WOMAN TO WOMAN** "My secret life" Joyce Bova was a successful career woman who had a private life no one would ever have imagined—for three years she had an affair with Elvis. *By Joyce Bova, as told to William Conrad Nowels*

**84 WEST TEXAS TWO-STEP** In the second of a two-part *Journal* exclusive, the author of *The Bridges of Madison County* tells of Saturday nights, sad music and

dancing with the woman he loves. *By Robert James Waller*

**104 SUSAN SARANDON: SHE'D RATHER BE BEST MOM THAN BEST ACTRESS** The superstar has had a string of movie hits, but her most demanding role is off-screen, as the mother of three. *By Jim Jerome*

## body and mind

**49 TOO TIRED FOR SEX** . . . You won't be with these eight wild ways to wake up your lovelife. *By Judy Kuriansky, Ph.D.*

**58 "NOBODY LIKES ME"** Do your co-workers leave you out of their lunch plans? Did the neighbors forget to invite you to their annual picnic? We've got smart strategies so you'll get included when you want to be. *By Ann Nelson*



**THE  
BEST  
CATALOG  
BUYS**

PAGE 32



MAYBE SHE'S  
BORN WITH I

*be's in the mood for a change.*

It's Fall.

Time to step out

from the ordinary.

Be more colorful. More imaginative.

Add some dash, panache, and lots

of smoooooth moves.

Start the music, maestro.



# REVITALIZING™



*High-performance color.*

Revitalizing Lip and Nail Color.

Only from Maybelline.

A color collection

to satisfy your fancy in cream,

matte and frost finishes.

All lip and nail nurturing.

# Before you take Tylenol or Advil again, Get a second opinion.

INTRODUCING ALEVE.  
THE ONLY NON-PRESCRIPTION PAIN RELIEVER  
WITH 8-12 HOUR DOSING.

New Aleve® is the first pain reliever with the non-prescription strength of Anaprox®, a fast-acting form of the medicine in Naprosyn®, the #1 selling brand in its class for 10 years.

The brand doctors have prescribed over 150 million times, outselling Motrin and

all other prescription ibuprofen brands combined.

No other brand is like Aleve.

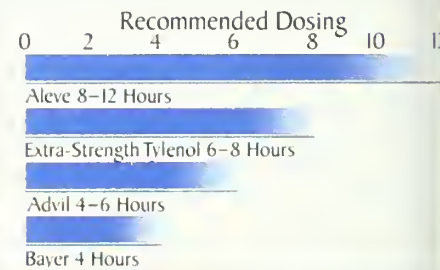
Aleve is longer-lasting than Extra-Strength Tylenol.

Advil isn't stronger.

Yet Aleve is gentler to your stomach lining than aspirin.

Try new Aleve. To take pain away up to 12 hours. And keep pain away all day.

All Day Strong. All Day Long.



If aspirin- or ibuprofen-allergic,  
consult your doctor before use.  
Read consumer leaflet before use.



**64 MEDINEWS** The bone-saving benefits of fluoride; breast-feeding and breast cancer; hope for PMS sufferers; and more.

**76 CONTRACEPTIVE UPDATE** Today, women have more birth control methods to choose from than ever before. A report on the latest options. *By Nadia Zonis*

**94 THE FOOD-LOVER'S GUIDE TO LOW-FAT EATING** Don't give up your favorites—here's how to make good, better and best choices for healthful eating every day. *By Jeanne Goldberg, R.D., Ph.D.*

## style

**32 BEAUTY & FASHION JOURNAL** The five top catalog buys, how to have youthful hands, and a terrific contest you'll want to enter.

**110 THE BEAUTY HALL OF FAME** Four best-in-the-business beauty pros show you how to look great with their expert tricks for thicker hair, younger skin and more. *By Lois Joy Johnson*

**119 AFTER THE FLOOD** Last summer this family's home was nearly destroyed in the Midwest's devastating floods. After a year of rebuilding and restoring, they have their dream house back. Join LHJ for a tour. *By Leslie Lampert*

## food

**127 FOOD JOURNAL** What's cooking in August.

**128 SEASONAL SPLENDORS** Delicious ways to enjoy summer's vegetables at their peak of flavor. *By Jan T. Hazard*

Cover: Caroline, Robert Trippett/SIPA Press, Susan, photo, Deborah Feingold; stylist, Jeanine Lynch; jewelry, Reinstein/Ross. Photos, this page, from top. David Bishop, Deborah Feingold, Cheryl Pendleton.



**BERRY-BEST DESSERTS**  
PAGE 140

**SUPERSTAR MOM**  
PAGE 104

**134 COOL SUMMER COOKING** Perfect meals for when you can't stand the heat—all of them fast, refreshing and hassle-free.

**140 IT'S THE BERRIES** Delicious desserts bursting with sun-ripened berries.

**144 INSIDE THE JOURNAL KITCHEN/RECIPE INDEX**



**127 FOOD JOURNAL** What's cooking in August.

**128 SEASONAL SPLENDORS** Delicious ways to enjoy summer's vegetables at their peak of flavor. *By Jan T. Hazard*



**AFTER THE FLOOD**  
PAGE 119

## regular features

**12 EDITOR'S JOURNAL**

**15 CAN THIS MARRIAGE BE SAVED?** "My husband is a compulsive gambler"

**20 A WOMAN TODAY** "The greatest gift" One bride made the ultimate sacrifice to save her new husband's life. *By Ginger Gillquist*

**156 WISE WORDS** "R-E-S-P-E-C-T" What kids today really need. *By Teryl Zarrow*

## ONE SMART LADY



Recently I had a chance to hear Margaret Thatcher speak. I, along with every other woman—and man—in the room, was extremely impressed by Lady Thatcher's insights about world affairs and by her tremendous self-confidence. After she spoke I presented her with *Ladies' Home Journal's* aptly named One Smart Lady Award for her many achievements. Lady Thatcher beamed with delight and applauded when I told her that the *Journal's* slogan is "Never underestimate the power of a woman." "I certainly agree with that!" she exclaimed.

When we had a chance to chat privately, I mentioned

that I had once seen photos of Lady Thatcher helping her daughter decorate her apartment. Lady Thatcher, in fact, was doing the wallpapering. "It was fun," she said. "I wanted to help out." Now, I don't want to be accused of male-bashing, but how many other leaders of nations would be able to balance the budget, fight a small war, answer questions in Parliament and still get the decorative border straight? Just asking.

Appropriately, this month we have a very special decorating story. Five years ago, Donna and Gregg Perdun, of Grafton, Illinois, won *Ladies' Home Journal's* "My Favorite Room" contest. In fact, the kitchen in their 1836 stone house received first prize. Then, last summer they nearly lost their historic house and almost everything in it to the floods that devastated so much of the Midwest. They wrote to tell us of their heart-breaking loss. Our reaction? We knew we just had to help return them to their much-loved home. On page 119, you'll find our very special feature on restoring their dream house. So, remember, never underestimate the power of a woman—and never underestimate the power of *Ladies' Home Journal!*

**Lady Thatcher, pleased with our slogan. Yes, we both wore polka dots!**



*Myrna Blyth*

**MYRNA BLYTH**  
Editor-in-Chief & Publishing Director

**Jeffrey Saks** Art Director

**Jane Farrell** Articles and Fiction Editor **Carolyn Noyes** Managing Editor

**Lois Joy Johnson** Beauty & Fashion Director **Jan Turner Hazard** Food Editor

**Mary Mohler** Senior Editor **Linda Fears** Senior Writer

### ARTICLES

**Pamela Guthrie O'Brien** features and books editor

**Margery D. Rosen** family and child-care editor

**Mary C. Hickey** senior editor

**Shana Aborn** associate editor **Melanie Berger** associate editor

**Karyn Dabaghian** assistant editor **Katherine Lee** researcher

**Christine Urgola**

### BEAUTY AND FASHION

**Gwen Flamberg** assistant editor

### FOOD

**Susan Sarao Westmoreland** associate editor

**Lisa Brainerd** **Margot Abel**

### LIFESTYLE

**Leslie Lampert** editor

**Sharlene King Johnson** associate editor

**Kimberlie A. Waugh** assistant editor

### EDITORIAL PRODUCTION

**Stephanie Makrias** copy editor **Julie A. Mettenburg** copy editor

**Mandana Massiha** assistant editor

### PUBLIC AFFAIRS

**Margaret Hickey**

### READER SERVICE

**Jill Benz**

### ART DEPARTMENT

**Stacy Marchelos** associate art director

**Kimberly Ann Koppel** designer

**Peter Cober** studio manager

**Ayesha Hakkii**

### PRODUCTION

**Lawrence P. Bracken** manager

**Doreen Yip Hackett** type director

**Kin Quon** type assistant

**Alberta Harbutt** assistant to the editor-in-chief

**Donna Ortiz** editorial business associate

### Contributing Editors

**Lawrence Balcer, Ph.D.** **Katherine Barrett** **Kathryn Casey** **Ellen Galins**

**Mary Gilliatt** **Jeanne P. Goldberg, R.D., Ph.D.** **Andrea Gross**

**Mary Lou Mullen Hall** **Dean Lamanna** **Paula Lyons**

**Sofia Marchant** **Diana McLellan** **Carol Lynn Mithers**

**Evelyn Firestone Moschetti, D.S.W.** **Paul Moschetti, D.S.W.**

**Andrea Rock** **Michael J. Weiss (Washington, D.C.)** **Rosalind Wright**

### DONNA GALOTTI

*Publisher*

**Michael L. Brownstein** Advertising Director

**Esther Laufer** Promotion-Marketing Director

**Vicki Dreyer-Fischer** Sales Development Director

**Robin Billie** Midwest Manager

**Mindy Picon** Eastern Manager **Paul Bode** West Coast Manager

**Jeannine Shao** New York Manager **Leslie A. Light** Associate New York Manager

**Sharon Rogers** San Francisco Manager **Christi Neill** Home Journal Manager

**Nancy Hall** Beauty & Fashion Manager **Terry Giella** Sales Administration Manager

**John Condit** 1/P/Operations/Manufacturing

**Michael C. Senior** Newsstand Sales Director

**Wanda Zieminski** Production Director

**Michael I. Cook** Business Manager

**Tricia Gonzalez** assistant to the publisher

*A Meredith Publication*

**E.T. Meredith, III** Chairman of the Executive Committee

**Jack D. Rehm** Chairman & CEO

**William T. Kerr** President & COO

**Christopher M. Little** President, Magazine Group

The *Journal* cannot process unsolicited manuscripts or art material, and the Publisher assumes no responsibility whatsoever for their return. Postmaster: Send address changes to *Ladies' Home Journal*, P.O. Box 53940, Boulder, CO 80322-3940.

© 1994 Meredith Corporation. All rights reserved. "Never Underestimate the Power of a Woman." "Can this marriage last?" and "LHJ" are trademarks of Meredith Corporation, registered at U.S. Patent Office. Title "Ladies' Home Journal" registered at U.S. Patent Office and foreign countries.

### CUSTOMER SERVICE INFORMATION

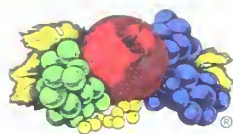
For service on your subscription, including change of address, write to *Ladies' Home Journal* Customer Service, P.O. Box 53940, Boulder, CO 80322-3940. Please enclose your address label from a recent issue. If you wish to phone, call tollfree 800-374-4545. Send all other correspondence to **Ladies' Home Journal, 100 Park Avenue, New York, NY 10017.**

Printed in the U.S.A.

Introducing panties that go where no other panty has gone before. *Lowhere.*



*Panties you can count on to stay comfortably in place. A new line of pure cotton panties from Fruit of the Loom. With a little extra room in the seat. And legbands that are soft, yet stay put. The kind of panties you've been after for a lifetime.*



Clothes that make you feel good.<sup>™</sup>

define  
and  
conquer

This advanced new bi-level brush separates each and every lash with new precision. Colour concentrated formula saturates with new intensity for dramatically dark, precisely defined lashes. Define the lashes. And conquer!

NEW  
HIGH DEFINITION MASCARA

MAXFACTOR  
INTERNATIONAL



Impact

# CAN THIS MARRIAGE BE SAVED?

The most popular, most enduring women's magazine feature in the world

## “My husband is a compulsive gambler”

By Margery D. Rosen

gone to Gamblers Anonymous. He promised he's going to stick with it this time. I don't know what to do now. I thought asking Nick to leave was the hardest thing I'd ever have to do, but healing our marriage seems impossible.

“I met Nick when I was sixteen. My family—I was the youngest of four girls, all far prettier and smarter than I was—had just moved to New England from Milwaukee,

and I was finding it hard to make friends. Nick was a senior. Handsome and charming, he was clearly the smartest, most popular boy in high school. It was love at first sight for me, and I was astounded that a guy like him, who could have any girl he wanted, was actually interested in someone like me.

“After one date, we were inseparable. My parents wanted me to go to college, but I couldn't wait to marry Nick, settle down and raise

a family. We married two months after I graduated from high school. By then, Nick had a job at a shipping and packaging company, and I found a spot as a secretary for a businessman in town.

“I thought my dreams had come true. But clearly, our problems started long ago, and I chose to ignore them.

“Nick put in lots of hours on the job. His shift changed every few months. He took lots of overtime, and, since his company is a round-the-clock operation, he could conceivably be working at all hours of the day or night. When he told me he had to work late, there was no reason not to believe him.

“But by the time Sean was two, I started to get increasingly anxious about money. We never seemed to have any, even though Nick was working all the time. If I dared ask about it, he'd fly into a rage. ‘That's my job,’ he would shout. ‘The bills are getting paid, aren't they? So leave me alone.’ I was never allowed to see his paychecks or the bank statements. Whenever we were low on cash, Nick had a ready explanation. I learned not to ask too many questions.

“For years I convinced myself that in spite of my money worries, things really were all right. After all, my husband wasn't a goof-off, or an alcoholic like *(continued)*



**KIM'S TURN** “Six months ago, I kicked my husband out of the house,” said Kim, thirty-seven, her voice shaky. “Nick is a compulsive gambler, and though I've adored him for twenty years, I can no longer be married to him.

“Except to discuss our kids—Kelly will be eighteen next spring and Sean is thirteen—Nick and I have barely spoken. He's living in an apartment across town. Then, last week he called to tell me he'd

**THIS MONTH'S CASE IS BASED ON INTERVIEWS AND INFORMATION FROM THE FILES OF JOANNE GAFFNEY-BENNETT, R.N., L.I.C.S.W., AND JOHN B. LIVINGSTONE, M.D., A HUSBAND-AND-WIFE COUPLES THERAPY TEAM IN BROOKLINE, MASSACHUSETTS.**

Can a perfectly

**Normal**

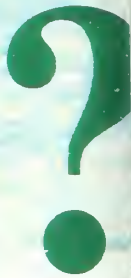
**woman**

find happiness with a

**Sensitive**

**man**

(or vice versa)



*His skin's sensitive.*

*Yours is not.*

*Or maybe it's the other way around.*

*Still, there's a BIC Twin Select® right for each of you.*

*Normal for regular skin.*

*Sensitive for skin that's tender or easily irritated.*

*Now everybody's happy.*

*You both find happiness closer together.*

MANUFACTURER'S COUPON EXPIRATION DATE 12/31/94

**Save** on any 5 or 10-Pack BIC Twin Select® Shavers  
**75¢**

70330-40063



70330 33075

RETAILER  
BIC CORPORATION will redeem this coupon for 75¢ plus 8¢ handling fee if you receive it on the sale of any 5 or 10-pack BIC Twin Select® Shavers. Invoices showing purchases of sufficient stock to cover coupons presented must be shown on request. Consumer must pay any sales tax. Void where taxed, prohibited or restricted. Good only in U.S.A. Mail coupons to: BIC Corporation, P.O. Box 880072, E. Paso, Texas 88588-0072. Cash value 1/25 of 1¢.



## is marriage be saved?

er was. My sisters and I adored en with his outbursts. Mother al- nade excuses for him, anyway.addy didn't mean that,' she'd tell : insisted we all love each other, never fight or argue.

like my mother, I whitewashed —literally. I became a cleanliness. The kids were immaculate; the was immaculate. I could calm that way for a while, and then I'd o feel anxious again and start at my kids. Of course, Nick was d guy. He'd come home and say, where we're going? Walt Disney ' Kelly and Sean would be so ex- and my stomach would churn. I wondered, did the money for o come from?

en, six years ago, my worst fears ue. Nick told me that he had got- o the habit of stopping off at the ck on the way home from work. t he won some money, but over a few months he had had a string s. It was enough, he said, that we take out a second mortgage.

as hysterical, but Nick was so reul; he promised it would never a again. So we took out a second ge, and I tried to forget it.

is became a pattern. Things be fine for a while, then I'd not- at money I was sure I had del- in our joint account was gone. I hinted that I thought he was ng, he'd deny it vehemently.

en one day, when I was looking ne stamps, I found a bank state- stuffed in the drawer that proved uandered the money we had got- m a personal loan—money eard for Kelly's college education.

when I really lost it. I told him blank that I knew he was gam- and demanded that he get help. used and we had a huge fight, but ildren and I started going once a o GAM-A-NON, a support group ilities of compulsive gamblers.

iose meetings opened my eyes. I describe how relieved I felt to hear ories of all these other people problems were so much like mine. ed that compulsive gamblers al- ave an excuse for what they do. can charm a dog off a meat truck. realized that by denying his addic- was actually encouraging it. These gave me the strength to do what I have done long ago: Tell Nick to ne help or leave.

hasn't been easy, but I've man- I told him that the only way I'd onsider getting back together was if t went for marriage counseling so uld at least learn to speak to each

other like human beings. I love him, but I don't know if I can live with him."

**NICK'S TURN** "I've been living a lie for years," Nick, thirty-nine, admitted sadly. "But I've learned my lesson. I've changed, and I want Kim to know that.

"To me, gambling was always second nature. I grew up in a small town not far from here, and as far back as I can remember, I rarely told the truth. It was a knee-jerk reaction, a way to protect myself, I guess. I remember my father whacking me and my younger brother around if we did or said anything that displeased him. He was an ironworker, a real physical guy, and he'd hit us with his hand or a wooden paddle.

"Dad was an alcoholic, and a violent one, too. My mother didn't do much to stop him. Dad gave my mother a certain amount of money to run the house, and that was it. I wasn't close to either of them. Dad wasn't around a lot and was private with his own time. I know he had a regular card game going at his club, and though he made a good salary, from time to time money would be tight. At one point, when my father lost his job, we had to move in with relatives for a few months. I assumed he gam-

overwhelmed. I had a hard time delegat- ing, and yet there was too much work for me to do. I hated to reprimand peo- ple, and having to fire someone—forget it. I developed an ulcer.

"I started to get anxious about money around the time Sean was born. I felt tremendous pressure to give my chil- dren a better life than I had had. I also lost touch with my old friends because my hours were so different. When I worked the two P.M. to ten P.M. shift, I fell into the habit of stopping off at the racetrack on the way home.

"At first it was a lark, something to do. I felt less lonely at the track. I would catch the last two or three races. The first couple of times I won decent mon- ey—two nights in a row, I came home with over five thousand dollars in my pocket. The next night, I lost it all.

"That became a pattern. Winning, losing, winning, losing. All the time I was betting, I was trying to pay off the bills, too. When I was short, I'd borrow from loan companies, get cash advances on my credit card to use at the track, or borrow against our insurance plans. Or I'd borrow from my mother, even from my daughter once or twice. I didn't want Kim to know. I was secretive and

**"I've been living a lie for years,"**  
said Nick, **"but I've changed,**  
and I want Kim to know that."

bled—but no one ever talked about it. Neither of my parents ever shared their feelings, and I certainly didn't think they cared very much about mine. Though I was captain of the football team, my parents never attended a game.

"When I was a freshman in high school, I took a job as a stock boy in a department store. I worked after school and on weekends so I could have the kinds of things my friends had—clothes, a new baseball glove, money to go to the movies. After high school, I wanted to be a teacher, but my father wanted me to be an engineer, and he refused to help me with tuition unless I went to the college he wanted me to go to. My heart wasn't in my studies, and at the begin- ning of my junior year, I dropped out. I found a job with a nationwide shipping company; the salary and benefits were good. Since Kim and I planned to get married, I thought it was a good move.

"The first few years, I did well. I moved up fast, and by the time I was twenty-five, I was in charge of a crew of one hundred. But then I started to feel

defensive, and whenever Kim confront- ed me, I'd clam up or lash out at her.

"As time went on, I got deeper and deeper in debt. Of course, I told her I'd never do it again, but all I was waiting for was another chance at the track.

"I did attend one meeting of Gam- blers Anonymous years ago, but I thought the program was ridiculous. 'I'm not as sick as these people,' I told myself. When Kim kicked me out, I was indignant at first. But I knew she was right. I started going to GA and vowed to stick with it—and I have. But I can't make Kim believe that I've changed for good. I'm afraid it might be too late to save our marriage, but I want to try."

**THE COUNSELORS' TURN** "As in any relationship where trust has been broken, Nick and Kim had to rebuild their marriage from the foundation up," said the counselors. "At GAM-A-NON meetings, Kim realized how badly she had been hurt by Nick's addiction.

"Though Nick insisted he had changed, it was going to take (continued)

## Can this marriage be saved?

*continued*

a long time and require a lot of effort on both their parts for Kim to believe he had.

"We asked Nick and Kim to make a commitment of at least three months of weekly therapy. If couples can get past this point, they usually have one experience of success as well as the essential tools to cope with problems as they arise.

"Once Nick and Kim made a commitment, we wanted to make sure they understood how addictions destroy a relationship. Anyone growing up in a family with addictions, especially if the addiction is not addressed (neither Kim's nor Nick's father dealt with his problem), is also at high risk for developing an addiction. It's not uncommon for the children of addicted parents to avoid feelings and instead use a mechanism that they believe is under their control and will make them feel better. The child of an alcoholic may become an alcoholic, too, or the caretaker of an alcoholic. Or he may become addicted to other substances, such as food or drugs, or activities such as gambling, sex or even work. Because he didn't know how to deal with stress, Nick used gambling to camouflage his inadequacies and give himself a sense of power and control. Understanding this helped Kim be more compassionate.

"It was also important for Nick and Kim to identify how each had played a role in the addictive process and understand themselves and their own feelings better. Kim, especially, had little sense of herself. She grew up to be a replica of her mother, an uncomplaining woman who never felt entitled to express her feelings, opinions or needs. Despite the obstacles thrown in her path, Kim was determined to make everything work, and for many years, she did.

"It's not surprising that Nick and Kim were attracted to each other. Kim saw her charming, handsome father in Nick. And in Kim, Nick found all the love, acceptance and appreciation that had been missing from his childhood. However, because of their childhood experiences, anger was frightening and to be avoided at all costs. One of our early goals was to help both of them recognize their anger, and then learn to deal with it in a constructive way.

"We told them, 'Tune in to your own body; when you're upset, what happens?' Kim realized that anger made her anxious: Her stomach would churn, her heart would race and she'd slouch in her seat. Assuming she was to blame for their troubles, Kim would either keep quiet or give in. The emerging sense of self she was discovering in her GAM-ANON meetings was still too fragile to safely express in her relationship. But it

was strong enough to erupt in anger. Nick tended to pull away emotionally and physically when angry. His body language was indicative of this: He'd cross his arms, get a distant, glassy look in his eyes, or glance anxiously around the room. Unable to discuss what was upsetting him, he'd hold it in until he exploded in rage.

"Once they could recognize the early signs of their anger, they set about learning to defuse it by discussing the feelings underneath. Those feelings—

### SKILL BUILDER

#### Learning a new communication skill

The Couples Dialogue is a highly structured communication technique that couples can use to discuss issues large and small. There are three key parts to the dialogue: mirroring, validation and empathy.

■ Pick a time when you can talk uninterrupted—a Dialogue can take five minutes or an hour, depending on what you need to discuss. The person who has something to talk about (sender) begins by expressing his or her thoughts and feelings to her partner (listener). The listener mirrors back what their partner has said. (No editing or elaborating; the mirror needs to be accurate.) Then the listener says, "Did I get it right?" The sender says yes or no, or has the chance to add other thoughts and feelings. If at any time the listener becomes too reactive or defensive to mirror, the sender should stop talking until the listener can resume the process.

■ In the second part, the listener validates—that is, acknowledges—the sender's point of view. Instead of saying, "That's not the way you should feel," the listener makes it clear that he's heard and understood the sender's words. This doesn't mean he agrees. It simply means the message has gotten through and his partner's point of view makes sense to him.

■ The third step is empathy: The listener attempts to put himself in his partner's shoes. He imagines the partner's stated and unstated feelings and checks with her to see if these are right.

fear, hurt, loss and abandonment—re- usually more vulnerable and pa fu 'Conflict in marriage is not the jo lem,' we told them; 'it's how you deal with conflict that makes the difference.'

"We taught them a structured speaking and-listening technique called Couples Dialogue, developed by Harville Hendrix, Ph.D., a psychotherapist and founding president of the Institute for Relationship Therapy, in New York City [see Skill Builder]. The technique is especially helpful for couples dealing with addiction problems, because addicts' recovery needs are often very different. For example, Nick was too GA—quite correctly—that dwelling on the past was unhealthy for him. Making amends to people he has offended, he needed to focus on the present. Kim couldn't do that. She had been damaged by his deceit that she needed to talk, over and over again, about pain, which she was still feeling. She had to be able to listen and empathize but not react defensively or angrily. Though it sounds simple, it's not. Most people really know how to listen to another person without jumping in with their own ideas, opinions or hidden agendas. Couples like Kim and Nick, who have become emotionally disconnected over the years, are so incapable of communicating that fighting becomes the only way they can relate to each other.

"This technique was especially useful when Nick and Kim had to talk about volatile money matters—buying and renting a new apartment (the mortgage on their home had been foreclosed due to Nick's gambling debts, and Kim had to move out), making a budget. Kim found this very painful, since it brought back a rush of memories. But the day Nick said, 'I can imagine you felt really scared alone,' Kim melted. For the first time she felt he understood. Nick, too, learned to express his feelings to Kim. They were able to discuss Nick's job situation calmly and agreed that with his experience he could most likely find another with a less pressured atmosphere.

"Learning to share feelings and experiences in this way helped Kim and Nick develop an intimacy long lacking in their marriage. After four months, Kim invited Nick to move into the new apartment she had rented.

"We still see Nick and Kim periodically, and both of them are continuing to attend meetings of their recovery groups. 'Just like an alcoholic can never have one drink, I know I can never pick one bet,' said Nick. 'It's too easy to go back. But, you know, I have more confidence now. I don't have the urge to gamble anymore; I don't need it.' "

CAN THIS MARRIAGE BE SAVED? is a registered trademark of Meredith Corporation.





# NOT JUST A CHANCE TO WIN, A CHANCE TO HAVE HAIR WITH STYLE.

## ENTER THE SALON SELECTIVES "TICKET TO STYLE" SWEEPSTAKES

**Grand Prize:** A three-day trip for two to New York City including two round-trip First Class air tickets, two nights at the New York Palace Hotel, two Broadway musical tickets, transportation, a full day of beauty services at Miano/Viel Salon plus \$300 spending money.<sup>1</sup>

**Prize:** (5) A salon party for winner and ten friends at a local beauty salon, plus \$500 spending money.<sup>2</sup>

**Prize:** (100) A Salon Selectives Salon Kit including three professional salon hair brushes, one curling iron and carrying case.<sup>3</sup>

**Prize:** (5,000) A Salon Selectives Personalized Hair Plan.<sup>4</sup>

Official Entry Form, or a 3"x 5" card, print your name, address, city, state, zip code and daytime phone number. Include your signature. Mail your entry to: "Ticket To Style" Sweepstakes, P.O. Box 778860, Flushing, NY 11377, to be received by 11/14/94. Enter now for your chance to win...with style.



Prizes subject to complete official rules, available by sending a self-addressed, stamped envelope to "Ticket To Style" Sweepstakes, P.O. Box 778862, Flushing, NY 11377 to be received by 10/14/94. One entry per envelope. Winners will be notified by mail. No prize substitutions allowed except by sponsor due to availability. Limit one prize per person. Taxes are the sole responsibility of the winners. Grand Prize travel to be received by 11/14/95. Entrants must be legal U.S. residents. Employees and their immediate families of Salon Selectives, Inc., The Independent Judging Organization, their agents, affiliates and subsidiaries are not eligible to win. Sweepstakes void in Puerto Rico and where prohibited. For a list of major prize winners, send a self-addressed, stamped envelope to: "Ticket To Style" Sweepstakes Winners, P.O. Box 778861, Flushing, NY 11377, to be received by 12/15/94. Odds of winning depend upon number of entries. One entry per envelope. Winners will be selected in a random drawing on or about 11/30/94. Grand Prize: The Grand Prize is won by a minor, winner must be accompanied by parent or guardian on trip. Approx. retail value \$5,500. Approx. retail value \$1,700. Approx. retail value \$70. Approx. retail value \$40. Total value for all prizes \$221,000. © 1994, Salon Selectives, Inc.

-----

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone (Day) \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_

Signature \_\_\_\_\_

# “The greatest gift”

**M**ost engaged couples only have to worry about making sure the ceremony goes off without a hitch. But just as we were busily making plans to spend the rest of our lives together, my fiancé, Mick Kronman, and I faced a crisis that tested both of us.

It was the last day of March 1993, and I was surprised to see Mick show up at my office in the Santa Barbara School District, where I work as an administrative assistant. He looked absolutely devastated, and so was I when he told me the news. He had gone to have his blood tested for our marriage license and, since he was a kidney-transplant recipient, had asked to have a kidney-function test, too. “Sweetie, we’ve got a problem—maybe a big problem,” Mick said. “Something’s wrong with my kidney, the one my brother gave me thirteen years ago.”

Our wedding was only three months away. We’d already spent weeks sketching out an idyllic honeymoon in Italy. In the fall, we planned to cut back our work to part-time hours so that we could return to college: Mick, an environmental consultant specializing in maritime affairs, would begin law school, and I would be going for my

degree in communications. Now, our lives had been turned upside down. I was miserable, angry and scared. I felt like blaming somebody, but there was nobody to blame.

My heart broke for the man I loved. We had met at a barbecue in August 1991, and one of the first things I noticed was Mick’s passion for life. He was forty-three—eighteen years my senior—but his openness

there were no cadaver donor organs immediately available that matched his tissue type, Mick’s brother, Tony, had courageously volunteered to be tested as a living kidney donor. He was considered to be a perfect match, and the surgery, performed in 1980, was successful—until now.

For several days after he told me the terrible news, Mick underwent blood work and sonograms, and

Dr. Michael Fisher, his longtime kidney specialist and friend, consulted with doctors at Cedars-Sinai Medical Center, in Los Angeles. They confirmed that Mick’s kidney was swollen and losing function because his ureter—a tube connecting the kidney and the bladder—was obstructed by scar tissue. The surgical team agreed they would place a small tube in the ureter to keep it open, relieving pressure on the kidney; when the

tube was removed a few weeks later, the ureter, they hoped, would remain open, and the crisis would be averted. But on April 13, one day after the tube was inserted, a kidney biopsy revealed that the transplanted organ was being irreversibly rejected.

Within months, Dr. Fisher said, Mick would need either a new transplant or dialysis. Hearing that, I stood for several *(continued)*



I was determined to give my husband the chance for a healthy life. By Ginger Gillquist

and vigor quickly melted away the age gap. Our friendship blossomed into romance, and on New Year’s Day 1993, he proposed.

As a child, Mick had contracted an infection that developed into chronic nephritis years later. He told me of the nausea, cramps and fatigue he had suffered during the months he spent on a dialysis machine that performed the functions his kidneys no longer could. Because

ARMSTRONG INLAID COLOR™ FLOORS  
THE HEIGHT OF FASHION RIGHT AT YOUR FEET



Deep-down richness of color and a uniquely handcrafted look are what give Solarian® Inlaid Color™ floors their remarkable beauty.

Choose from dozens of stylish patterns and colors, all with the easy care you expect from a Solarian floor.

See for yourself. Visit a nearby Floor Fashion Center®.

Call 1-800-233-3823  
for the one nearest you.

**Armstrong**

# Smooth away facial hair with Nair Cream.



Great Fragrance



For All Hair Types.

Nair Cream is made with baby oil. It not only removes the hair, it leaves your skin smoother, silkier and sexier. And Nair Cream smells great too.

## Nair. Complete Care for Unwanted Hair.

### A woman today

*continued*

minutes at the window of Mick's fifth-floor hospital room, staring at the Hollywood Hills. I wasn't prepared for this nightmare.

Despite Mick's failing health, we decided not to postpone the wedding ceremony, but went ahead with our arrangements. After all, we were in love and nothing could change that. Still, his illness strained our relationship; we argued over everything from wedding plans to where we would go for dinner that night.

As if all this weren't enough, Dr. Fisher recommended we cancel the trip to Italy, saying that Mick needed to be close to the hospital in case he became seriously ill or if a donor organ became available. We settled instead for spending a few days in San Francisco after the wedding. My world, by then, had grown gloomy and small. I leaned on my family, close friends and my personal journal for support.

Meanwhile, Mick was growing sicker—he had to cut back on work because he had less energy—and his weekly blood-test results indicated that time was running out. Doctors placed him on a transplant list but cautioned that it might take as long as three years for him to get a matching kidney. Every year, thirty thousand transplant candidates compete for the fewer than ten thousand cadaver kidneys available. Although another family donation would be preferable—organs from relatives are more likely to be compatible with the recipient's tissue—this option was out of the question: Mick's widowed mother was too old to be an eligible donor, and Tony was his only sibling. Now we asked the doctors: What if we could find a nonrelated, living kidney donor?

Using live, nonrelated donors is a new approach to treating kidney disease, but one that is gaining in favor because of the scarcity of cadaver kidneys. The development of Cyclosporine, a potent antirejection drug, has also increased the success of such transplants. Doctors in the U.S. have performed only three hundred of these operations since 1989; about fifty of the living kidney donors have been the patient's spouse, and the others have been friends, business partners and other acquaintances. Though hard data is scarce, surveys suggest about 85 percent of living, nonrelated transplants succeed—a rate higher than cadaver transplants (a 75 to 80 percent success rate) and close to the 90 percent success rate for living, related donations.

Luckily for us, Cedars-Sinai doctors had already performed eight such transplants (four of them spousal), with only one rejection. We felt confident that if

we could find a donor, Mick would be in good hands.

We discussed the issue with friends and some of them said they would consider being tested to see if they were compatible with Mick's type O blood and genetic material. But what neither Mick nor our families knew was that I was thinking of undergoing the compatibility tests, too, after the wedding. If it was feasible, I wanted to be the one to give him a kidney.

I knew this was a serious decision, but I never really thought about what it might entail—whether the surgery would be painful for me, or if my health would be jeopardized. I knew I could just sit by and watch him suffer if it was something I could do to save him.

On June 26, with our family and friends at our side, we celebrated an Eastern Orthodox Christian wedding ceremony, followed by a modest reception. Everything was beautiful, and, miraculously, nobody mentioned the word. But as we waved good-bye to the guests and crawled into our limo, Mick slumped into the backseat amidst a pile of rags. "Thank God it's over," he murmured. "I feel so sick I barely it through the afternoon."

Our honeymoon was bittersweet. Mick was a champ, hardly ever complaining about his nausea and fatigue. But while we treated ourselves to hotels, candlelight dinners and an island A's game, his declining health and the diet of round-the-clock pills he had had a numbing effect on our lovemaking. I cuddled a lot, but inside I grieved. It wasn't the intimate honeymoon I had dreamed of. Mick was trying to be strong for my sake, but I felt shut out from his feelings and fears. Yet I refused not to let it get to me. I knew that, more than ever, he needed my unflinching support.

It was during this time away from home that I first told Mick I wanted to find out my blood type was. I didn't come and say that I was hoping to be his kidney donor, but I think he suspected. And when I was tested after our return home and found out that I was type O, too, we both cried. Mick never tried to discourage me from being a kidney donor. I think he realized how stupid I can be when my mind is made up.

Now the next step was tissue typing to determine whether Mick and I were genetically compatible. Dr. Fisher warned, "Don't get your hopes up! The chances of close compatibility are slim. A friend of ours had also volunteered to be tested, but I told Mick, 'I want to be the one to make you well.'"

Meanwhile, Mick's condition deteriorated, and his medical problems piled up over our lives. By the end of July, Mick's options were corrective surgery to insert another (continued on page 22)



# SAND & SABLE

WHO NEEDS THE SABLE?



Available in Cologne Spray, Dusting Powder, Body Lotion, Body Oil Spray and Cologne Body Spray. For the store nearest you, call 1-800-528-7228. To receive a free sample of Sand & Sable 2.0 fl. oz. Body Lotion, send \$1.25 (check or money order) for postage and handling along with your name and mailing address to: Sand & Sable, P.O. Box 591, Church Hill, MD 21690. Please allow up to eight weeks for delivery. Limit one sample per person per address. Offer expires 12/31/94.

# The Plate Artist of the Year interprets the world's oldest expression of love and honor...now a Bradford Exchange recommendation

*Beautiful wreaths once decorated the temple of Aphrodite,  
the breast of Lord Byron and the head of Napoleon.  
But none were as beautiful as the wreath  
award-winning artist Lena Liu has created for you.*

## **A Breathtaking First Edition.**

In ancient Greece a beautiful wreath was hung on a lover's doorway as a sign of devotion. Renaissance beauties wore it in their hair and upon their velvet gowns. In Victorian homes the wreath expressed joy and welcome, especially at Christmas time. Like few flowers, this ancient Circle of Love has always had the power to dazzle the eye with color and fill the heart with romance.

Now the timeless radiance of a fresh wreath has been captured on a delicate silk canvas by the Plate Artist of the Year and re-created here on a fine porcelain collector's plate. The first issue in the *Floral Greetings from Lena Liu* plate collection, "Circle of Love" is a vision of dreamy elegance surrounded by the splendor of 22-karat gold. Can you picture the beauty this colorful wreath would bring to your home?

## **An Affordable Art Treasure.**

Limited-edition plates offer the opportunity to live with fine art at a modest cost. And "Circle of Love" is truly an impressive work. It is created from an original painting by Lena Liu—an internationally acclaimed artist who has received the



*"Circle of Love"*



### **Your Bradford Exchange Advantages:**

- A hand-numbered limited-edition plate with a correspondingly hand-numbered Certificate of Authenticity
- A complete plate story introducing the artist and detailing the significance of this recommendation
- A one-of-a-kind plate value: breathtaking new art from the reigning Plate Artist of the Year and surrounded by the added splendor of 22-karat gold
- An unconditional 365-day guarantee allowing you to return your plate for a full refund of everything you have paid—including postage

plate world's highest honors, including 1993 Plate of the Year and Artist of the Year awards. Her latest work is a masterpiece of color and composition.

## **A Limited-Edition Plate With Unlimited Potential For Pleasure.**

To help ensure exclusivity, "Circle of Love" is issued in a strictly limited edition of 95 firing days. Once the edition closes, collector demand could exhaust the supply of plates and force prices up. That's why you should act immediately to secure "Circle of Love" at the most affordable issue price. The wreath that blessed gods and emperors, poets and lovers is yours to behold...to bring happiness to your heart and beauty to your home.

## **It Costs You Nothing To Own Now.**

To acquire "Circle of Love" at a \$29.90 issue price—backed by an unconditional 365-day full refund guarantee—simply fill out and mail your coupon. *Send no money now.* You'll be billed when your plate is shipped. Order today and soon the rare beauty of Lena Liu's "Circle of Love" will be in your home forever!



Artist of the Year

***"Circle of Love"***

Decorated with a scalloped border edged in brilliant 22-karat gold  
 In full color on fine porcelain • Shown smaller than actual diameter of 7 1/2 inches • ©1994 The Bradford Exchange



**THE BRADFORD EXCHANGE**

1 Milwaukee Avenue Niles, Illinois 60714-1393

**RECOMMENDING TOMORROW'S TREASURES TODAY<sup>SM</sup>**

Please Respond Promptly

Signature \_\_\_\_\_

Mr. Mrs. Ms. \_\_\_\_\_

Name (Please Print Clearly)

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone ( \_\_\_\_\_ ) \_\_\_\_\_

Please enter my order for "Circle of Love."  
 I understand I need SEND NO MONEY NOW. I will be billed  
 30\* when my plate is shipped. *Limit: one plate per order.*

## A woman today

continued from page 22

tube in the ureter—the third such procedure in four months—or dialysis. Loathing the thought of being hooked up to the machine again, he opted for the surgery, buying a few more precious weeks. But that was all we had. If he didn't get a kidney soon, he would have to go on dialysis, performed either at home or at the hospital. The machine would prolong his life indefinitely, but dialysis is a time-consuming and exhausting procedure.

Then, shortly after Mick returned home from the hospital, I got the call from the nurse at Cedars-Sinai's transplant unit. The minute after I hung up, I dialed Mick at home, my hands shaking. "Sweetheart, the transplant nurse called with our test results," I said. "We're a good genetic match!"

"I can't believe it," Mick said, his voice cracking. Though it was only noon, I raced out of my office and drove home. I laughed and cried the whole way, shouting, "It's a miracle! It's a miracle!"

During the next two weeks, doctors poked me, prodded me and drew so much blood I wasn't sure there would be any left in my body by the time I was ready for surgery. They examined my

kidneys by injecting dye into my veins and X-raying me in different positions. They confirmed that I was in good physical health and should live a normal life after the surgery.

In late August, I was pronounced fit, and the transplant date was set for September 15. Our families were as elated as we were. For some reason, I wasn't scared; in fact, I was at peace as we counted the days to the operation.

Mick and I were put on separate floors at Cedars-Sinai the day before the surgery. My parents and Mick's mother joined us, and Tony flew in from Connecticut. That evening, we all gathered in my room, and my dad prayed aloud for the success of the transplant.

The next morning, nurses wheeled me to a pre-op room. Minutes later, Mick's gurney rolled in, and we lay there gazing at each other. Then, just as we were about to be rolled into the operating room, Mick asked the nurses to stop. "I want to kiss my wife," he said. The orderlies pushed our gurneys close together. Pressing his lips to mine, Mick whispered, "I love you, sweetheart. You're my hero." I could see the nurses dabbing at their tears as we proceeded into surgery.

Two separate surgical teams worked on us in adjacent operating rooms. The

first team made an incision just below the rib cage, removed my kidney from my back, then carefully transported it to the second team, who transplanted it into Mick's left pelvic region, just below his navel. (To avoid additional surgery, the nonfunctioning kidneys are left in the body, where they naturally shrink.)

When I awoke four hours later, I groggily asked a nurse, "Where's Mick?" She assured me he was fine, and I drifted back to sleep.

Two days later, my parents wheeled me down the hospital corridor to see my husband for the first time. Emotions overwhelmed us when our eyes met. Our families quietly left the room so we couldn't speak; all we did was hold hands for what seemed an eternity. I couldn't believe how good Mick looked. The color in his face was evidence the kidney was working. Finally, he said, "We did it, sweetheart." All I could do was nod and squeeze his hand.

We came through the recovery period with no complications and were able to return home in five days. Friends, neighbors and church members took turns with us for several weeks, cooking, cleaning and seeing to our needs. I was able to work three weeks after the operation and three weeks after that, I even returned to my aerobics classes. Mick also recovered fully by that time.

It has been nearly a year since our remarkable operation, and it already seems like a lifetime ago. You'd never know Mick was the same man who was so sick; today, he works full days, swims and plays racquetball. At this writing, he also planned to compete this month in racquetball at the National Transplant Olympics, in Atlanta, a sports event for transplant recipients. Other than the routine antirejection medicine, he needs no other special treatment, and his doctors say his chances for long-term kidney function and good health are excellent. As for me, the eight-inch scar on my side is the only sign of my part in this medical drama.

We may have had to put our newwed life and plans on hold, but we're determined that nothing will bring us down. We've registered for school again, and we'll start full-time in a month. In May, we even went on a long-anticipated romantic honeymoon to Italy. (It was well worth the wait!)

This past year has taught us some valuable lessons: Health is a precious gift, and love really does heal. Mick once told a local newspaper reporter, "People who donate organs are the true heroes of the nineties." But I don't really feel heroic; I just did what I knew had to be done for the man I love. I think of organ donation as a very special bond we share for the rest of our lives.

## THE FACTS ON TRANSPLANTS

Kidney transplants are the most common type of organ transplants performed in the United States today, although other organs and tissues such as the bone marrow, cornea, liver, heart and lungs are also transplanted every year. Most donor organs come from people who have signed either a uniform organ donor card or the donor card attached to their driver's license, agreeing to allow their organs to be donated after their death. Donors also need to inform their families beforehand of their wishes, since family consent is required once the potential donor has died.

Living-donor transplant procedures are much rarer, but in recent years have been occurring with increased frequency, thanks to improved medical technology. And with the advent of new drugs that decrease the odds of organ rejection, even living donations from unrelated donors, such as a best friend or, as in the case of Ginger Gillquist and Mick Kronman, a spouse, have doubled in the past decade.

Still, donations from cadavers are the most frequently used method. Living-donor transplants require a healthy donor whose blood and tissue types match the recipient's almost perfectly. Like any other surgical procedure, these transplants involve the risk of infection or trauma in both recipient and donor. And a living donor who donates a portion of the liver or lung faces reduced capacity in the organ and an increased chance of complications.

Because there is a shortage of available organs from cadavers, organ-donation centers urge the public to learn more about the procedure and consider registering as a potential donor.

To find out more about organ transplants, or to obtain a uniform organ donor card, contact the United Network for Organ Sharing, P.O. Box 13770, Richmond, VA 23225-8770; 800-24-DONOR. —KATHERINE LEE



A black and white advertisement for Onieida crystal. The central focus is a hand pouring water into a highly detailed, cut-crystal goblet. The water is captured in mid-pour, creating a dynamic splash around the rim of the goblet. The goblet itself is ornate, with intricate cut glass patterns and a decorative band near the top. The background is dark, making the bright highlights on the crystal and the falling water stand out. The overall mood is one of elegance and luxury.

So distractingly beautiful,  
no wonder the cup runneth over.

# ONIEIDA

Onieida® cut-crystal water goblet.

# TimeSmart<sup>SM</sup>

## Shopping and Storing Tips

### Know Your Refrigerator:

■ Refrigerated bread won't get moldy—but it will be stale in about a day due to starch molecule changes. Freeze leftover bread to inhibit mold growth and keep the starch from settling. Thaw in a microwave or at room temperature.

■ To tell if eggs are still fresh, place an egg in a pan of cold water. If it lies on its side, it's fresh. If it tilts, it's about 3 to 4 days old. If the egg stands upright, it's probably at least 10 days old. If it floats to the top, it shouldn't be used.

■ To save energy, do not locate the refrigerator next to or near a heat source, such as a range, water heater or furnace.

■ Easy-clean glass shelves cut scrub time and keep spills from spreading to the bottom of the refrigerator. Slide-out shelves also make cleaning easier.

■ Ice attracts and absorbs odors as air moves from the refrigerator to the freezer, particularly in today's no-frost refrigerators. To minimize the problem, make sure all foods are sealed or wrapped well and use airtight containers. And avoid storing foods with strong odors—such as pizza, casseroles, or anything containing onion or garlic. Dumping unused ice cubes once a week reduces the potential for odor build up in ice.

■ Once the ice cream carton has been opened, place a piece of aluminum foil or plastic wrap smoothly against the ice cream surface. This will prevent ice crystals from forming.

■ See-through crispers and meat drawers save time and let you find things faster. A well-lit interior also helps locate items that have been stored toward the back of the refrigerator or freezer department.

### TimeSmart<sup>SM</sup> TIPS

#### Shaving Your Shopping Time

■ Grocery lists will get you through the aisles in a hurry, and help you save money by limiting any impulse purchases.

● Divide your list into categories arranged in the order they appear in your store.

■ Make your list when you plan a week's menus.

● Keep an ongoing list on your refrigerator door.

■ Check your newspaper for specials and coupons. Note can and package sizes where possible.



Good planning and Whirlpool<sup>®</sup> appliances combine to make this kitchen a TimeSmart<sup>SM</sup> one.

For additional tips to help you manage your home better, call for a free Whirlpool<sup>®</sup> TimeSmart Guide,  
**1-800-253-1301.**

® Registered Trademark/SM Service Mark  
 Whirlpool, U.S.A.



# *Never want to be in more than one place at once?*

*... you'd have enough time for everything. It's a  
... thought, but just a thought. That's why Whirlpool  
... es refrigerators with EZ-VUE™ Design. The  
... through bins and up-front lighting make every-  
... g easy to find. And unique lateral adjustable  
... wing means you can even custom-create  
... age. At Whirlpool, we know you've got a lot to do.  
... t's why we make refrigerators for the one of you.*



*How To Make A Home Run.*

*... n more about how you and Whirlpool can make your home run.  
... Call 1-800-253-1301. Any day. Anytime.*

Whirlpool Corporation ©Registered trademark/TM Trademark of Whirlpool Corporation



How to have ageless hands, a terrific contest, and more



## FALL CATALOGS: 5 TOP TRENDS

WHAT WILL THE CATALOGS HAVE TO OFFER FOR AUTUMN? NEW BASICS AND CLASSIC UPDATES WITH VERY AFFORDABLE PRICE TAGS. HERE'S A SNEAK PREVIEW FROM SOME OF OUR FAVORITE CATALOGS TO GIVE YOU A JUMP-START ON WHAT EVERYONE WILL BE WEARING THIS SEASON

**A NEW JACKET** The soft cardigan jacket and the military-style jacket in bright colors like red, orange, cobalt and

apple green are the two looks that will instantly update and add a spark to all the neutral-color tailored skirts and trousers in your closet.

### A POLISHED PANTSUIT

It's simply the fastest way to get dressed for fall. Choose classic navy or black: Both have built-in slimming capability and day-to-night versatility.

### A BIG, CUDDLY SWEATER

Oversize cozy sweaters are the newest way to top off leggings or jeans. We spotted a great one in the Clifford & Wills catalog. "Our purple trapeze-style mohair tunic with an elegant boatneck covers problem spots without making you look pudgy," says Alyce Goodman, president, Clifford & Wills.

### A TAILORED VEST WITH A COLLARLESS SHIRT

Vests were all the rage last spring and will be a big trend this fall, too, in a wide range of colors, fabrics and styles. They give a suit-like feeling to tailored bottoms even after you take off your jacket. Says Pam Kotovsky, vice president of merchandising at Tweeds, "The newest styles are a little boxier and made from heavy wool melton. Wear them over a white collarless shirt for the most up-to-date look."

### SLOUCHY TROUSERS

Menswear-style pleated wool trousers are a sophisticated alternative to skirts. The best versions we've seen are from Lands' End and Tweeds in lightweight wool gabardine and wool melton, both fully lined.



Top, left, red cardigan jacket (\$89) and, middle, yellow military jacket (\$79), Clifford & Wills. Top right: vest (\$59), shirt (\$44), trousers (\$89), Tweeds. Bottom left: suit (blazer, \$152; trousers, \$78), Lands' End. Bottom right: tunic (\$59), leggings (\$29), Clifford & Wills.



## BARGAIN OF THE MONTH

We found a classic, contrast-toe flat that's a clone of a designer original: The \$45 taupe shoe with a black patent toe, by Hirica (near right), looks great with skirts, trousers, leggings and jeans. The price of the identical Chanel shoe? \$425! For information on where to purchase Hirica shoes, call 800-757-8462.

# Dermatologists aren't the only experts who recommend Dove.

*Dove leaves my skin soft and moisturized. I use Dove and that's it.*

Virginia Warshaw, Jacksonville, Illinois

*My dermatologist recommended Dove. It makes my skin feel clean and healthy.*

Lauren Burke, Spring Lake, New Jersey

*It works. I'm living proof it works. I owe Dove my wonderful complexion.*

Lisa Stanley, Detroit, Michigan

*My skin feels very clean and yet it's not dry. Dove works beautifully.*

Mary Jane Higgins, Worcester, Massachusetts



Dove. Recommended by dermatologists. And other experts.

"He wanted to cover the angles."



most chemise, \$18.99  
robe, \$29.99

"I wanted to cover the curves."

Come see the softer side of **SEARS**



Has something come between you and your skin care?

Nurse him at 3 am, get up and go to work, **don't talk to me about a 5-step beauty plan.** I don't have time.

Here at last is PURPOSE<sup>®</sup> Dual Treatment Moisturizer from Johnson & Johnson—the one, simple way to soft skin. It's wonderfully light, it won't clog your pores, it has no fragrance, it has just the right sunscreen, dermatologists love it.

Take 15 seconds and put it on. You're beautiful. Tired, but beautiful.

Kiss the baby for us.

Have a life. And beautiful skin, too.

**PURPOSE**<sup>®</sup> from Johnson & Johnson





# THE SECRET TO AGELESS HANDS

Who knows better how to keep hands looking flawless and young than the manicurists to the stars? Below, they share their best-kept tips and tricks for the prettiest hands and nails

THE BEST NAIL SHAPE FOR THE YOUNGEST-LOOKING HANDS IS A ROUNDED OVAL," says New York manicurist Sheril Bailey, who's responsible for many of the picture-perfect models' nails in advertisements. After filing, use a foam whitestick to buff ridges and remove any



yellow discoloration.

"BRIGHT ENAMEL PUTS THE FOCUS ON NAILS, NOT ON FLAWS IN THE SKIN," says New York



manicurist Roseann Singleton, of Visages, whose clients include Cindy Crawford, Jaclyn Smith and Christie Brinkley. "The best shades are red, deep coral, cranberry and raspberry." Pale natural shades are flattering only



if they have a tint of pink or peach to them. Avoid brown enamels—they emphasize age spots. ■ "MOISTURIZE HANDS AT LEAST TWICE DAILY," says Hayley Weisner, an L.A. manicurist who treats the nails of Demi Moore and Lauren Hutton. Choose a hand cream that contains an SPF 15 sunscreen. Before manicuring nails, smooth on a moisturizer, apply a cuticle remover and push back the cuticles with a cotton-wrapped orange stick, then gently scrape off dead skin around the base of the cuticle; massage oil into the cuticle.

Remove all cream from nails with an astringent before polishing. If hands are very chapped, apply an intensive conditioner or vitamin E oil before bed. ■ GIVE HANDS A FLAWLESS FINISH with this trick from Sheril Bailey: Mix foundation with hand cream and work into backs of hands, blending carefully around knuckles. Dust with powder and blot with a tissue. This will temporarily conceal age spots and veins for a smoother, more even color and texture—great for a presentation or special event.

## FAST ARM & CHEST FIRMERS



It's not too late to tone up your arms and chest to look better in spare summer styles. This easy exercise is from Jake Steinfeld, creator of Body by Jake and host of the new 24-hour Cable Health Club. Do it daily for results in two weeks.

### JAKE'S FABULOUS FLYES

#### TO START:

Lie on your back with your knees bent and your feet flat on the floor. Grasp a dumbbell in each hand and hold them close to your shoulders, keeping elbows slightly bent and in line with shoulders.

#### MOVEMENT:

Push dumbbells up, with thumbs pointing toward back, palms facing in. Slowly lower arms out to the sides, keeping them in line with chest. Repeat sixteen times.

NOTE: USE A DUMBBELL OF ANY WEIGHT THAT'S COMFORTABLE FOR YOU, EVEN IF IT'S JUST ONE POUND.

CONSULT YOUR DOCTOR BEFORE BEGINNING ANY EXERCISE PLAN.



**BE A WINNER!**  
**YOUR CHANCE TO WIN A**  
**Maybelline**  
**Revitalizing**  
**Award**

**re·vi·tal·iz·er \ (,) rē-ˈvī-tʃl-, ɪz-ər \ n:**  
**one who gives new life or vigor to**

Maybelline is searching for very special women. Revitalizers. Women who have done something significant and positive. If you've energized or changed your life or the lives of others in a meaningful way, we want to know about it. Simply fill out the entry form and send it along with a recent color photo of yourself and a short essay (fifty to seventy-five words) on how you revitalized yourself, your family or your community. Three finalists will win a four-day trip to New York City (including airfare, accommodations and all meals) and an LHM makeover! In addition, Maybelline will make charitable donations in the names of three winners—a \$10,000 donation for the first-place winner, a \$7,500 donation for the second-place winner and a \$5,000 donation for the third-place winner. Entries must be mailed on or before September 15, 1994. For official rules, see page 139.

Name ..... Birthdate .....

Address .....

Telephone (daytime) ..... (evening) .....

I understand and agree that the final determination as to which charity receives such donation will be made by Maybelline and Ladies' Home Journal.

Signature ..... Date .....

**HOW I HAVE REVITALIZED MYSELF, MY FAMILY OR MY COMMUNITY:** (Please summarize in 50 to 75 words. See official rules for additional information.) I have enclosed a recent snapshot and have read and agree to abide by the official rules. If I am chosen as one of the country's top revitalizers, I can travel to New York City on November 10-13, 1994, and would like the Maybelline donation in my name to the following charity:

Charity Name .....

Introducing an entirely new  
anti-perspirant that works for a  
new generation of women.



Look, it's totally clear.

Dry Idea® Clear Gel.

It leaves no chalky residue behind.

And it's a gel — smooth and clean.

It's the most advanced form of wetness  
and odor protection you've ever seen.

And it will work for you.

**Dry Idea®**

Working to Keep Up With Women



## WHEN A TOOTHBRUSH REALLY FITS TEETH GET REALLY CLEAN.

Colgate® Plus was designed by a team of scientists to accurately fit the shape of the human mouth. Its unique diamond-shaped head comfortably gets to difficult areas, like the back teeth. So it cleans thoroughly to help keep teeth strong and healthy. And that's the most comfortable feeling of all.

**Colgate PLUS** WINNING THE FIGHT FOR A HEALTHY SMILE.

DIAMOND-SHAPED HEAD



**CNN**<sup>®</sup>,

THE WORLD'S  
NEWS LEADER,  
AND  
LADIES' HOME JOURNAL  
PRESENT  
UP-TO-THE-MINUTE  
FACTS AND FINDINGS  
ABOUT THE  
WORLD TODAY

## Special toys for special tots

Fun toys can be hard to find for many children with physical disabilities such as cerebral palsy. Most playthings require good motor skills and coordination, while easy-to-handle toys may not be challenging enough for such kids' developing minds. That's why Daniel Bogen, a professor of bioengineering at the University of Pennsylvania, in Philadelphia, and his class of engineering students recently created two innovative toys designed especially for children with special physical needs. The toys, which have over-size switches that can be triggered by the slightest pressure, respond to a child's touch with sounds and movements. Bogen and his students plan to donate several hundred of these toys to therapy and education centers.

—MILES O'BRIEN, *SCIENCE AND TECHNOLOGY WEEK*

## A fluffy fall


The next hot retro trend is mohair, the soft, warm and fluffy fiber that was popular in the fifties in the form of sweaters. Now, designers are using this versatile fabric in everything from tiny miniskirts to suits. Today, mohair is often combined with nylon to give it extra strength and flexibility as well as a light, ethereal quality. And for those who are feeling especially nostalgic, there will be plenty of fuzzy cardigans, crop-tops and other sweaters.

—ELSA KLENSCH, *STYLE WITH ELSA KLENSCH*

## Sports-vacation scams

Increasingly, people are planning their vacations around a sports or cultural event such as Wimbledon, the World Series or the Olympics. Because tickets to such events can be hard to come by, and travel arrangements are often a hassle, the demand for sports-tour operators—companies that provide tickets to events as well as arrange travel—is growing. But wherever there's money to be made, there are scam artists as well. Illegitimate ticket brokers and scalpers have been selling people bogus tickets, then leaving town. So before you write a check, make sure the tour operator is affiliated with a national association such as the United States Tour Operators Association, in New York City. —CNN TRAVEL GUIDE

## QUOTE OF THE MONTH



**For many women, the life that I've led—trying to balance family and work—is what we're all trying to work out in our own lives. But we've never had somebody in my position before who had done that. And I've worked most of my life, and I really believe in women having the full range of choices available to them. I don't care what choice they make, as long as they make the right choice for them.**

—FIRST LADY HILLARY RODHAM CLINTON, WHILE APPEARING ON *LARRY KING LIVE*

## Eating fat = skin cancer?

Cutting the amount of fat in your diet may help prevent skin cancer, according to a recent study at Baylor College of Medicine, in Houston. The study tracked 76 skin cancer patients, half of whom were put on a low-fat diet (defined in this study as deriving just 20 percent of its calories from fat). The others were given a diet containing 40 percent of calories from fat—the national average. Doctors found that over the course of two years, the group on the regular-fat diet developed an average of ten additional precancerous tumors, whereas the group on the low-fat diet developed an average of only three. The researchers think the fat-skin cancer connection may be related to the way excess dietary fat lowers the body's overall immune system.

—ELIZABETH SCHWARTZ,  
*ON THE MENU*

Watch CNN's *Science and Technology Week* for high-tech information on the latest science news (Saturday, 11 A.M.; Sunday, 12:30 P.M. E.T.) and *CNN Travel Guide* for information on business and pleasure vacation spots around the world (Sunday, 1 A.M., 8:30 A.M. E.T.).



Have you ever done something you've told very few people about—or maybe no one at all? Then you'll be fascinated by this woman, who had a successful career and a private life that was strictly confidential.

By Joyce Bova, as told to William Conrad Nowels

## "MY SECRET LIFE"

the world. But there was one point early in my career when I cast aside caution and responsibility to lead a very secret personal life outside the office for three heart-pounding years.

It all began twenty-five years ago in the summer of 1969, a summer when women wore bouffant hairdos and miniskirts; a long, hot summer of riots and burning draft cards; the summer of Woodstock and Neil Armstrong's walk on the moon. It was also the summer Elvis Presley and I fell in love.

The months prior had been particularly grueling at work, as my committee had delved into an investigation of the My Lai incident. I was desperate for a vacation and thought, What better place than the mecca of unreality—Las Vegas.

I left Washington, D.C., with my friend AnnMarie on August 16, the two of us arriving in Las Vegas ready to

take in some shows and have some fun. On the third night of our vacation, the air seemed particularly charged as we made our way through town to see Elvis perform at the new International Hotel. As AnnMarie and I passed through the heavy glass doors of the hotel and encountered the daunting line of loyal fans, a man approached us. "Good evening, ladies," he said. "How would you both like to meet Elvis?" At that time, Elvis was thirty-seven and the biggest star of his era—we didn't have to think twice before saying yes.

It was seeing the armed guards that finally brought home what was happening, and I could feel the carpet of my hard-earned Washington sophistication being yanked right out from under me as I pondered the idea of actually seeing Elvis Presley in the flesh.

I don't remember any longer who *(continued)*

**I**'ve been a staff member of the Armed Services Committee of the U.S. House of Representatives for twenty-five years now. The work I do on Capitol Hill is both fulfilling and exciting. The colorful and important political figures I've met, the headlining cases that I've worked on—I wouldn't trade my experiences for

**Clockwise from top: Elvis in his early years; Elvis and Joyce Bova in Las Vegas, 1971; the author today**

# No spoonful of sugar



Seems like some cereals are full of sugar. But Kix is low in sugar, with no added colors or flavors. No gimmicks whatsoever. Kix is simply a cereal with a corn crunch that kids really like. It's proof that you don't need a spoonful of something sweet to get your kids to eat.

Kix<sup>®</sup>. Kid-Tested, Mother-Approved.<sup>®</sup>

## Woman to woman

*continued*

actually introduced us, but I do remember—and can still feel it as if it were yesterday—the touch of Elvis's hand as he reached out and took mine. "It's a great pleasure to meet you," I told him. Not exactly a memorable first line, but I did have the excuse that I was mesmerized by his eyes.

Still holding my gaze with his, he acknowledged that it was a pleasure to meet me, too, in a voice so sweet and sincere that my knees got all wobbly, and I gratefully accepted the chair he led me to. Elvis dropped gracefully into another one he pulled up alongside. He crossed one bell-bottomed trouser leg over the other. "You know, Joyce Bova," he said matter-of-factly, "you're a beautiful girl."

I was almost in a daze, but I managed to tell him I came from Washington, and I talked a little about my work for the government. Suddenly, one of his bodyguards announced it was time for him to get ready for his show. "That work you do . . . it sure does sound interesting. I'd really like to hear more. Will you come back after the show?" I told him an act of Congress couldn't keep me away.

**“Will you come back another night, Joyce?”** Elvis asked. My God, I thought, can this really be happening?

The show itself was exhilarating. AnnMarie and I sat breathless in Elvis's private booth as we watched him effortlessly dominate the vast showroom. Moments after his performance ended, we were back in his crowded, private dressing room. It took only seconds for his eyes to search the room and find me.

I felt pretty self-assured and composed—until he asked me to come up to his suite and have dinner with him. Part of me was dying to accept, of course. Unfortunately, the rest of me felt things were happening too fast. When I told him my doubts, blurring out that I couldn't help but feel that he picked up a different girl each night, he asked me simply, "You mean that you can't believe that I simply enjoy your company? That all I want is to get to know you better?" Nevertheless, I still found myself saying, "There is also the fact that you're married."

He became indignant. "What does

'married' have to do with this? I just want to be with someone I can talk to, y'know? Besides, I know what kind of girl you are, even if you don't think I do. You should realize that with you I would have to be a perfect gentleman. And that's a promise."

And it was a promise that he kept. The romantic dinner I had envisioned turned out to be nothing more than a night spent munching hamburgers with his trusted bodyguards, who were always at his side. It was a little before five in the morning when my last reserves of energy gave out and I told Elvis I thought I should be leaving. "Will you come back another night, Joyce?" he asked. My God, I thought, could this really be happening to me?

We had a second night together in Vegas. He was sweet and charming, and the evening ended with a long, intense kiss and his request for my phone number back in Washington. Once back home, however, my normal life didn't seem the same; it all felt dull, stale, predictable. I told only my sister and a few close friends about my two wonderful nights with Elvis. There was nothing to be gained by flaunting my encounter. After all, he was still a happily married

man, and casting myself in the role of the other woman wouldn't go over very well with my superiors.

As the busy days at work passed, I attempted to put what had happened in Las Vegas in perspective. Yes, he was in many ways the most glamorous man in the world, but did I really want to get involved? I was trying my best to control my conflicting emotions, when one night several weeks later, the phone rang. I looked at the clock. It was almost two in the morning. In some strange way, I knew it was Elvis. I jumped up and grabbed the receiver.

Somehow we seemed to pick up right where we left off in Las Vegas; we kidded and made small talk for what seemed like hours. Suddenly, he said, "You know I want to see you. I mean I want you with me now. I want you to come out here."

I had a difficult time persuading him

that I couldn't just leave my work any-  
fly across the country to be with him.  
Ironically, I'm afraid I did such a good  
job of impressing him with my urbane  
ability that it was a couple of months  
before he called again—and the same  
thing happened. He wanted me to  
out to see him immediately, but  
again I had pressing matters at work.  
After our third phone conversation, I  
ed unpleasantly with Elvis angry that  
still couldn't set up a time or place  
rendezvous, I decided to make a  
promptu trip to Las Vegas. I knew  
if I ever was to see him again, I  
have to be the one to make it happen.

My high hopes of patching up  
misunderstandings and miscommu-  
nications were crushed that August of  
in Las Vegas. Although Elvis was  
to see me, his nervous energy and  
ety after the show put an end to my  
tasy of a romantic evening together.  
was agitated and jumpy. I was dev-  
ed as I flew back to Washington.  
surprisingly, Elvis called to apologize  
and he had flown into town to see me.

When I saw him later that night in  
hotel suite, he told me, "You know  
come here to show you how really  
I am for what happened in Vegas  
to show you how much I want  
with you." He took my hand, he  
squeezed his in return, smiling up  
his eyes. There was no need for words.

Once we were inside the bedroom  
excused myself to get ready. In the  
room, I undressed before the mirror.  
Was I too skinny? Or maybe too  
stared at my reflected image until I  
ticed every imperfection. All of a  
my stomach began to flip-flop. I drew  
deep breath and tried to compose myself.

Elvis was sitting on the edge of the  
wearing red silk pajamas when I entered.  
"You're my sweet, pretty little girl,"  
whispered and leaned over to put his  
mouth softly on mine. "You know  
you, you silly thing, don't you?"

After that night, I began what was  
become a challenging juggling act—  
ing to have a discreet, private rela-  
ship with Elvis Presley while keeping  
demanding job. I saw Elvis only when  
could get some vacation time or  
in a three-day weekend—which I  
to do as often as possible, even though  
frequently created friction on both sides.  
In addition, Elvis asked me to get  
other phone line hooked up at home  
he could reach me quickly and easily.  
My sister called it my Elvis hot line  
cause only he had the number.

Soon after my Elvis phone was  
stalled in December 1970, I received  
call from one of his bodyguards, who  
said Elvis was flying into Washington  
the next morning. They sent a car  
me, and I arrived at his hotel at 6  
A.M. I noticed almost *(continued)*



# 'I switched to less tar.'



*I wanted less tar, but I thought I'd have to sacrifice flavor... and isn't that what makes smoking enjoyable? Then I found Carlton... and I switched! Carlton is the lowest in tar and has a light,*

*ild taste I really enjoy. And figure if you want less tar you might as well go with the lowest!*

U.S. Gov't. Test Method confirms of all king soft packs:

***Carlton is lowest  
in tar and nicotine.***



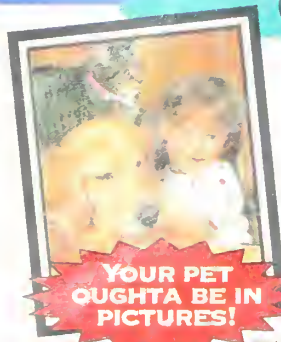
1 mg. tar. 0.1 mg. nic.

© 1994 Philip Morris Inc.

0.1 mg. nicotine av. per cigarette by FTC method.

**URGENT GENERAL'S WARNING: Smoking causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.**

# HARTZ Family PET PORTRAIT CONTEST



**YOUR PET  
COULD BE IN  
PICTURES!**

Send us a photo that captures the spirit of your pet as a member of your family... **and you could win!**

**GRAND PRIZE:** A family trip for 4 to Walt Disney World or the San Diego Zoo and \$3000 cash.

**FIVE FIRST PRIZES:** \$250 worth of Hartz Mountain pet care products.

**TEN SECOND PRIZES:** Nikon automatic 35mm camera.

**OFFICIAL RULES.** 1. Entries must be accompanied by an original cash register receipt from any Hartz Mountain product with the purchase price circled. Residents of AZ, VT and MD need not send receipt. Entries will be judged by a qualified panel of judges based on 100% Originality. Decisions of the judges are final. Entries must be the original creation of the entrant, may not have been published previously and/or cannot have won prizes or awards in other contests, must not be restricted in any way, must not infringe on any third party rights. Limit one entry per envelope. No prize substitutions. Prizes are non-transferable. Entries become property of sponsor and will not be returned. Print your name, address, phone number on envelope.

2. Entrant and submit with your entry. Include a photograph that captures the spirit of your pet as a member of the family. Photo must include at least one other family member. Photo may be either color or black and white, maximum size 5" x 7". No mechanical reproductions. Limit one entry per family or household. 3. Sponsor reserves the right to modify, edit, adapt, publish and/or use entry in any way in all media without limitation and without consideration or payment to the entrant. Sponsor is not responsible for lost, late, mutilated, incomplete, misdirected, illegible, indistinguishable, or postage due entries or mail. In event of a tie, tied entrant must participate in a tie-breaker based on skill. Wisconsin residents in event of a tie duplicate prizes will be awarded. Any persons pictured in photo (other than winner) must sign an appropriate release. 3. (1) Grand Prize: round trip coach airfare for four from airport nearest winner's home to winner's choice of Orlando, FL or San Diego, CA. Travel dates and arrangements subject to availability. blackout periods apply. Trip must be taken before 5/31/95. Vacation includes 6 days/5 nights accommodations, tickets to Disney World or the San Diego Zoo, plus \$3,000. Meals, taxes, gratuities, ground transportation and other expenses not specified herein are the responsibility of the winner. Approx. retail value: \$6,400. Five (5) First Prizes: \$250 worth of Hartz Mountain pet care products. Ten (10) Second Prizes: Nikon camera, value: \$100. Total prize value \$8,650. 4. Winners required to sign and return a Liability Release, Affidavit of Eligibility and Assignment within 10 days of notification. Guests accompanying Grand Prize winner will be required to sign and return a liability/publicity release prior to travel. Failure to comply with these conditions will result in forfeiture of prize and alternate winner will be selected. Except where prohibited, by accepting prize, winner consents to the use of his/her name, photo, and/or likeness for advertising and promotional purposes without additional compensation. Entry submission further constitutes the entrant's consent to irrevocably assign and transfer to the sponsor any and all rights, title, and interest in the photo including, without limitation, all copyrights. 5. Entries must be received by 11:30 PM EDT on 8/31/94. 6. Open to U.S. residents 18 years and older. Employees of Hartz Mountain and Meredith Corp. and their subsidiaries, affiliates, sales representatives, distributors, retailers, agents and immediate families of each are not eligible. Winners will be notified by mail. For a list of winners, send a self-addressed, stamped envelope to Hartz Mountain Winners List, BH&G Marketing Services Dept., 750 Third Ave., NY, NY 10017 by 12/31/94. All rights, title, interest, including copyrights, belong to the Hartz Mountain Company. Void where prohibited. Taxes on prizes are the sole responsibility of winner.

SEND ENTRIES TO: HARTZ Contest, BH&G Marketing Services Dept., 750 Third Ave., New York, NY 10017.

## Woman to woman

*continued*

immediately, however, that Elvis had none of his usual vitality.

Later, in the bedroom, I asked him if something was the matter. He stood over me and said, "I missed you." Then he leaned down and kissed me. I kissed back fervently. And then . . . there was only his dead weight on me. I saw that his eyes were shut, the lids very dark. After a second, they fluttered open. "Honey, let's get some sleep," he mumbled.

In a mute, instinctive protest, I began caressing his back when, abruptly, he brought his closed hand up, first to his own mouth and then, extending his open palm, toward mine. There was a tiny, round, purple capsule nestled in it. He told me it would relax me and added, "I need to sleep, and I need to know you're sleeping beside me. Anyway, if you take this, you'll feel a lot better when you wake up. Then we'll have the rest of the day and all night together. Believe me, it's not gonna hurt you. I wouldn't do anything to hurt you. You're my little girl and I love you."

The capsule—which I found out later was the sleeping pill Placidyl—took effect with unbelievable swiftness. Within minutes, I was experiencing a sensation I had never felt before: My body felt

absolutely weightless, suspended in space. And that's all I remember until Elvis woke me that evening and I realized he had been right about how I'd feel—great, absolutely invigorated. As for Elvis, he was a new man, bursting with even greater energy than usual.

But I was in trouble. Between the sleeping pills I started taking with Elvis on a regular basis and the frequent "sick days" I took off to be with him, my performance at work deteriorated. My coworkers began making sarcastic comments about my absences, but it wasn't until my boss told me, "This has to stop—now" that I realized how out of control things had become.

I still kept seeing Elvis, though, but I didn't know what to expect from one visit to the next. As the weeks and months of 1971 passed, his mental and physical health disintegrated. Special "doctors" were called in: They gave him pills to go to sleep, pills to wake up, pills to live by.

One night, I confronted Elvis. Taking a deep breath, I began, "Because I love you, I want you to promise me something. I know I've gone along with it up to now, but . . . please don't take this the wrong way . . . do we need to take so many pills?"

"That's enough," Elvis cut me off. "I told you I know what I'm doin'. I know as much about drugs as any doctor and

certainly more than you. I don't need advice from you or anyone else, you do it!" Subsequent conversations about drugs ended in the same abrupt fashion.

In December 1971 Elvis flew to Memphis to Graceland for my twenty-seventh birthday. He had a big surprise for me. "Priscilla has given us the best Christmas present ever," he announced when I arrived. "My freedom."

Even with that good news, however, the old patterns remained. One day after we'd taken our Placidyls, Elvis pulled me close, trying to kiss me, and I turned my head. It wasn't anything I'd planned. Something inside me must have changed, to have died, because I no longer felt the same toward him as I had once adored.

My job and my health were shaky once the affair ended and I resumed my full-time life back in Memphis in 1972. After a while, though, everything returned to normal. I did not, however, see Elvis one more time. I learned, however, about his deterioration and I finally reached a point where I knew I had to see for myself if there was any truth to what was being said. In August 1975, I took some time off work and traveled to Las Vegas.

The man spotlighted onstage that night so motely resembled the Elvis I'd known. He was almost grotesque. He looked like a pathetic caricature of his former self. With the crowd around me still yelling and cheering for more, I stood up and, wiping the tears from my cheeks, I walked sadly up the aisle.

Two years later, I was driving to work and Elvis bought me for my twenty-seventh birthday, when the shocking news of his death came over the radio. It felt as if someone had punched me in the chest. I was completely devastated.

Yet, after the initial shock wore off, it wasn't all that surprised by the tragedy—I had known he was going to die long before the public found out. His death was still a real awakening for me. Aside from my personal relationship with Elvis, I had also recognized that as a part of my youth, and when he died on August 16, 1977, I couldn't help but feel that my youth had ended as well.

But this is a different era, and Elvis is still active and fulfilling. I have a career I love, and although I never married, I've shared the past nine years with a wonderful man who supports me and is willing to help me bring forth and telling my story.

Yet, sometimes, when I hear a song of Elvis's, I remember the way he looked, and the rush of my emotions, so overwhelming: a sense of wonder, a sense of loss, a trace of love; in short, the emotions we feel when we look back on a time in our life that is gone but never be forgotten.



The Cats & Dogs  
of America  
implore you  
to use Control.

**ROVEN SYSTEM GUARANTEED  
THE FLEA AND TICK CYCLE. IT'S THE  
CONTROL PET CARE SYSTEM.™**

Nothing more  
pets and their  
flea and tick  
at the insidious  
station and  
it makes fleas  
annoying can  
en.



o Hartz' technology, this cycle can  
d and controlled. The Hartz Control  
tem uses the remarkable active  
chemical ingredient IGRen™\*  
Insect Growth Regulator (IGR) which  
helps fight fleas in a scientific and  
guaranteed effective way.

The simple ABC system works like this:

**A. Treat your pet.** First bathe your pet with Hartz Control Flea & Tick Conditioning Shampoo. Our exclusive formula kills adult fleas and ticks while cleaning your pet's coat.

**B. Protect your pet.** A weekly treatment with Hartz Control Flea & Tick Repellent keeps insects and pests from infesting your pet. And then for added protection make sure your pet is wearing a Hartz 2 in 1 Flea & Tick Collar.

**C. Treat your home.** Fleas and ticks infest homes as well as pets. So treat your home with Hartz Control Home Flea & Tick Killer or Home Fogger. One application

kills fleas and ticks on contact and prevents re-infestation, from hatching flea eggs, for up to seven months.

**The Hartz Guarantee.** We absolutely guarantee the Hartz Control Pet Care System. If you don't see a real change in flea and tick infestation in your home and on your pet after 30 days, we'll refund your money.

**1-800-275-1414.** For

more information  
about flea and tick problems  
and how Hartz Control Pet  
Care System can solve  
them, call our 800 number.



**Control**  
Pet Care System™  
**HARTZ**

**starts with Hartz.**



© 1998 Hartz Company, All Rights Reserved. Hartz is a registered trademark of Hartz Company.



It's great for  
a lot of things.

Sex isn't  
one of them.

If you experience dryness and discomfort, particularly during sex, you should know that doctors warn against using petroleum jelly and all other oil-based products internally. We recommend K-Y® Brand Jelly over any other personal lubricant or moisturizer. It's specifically made for vaginal lubrication. K-Y Jelly is water-based, natural-feeling and clean-rinsing. It's important, K-Y Jelly won't remain on vaginal walls. It doesn't seal in bacteria like petroleum jelly can. When women who use petroleum jelly try K-Y Jelly, most prefer K-Y.

So, to relieve vaginal dryness and discomfort, K-Y Jelly is safer, effective and the #1 recommendation of doctors. And it's made by the health care giant at Johnson & Johnson.

*For a free sample, please call  
1-800-4KY-JELLY, ext. 404*

*Johnson & Johnson*

**KY** J E L L Y

The safer choice

# TOO TIRED FOR SEX

For many busy couples today, exhaustion is the number-one lovemaking problem. Here, how to fight fatigue and recharge your sex life. By Judy Kuriansky, Ph.D.



Just past midnight, after straightening up the house, checking on the kids and preparing her papers for work the next morning, thirty-six-year-old Carol slipped into bed. Exhausted from sixteen-hour days since her promotion to local sales manager at a Philadelphia radio station, Carol hoped her husband, Wayne, was already asleep. Instead, she felt his arm reach around her with that familiar squeeze. She inched closer to the edge of the bed and whispered, "Please, honey, not tonight; I'm exhausted."

Carol knew that she'd get the silent treatment from Wayne in the morning. After all, it was the third night in a row that he'd wanted to make love and she'd protested she was too tired. In fact, over the past few months, this scene had become common, and Wayne was getting increasingly moody. More than once he had called Carol "cold" and complained in front of others that the fire was out of their ten-year marriage.

Carol and Wayne's dilemma is not unusual. According to *The Kinsey Report on Sexual Behavior* (Wiley, 1993), half of the married men and women polled felt they

were functioning 50 percent to an astounding 100 percent below their maximum sexual potential. Undoubtedly, for many of them, being too exhausted for passion is a big part of the problem. In fact, so common has this complaint become that sexologists agree that "I'm too tired for sex" is heard more often in American bedrooms today than "not tonight, dear, I have a headache."

## SLEEP VERSUS SEX

What causes this out-like-a-light-before-you-light-my-fire syndrome? The reasons may be physiological: illness, chemical imbalances or hormonal changes in the body. Some common medications (such as antihistamines, antidepressants and anti-anxiety drugs) can also cause fatigue and lessen desire.

But perhaps the most likely culprit of sexual fatigue is the most obvious. Many couples today are overwhelmed by the demands of everyday life. Like more than seventy million other Americans, they suffer from a significant lack of sleep—which often decreases ardor and energy for all activities, including lovemaking.

This is especially true for wom-

en, who shoulder the major burden of balancing family and career. Take the case of Francine, thirty-two, a legal assistant with two children, who lives in Michigan. "How can I possibly have energy left for sex when I get up at six to get the kids ready for school, rush to be at work by nine, come home at five-thirty, fix dinner, help with the kids' homework, do housework, and go off to night school so I can get my law degree?" she asks. "By the time the weekend rolls around, the kids want to be taken to the mall or friends' houses, I have to drive an hour to Detroit to spend time with my sick mother, and I have more studying. There's just no oomph left for me and Paul to be alone."

Children also take a toll on a couple's sex life. In fact, studies show that the birth of a first child is a source of major marital stress. Repeatedly interrupted sleep adds to the psychological adjustments of parenthood, leaving new parents physically and emotionally drained. Gradually, sex becomes less and less of a priority for many of these weary couples. For instance, Laura, twenty-eight, and Daniel, thirty, enjoyed lovemaking three times a week before their *(continued)*

# If you want to burn up to 79% more calories, WalkFit is your answer.

With up to 79% higher calorie burn, NordicTrack's WalkFit™ exerciser leaves ordinary treadmills in the dust.

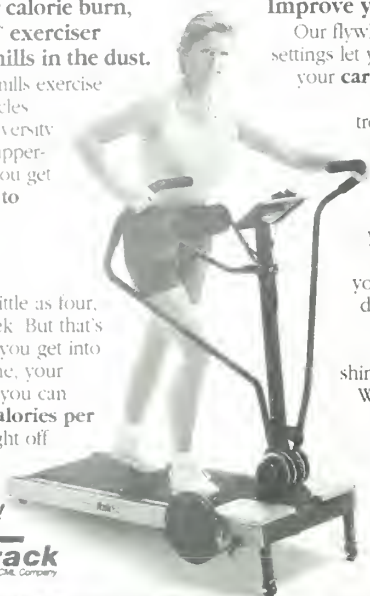
It's simple. Ordinary treadmills exercise only your lower-body muscles. But research at a major university shows that the combined upper- and lower-body workout you get with WalkFit can burn up to 79% more calories than ordinary treadmills.

## Take the weight off.

You can see results in as little as four, 30-minute workouts a week. But that's only the beginning. Once you get into the WalkFit exercise routine, your metabolism increases and you can burn more than 1,000 calories per hour. You'll take the weight off by combining your workout with a sensible diet.

## 30-day in-home trial!

Best of all, it's from **NordicTrack**  
A CML Company



## Improve your cardiovascular fitness.

Our flywheel and independent resistance settings let you set the pace. You'll improve your cardiovascular fitness 53% more efficiently than with ordinary treadmills because you power the total-body exerciser, not a motor. You can start, speed up, slow down or stop whenever you want to keep your routine interesting and fun. And while you're losing weight, you'll be toning your whole body, decreasing stress, increasing your energy and strengthening your cardiovascular system. Rain or shine, in the comfort of your home, WalkFit is the better workout that makes you feel great.

Get your **FREE** Video and Brochure today!

NordicTrack's **WALKFIT™**

**FREE Video and Brochure!**

**Call 1-800-441-7512 Ext. F3TH-4**

NordicTrack's **WALKFIT™**  
Write: NordicTrack Dept. F3TH  
194 Peavey Road, Chaska, MN 55318-2355  
 Please send me a FREE brochure  
 Also a FREE VHS videotape

Name \_\_\_\_\_  
Street \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_

©1994 NordicTrack, Inc., A CML Company • All rights reserved.

## Too tired for sex

*continued*

daughter was born. A colicky child, little Jessica kept them awake every night throughout her first year. As Laura and Daniel became increasingly tired and irritable, blaming each other for Jessica's problem and arguing constantly, their lovemaking deteriorated to brief sexual encounters. "It was devastating that the very event that should have brought us more happiness ended up draining us and nearly ruining our marriage," says Laura.

## WHEN EMOTIONS GET IN THE WAY

Although many experts agree that sex is a basic instinct, the fact that it is not necessary for survival makes it easily affected by emotional conflict. Thus, sexual fatigue may be a symptom of a psychological problem, rather than physical exhaustion. For example, research shows that depression depletes sexual drive. Other strong emotions, such as anxiety, fear and insecurity, are also commonly linked to diminished sexual interest.

Anger is a major turn-off as well. When her husband, Leonard, an architect, started staying late at his office, Lisa, twenty-eight, suspected he was having an affair with his new secretary.

Terrified it could be true, and obsessed that sex with her was no longer satisfying to him, Lisa repressed her anger and insecurity. Instead, she refused to make love with Leonard, giving him the constant excuse that she was too tired. Soon, though, she actually did feel too weary. "I know it started out as a

# Sexual fatigue may be the symptom of a psychological problem, such as anger or depression.

weapon against him," Lisa says, "but then I really began to feel that I just couldn't make love. My feelings just made me feel shut down and weak."

In other instances, the emotion behind sexual exhaustion is hidden, as in the case of Charlene, forty-three, who had just married Gene, a widower with two small children. Previously co-owner of a beauty-supply company in Dallas, Charlene sold her interest in the

business when she remarried and decided to devote herself full-time to raising her new husband's children. Though Charlene adored the kids, her new role as mom, unconsciously she missed the excitement and challenge of her business. "The more I heard about how my old business was booming and how much money my former partner was making, then I turned off and tired I got when Gene approached me," Charlene says. "I guess deep down I blamed him for what I thought I'd lost, and I was too tired to punish him for it."

Dampened desire can also be a result of simple affection, as it was for Janet. When her husband, Tim, took a pay cut, Janet had to go back to work to make up the difference in their income. She returned to the department store where she'd worked previously, but at a lower salary and position than she'd had when she left. As a result, she felt frustrated and was consequently irritated and stressed on the job. Her tensions carried over into her sex life. "Telling Tim I was too tired to have sex was my clumsy way of trying to get him to just hold me," Janet says. "I'm not feeling confident enough about anything these days to be sexy, and I needed him to make me feel good, not just sex."

Finally, fatigue can be a handout excuse when a couple's sex life becomes unsatisfying—or too demanding. This is especially common when one spouse wants sex often, making the other feel exploited. "Kevin became insatiable," says Gwen, thirty, who has been married for a year. "Sometimes he wanted to make love two or three times a day. He was exhausting me. I tried and

cause I could think of to get him to leave me alone for a while, from not feeling well to being too darn tired."

## WHAT COUPLES CAN DO

Occasionally, most busy couples probably prefer not to make love. If one partner is temporarily or justifiably low on energy, he or she should not be put down. Fatigue is a realistic reason to say no to sex. (continued on page 5)

Exquisite Tribute To a Legendary Daughter of Honor

# Snow Princess

Inspired by

*David Wright*

3 payments  
of \$18.33



Painted entirely by hand

Shown smaller actual size of 5 1/2" tall



**S**he is a vision of loveliness — a young Native American princess of purity and honor. Her strength and beauty are a guiding light to her people, touching their hearts and warming their spirits on each cold winter's day.

Presenting "Snow Princess," an exquisite new sculpture inspired by the art of award-winning western artist, David Wright. Serene and tranquil, with her wolf companion by her side, this noble princess wears the beautiful ceremonial buckskin dress and moccasins — to the fur trader's blanket that protects her from the cold ... she is a tribute to her proud heritage.

"Snow Princess" premieres *Princesses of the Plains*, an exceptional sculpture collection featuring an impressive sculpture individually numbered by hand and accompanied by a Certificate of Authenticity. As the owner of this important first issue, you will have the opportunity, but never the obligation, to acquire each subsequent issue. Our 100% Buy-Back Guarantee assures your complete satisfaction.

Remembering that David Wright originals command prices as high as \$15,000, and his work is continually in demand, this series is expected to attract a strong response. So seize this opportunity. Reply today!

**Respond by: August 31, 1994**

Please accept my reservation for \_\_\_\_ (Qty.) "Snow Princess" sculpture(s), payable in 3 installments of \$18.33\* each

**I need send no money now.** On acceptance, I will be billed for my first installment prior to shipment.

28M1 QD 3C

Ms./Mrs./Mr. \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (\_\_\_\_) \_\_\_\_\_

Signature \_\_\_\_\_

\*Plus \$1.47 shipping and handling per sculpture payment. For deliveries to FL add \$1.10 per sculpture payment for state sales tax. All reservations must be signed and are subject to acceptance.

**The Hamilton Collection**

4810 Executive Park Ct., P.O. Box 44051  
Jacksonville, FL 32231-4051

## Too tired for sex

continued from page 50

lovemaking, and it doesn't mean that there's a problem in the relationship. But if the not-tonight-dear pattern continues longer than three or four weeks or starts to erode your relationship, you need to take immediate action. Here's how:

● **Be honest.** If you really are too exhausted for lovemaking, don't just yawn and turn over. This will only make your husband feel angry, resentful—or hurt. Instead, tell him the truth. For instance, you could say, "I'm too tired tonight, honey, because I had an incredibly stressful and exhausting day at work." This will assure him that your lack of interest in sex at that moment doesn't indicate that you love him any less.

● **Ask for his help.** If you're overwhelmed—and exhausted—by chores and responsibilities, tell your husband that he may need to pitch in more. For example, when Carol told Wayne how stressed out she was, he began to think of ways he could help reduce the demands on her time. He offered to help out with the kids each night and to assist with the dinner clean-up. Once the kids were in bed, the couple had more time to devote to each other.

● **Share your emotional needs.** If you're feeling neglected, or if you long for your husband to be more romantic, tell him.

The crucial thing is to make your feelings known, rather than keeping them inside where they'll only drain you of energy and desire. For instance, once Charlene admitted to Gene her conflict over selling her business, she no longer felt trapped by her secret resentment or guilty about her feelings. "Telling Gene was the first step," Charlene says. "The next step was resolving that I eventually needed to go back to work. And the third step was to ask Gene to give me more attention because my self-esteem was faltering. When he did that, I felt a heavy weight lifted off my shoulders and suddenly became more alive and sexy for him again."

● **If you're angry, let your husband know.** If you're mad because he does too little around the house or spends too many nights out with his friends, tell him that you're upset, and explain why, rather than fuming in silence. Once you've expressed your feelings, both of you can work on alleviating the cause of your anger—and getting your lovelife back on track.

● **Finally, if the two of you are unable to adequately resolve your problems, or if there are deeper issues underlying your sexual exhaustion—such as marital discord or fears of inadequate performance in the bedroom—seek professional help.**

In every marriage, there will be times when one partner is in the mood for

love and the other simply doesn't have the energy to get passionate. Just keeping the lines of communication open and being willing to compromise, couples can get through the lull—and have a stronger and happier relationship in the process.

*Judy Kuriansky, Ph.D., is a sex therapist, clinical psychologist and host of the top-rated New York radio talk show "Love Philes."*

### FOR MORE INFORMATION

For referrals to a marriage counselor, contact the American Association for Marriage and Family Therapy. Write: Referral Service, AAMFT, 1100 Seventeenth Street, N.W., 10th floor, Washington, DC 20036-4601; or call 202-374-2638.

The Sex Information and Education Council of the U.S. has a list of current books on sexuality. For a copy of the list, plus information on how to order the books, send \$2 and a note stating your request to SIECUS, 130 W. 47th Street, Suite 2500, New York, NY 10036.

## EIGHT WILD WAYS TO WAKE UP YOUR LOVELIFE

**1. Forget conventional wisdom.** Remember all those things you've heard that you shouldn't do before bed because they'll keep you awake? Go ahead and do them anyway: Drink a cup of coffee; the caffeine will give you an instant energy boost. And take a cool (not cold!) shower; the chilly water will invigorate you.

**2. Don't eat a bedtime snack.** High-fat foods, such as cookies, will make you feel drowsy, and milk contains a sleep-inducing chemical called tryptophan. Besides, who could make love after milk and cookies?

**3. Take a walk.** Any activity that gets your adrenaline flowing will energize you. A few minutes with an exercise video or a brisk walk after dinner will give you a quick pick-me-up.

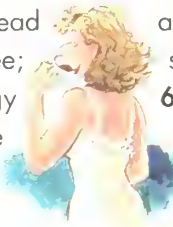
**4. Put it in the schedule.** Whenever there's a rerun on—and there are plenty of them—turn off the TV and start turning on each other. If you can make the time to watch your favorite TV shows, you can find the time for passion.

**5. Practice remote control.** Don't make the mistake of watching TV in bed. Many couples do so, only to fall asleep in front of the tube. Zap it off and concentrate solely on each other.

**6. Develop a bedtime ritual.** Instead of waiting until you're so exhausted that you collapse in bed, get up upstairs earlier than usual. Wash your face, spritz some perfume, put on a sexy nightgown. This will help fight the fatigue and get you feeling in the mood for love.

**7. Use mind-over-matter techniques.** A sexual fantasy can "kick start" your passion. Positive self-talk and visualizations—such as picturing yourself as having more energy—are also proven techniques to help you feel sexier.

**8. Just say yes.** Believe it or not, there are times when making love can actually reduce sexual fatigue. Any exercise, it can energize you by triggering adrenaline and other stimulating body chemicals. The next time you feel too sleepy for sex, don't automatically say no. Give passion a chance—and enjoy.







THE RAZOR IS SAFE.  
THE LEGS WILL BE KILLER.

PRESENTING SILK EFFECTS FROM SCHICK. *The first razor with silky-fine wires wrapped around pivoting twin blades to protect you from nicks and cuts. What's more, the handle is sculpted into sleek curves that fit naturally in your hand. So you'll get a remarkably close shave even around those hard to reach places. In fact, Silk Effects™ gets so close, it leaves your legs soft, smooth and, most importantly, totally dangerous. SHAVE SAFELY.*



**COTY**

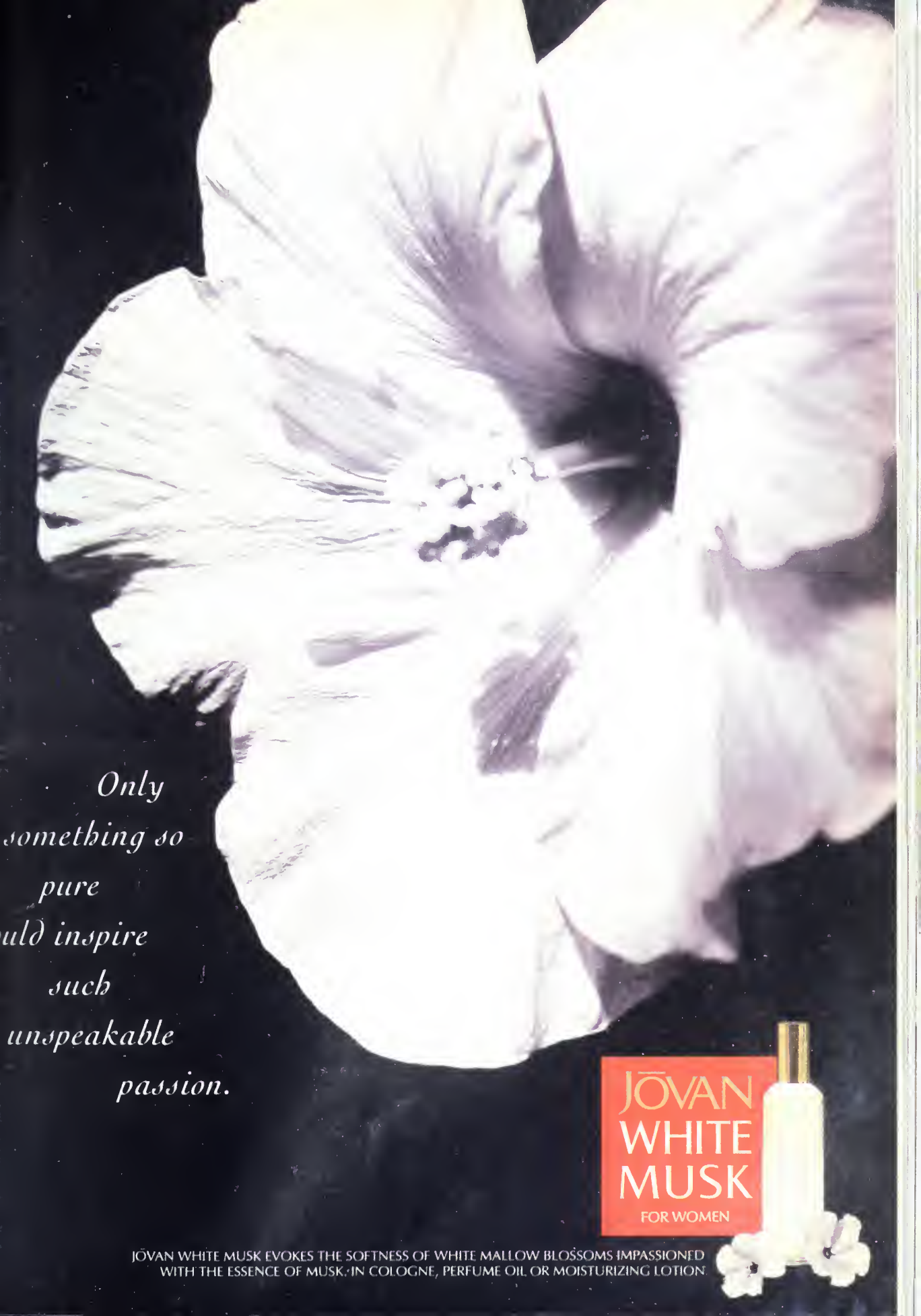
**AIRSPUN  
LOOSE FACE  
POWDER**

LIGHT AS AIR.  
LUXURIOUS AS  
VELVET. FLAWLESS  
PERFECTION. IN  
14 COMPLEXION-  
MATCHED SHADES,  
TO MAKE MAKING  
UP . . . SHEER  
INDULGENCE.



BERENICE IS WEARING AIRSPUN LOOSE POWDER IN  
MUTED BEIGE AND COTY 24. P. TUCK IN LASTING BRONZE  
©1994 COTY INC. N.Y. NY

THE TOUCH  
THE FEEL  
THE FINISH



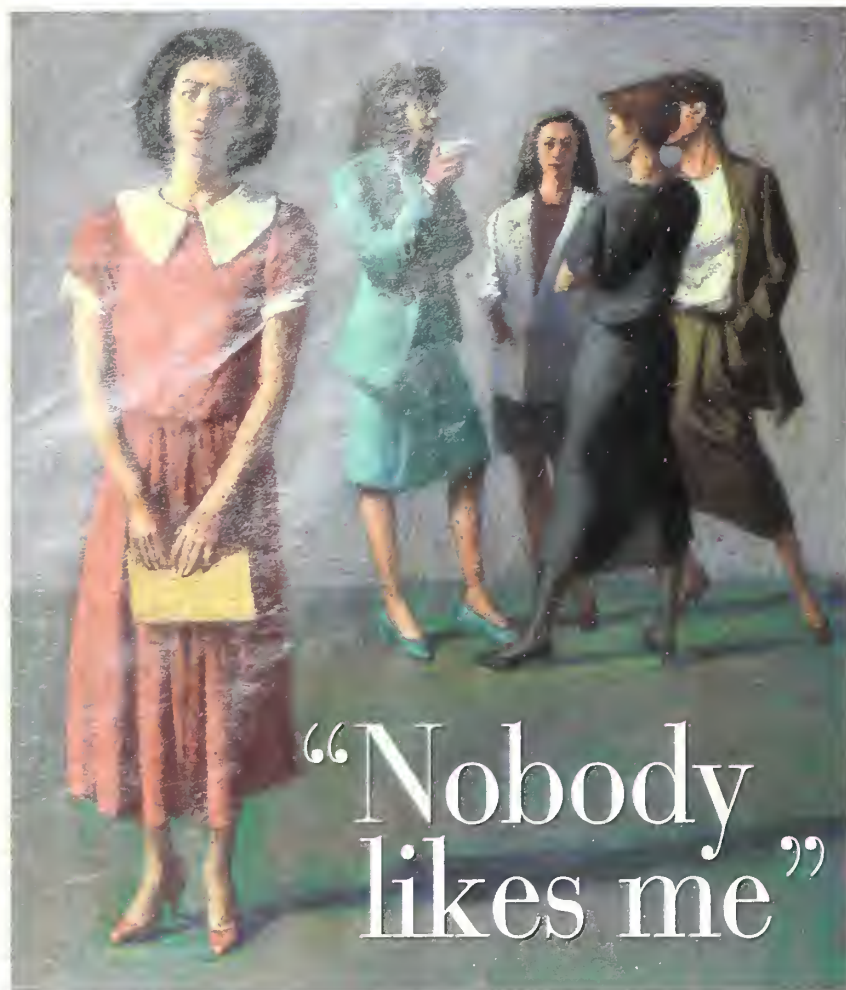
*Only  
something so  
pure  
could inspire  
such  
unspeakable  
passion.*

JÖVAN  
WHITE  
MUSK

FOR WOMEN



JÖVAN WHITE MUSK EVOKES THE SOFTNESS OF WHITE MALLOW BLOSSOMS IMPASSIONED WITH THE ESSENCE OF MUSK. IN COLOGNE, PERFUME OIL OR MOISTURIZING LOTION.



## “Nobody likes me”

Your co-workers go out to lunch, but don't ask you. A neighbor has a dinner party, but you're not invited. Are they being cruel—or just careless? What it means when you're left out. By Ann Nelson

**T**wo years ago, feeling particularly frazzled, I decided not to give my annual Fourth of July party. By early August, I realized I hadn't heard from a friend who usually touched base every couple of weeks. Mildly concerned, I phoned her. We talked, and I mentioned how much calmer the summer had seemed without my usual party preparations. There was a pause, then my friend said, “Oh. I thought you'd

taken me off the guest list.”

If my friend's reaction strikes a sympathetic chord, you're not alone. At one time or another, most women have felt the hurt that comes from being left out. In fact, we're so sensitive about this issue that, like my friend, we easily imagine we've been excluded—even if that's not the case. We all long desperately to be included.

Of course, men can also be hurt by exclusion, but women have a particularly difficult time coping.

“Women, in general, are socialized to pay more attention to relationships and feelings than men are,” says Ellyn Kaschak, Ph.D., professor of psychology at San Jose State University in California, and author of *Engendered Lives* (Basic Books, 1992).

Rosemary, forty-one, a mother of four in suburban Boston, vividly recalls being invited to a lunch hosted by a women's civic group. When she arrived, she found the room crowded with women. “I put on my name tag,” she says, “and not a single person spoke to me. I made attempts to greet people, but it was a very closed group. That was definitely the most uncomfortable situation I've ever been in. Needless to say, I didn't return.”

### “WHAT'S WRONG WITH ME?”

Such a cold response can shake us right down to the bottom of our ego. Initially, we may react with bewilderment or indignation, but those emotions are quickly replaced by a nagging feeling of self-doubt. *I'm* the one at fault, we think; I'm just not good enough.

But the truth is far more complicated than that. Experts say women may be left out of the loop for any number of reasons, ranging from sheer thoughtlessness to a slight perceived when none exists.

Women are also likely to exclude someone who makes them feel uncomfortable. For example, they may put space between themselves and “the woman who is perceived as using her sexuality as a way of gaining advantage,” notes Barbara Cohen, M.A., a therapist in Fort Collins, Colorado.

Or, they may shut out a woman whose emotional style is too demanding or manipulative—for instance, the woman who is excessively needy and expects too much from (continued on page 81)

**THE  
CRUNCH**



**THAT  
SATISFIES**



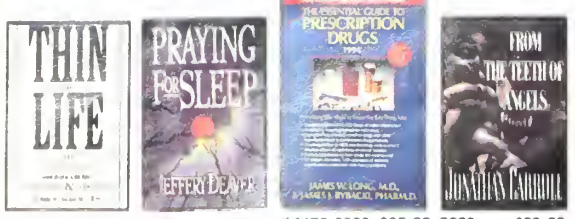


†7690-9999 \$24.95 4960 \$19.95 7658 \$23.50 \*2956 \$23.00 †5306-9999 \$25.00 5702 \$24.00

© The Walt Disney Company 8615 Spec. Ed.



\*1131 \$22.00 6122 \$23.00 \*7757 \$20.00 \*0604 \$22.95 4580 \$22.95



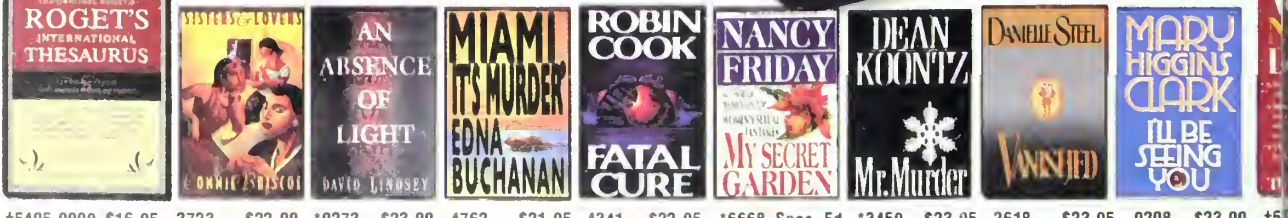
3822 \$24.95 \*4796 \$21.95 †4176-9999 \$35.00 5009 \$22.00



7443 \$13.00 \*6528 \$23.00 \*7377 \$27.50 8789 \$24.00



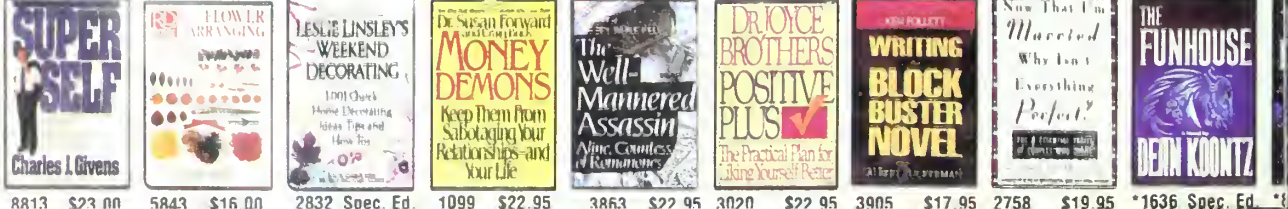
8110 \$22.95 2170 Spec. Ed. 2444 \$19.95 1172 \$20.00



†5405-9999 \$16.95 3723 \$22.00 \*0273 \$23.00 4762 \$21.95 4341 \$22.95 \*6668 Spec. Ed. \*3459 \$23.95 2618 \$23.95 0208 \$23.00 †5



6957 Spec. Ed. 6783 \$20.00 8193 \$19.95 1735 \$19.95 7831 \$19.95 6353 Spec. Ed. 2881 \$20.00 6221 \$22.00 1933 \$23.00



8813 \$23.00 5843 \$16.00 2832 Spec. Ed. 1099 \$22.95 3863 \$22.95 3020 \$22.95 3905 \$17.95 2758 \$19.95 \*1636 Spec. Ed.



\*2303 \$23.50 4291 \$23.95

Provocative...playful...sexy...  
**For all the women you are,  
 The Literary Guild!™**

Join us  
and take

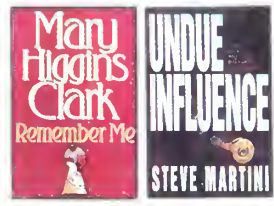
**5** books  
for **\$2**

with  
membership

and get a  
**FREE**  
tote!



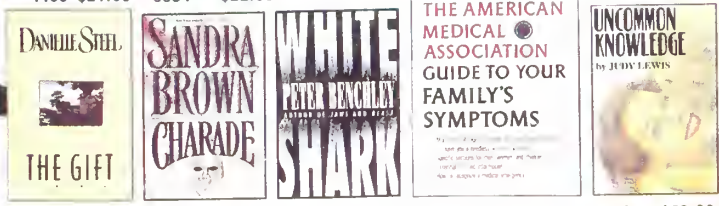
**THE CHAMBER**  
by John Grisham  
4416 \$24.95



4564 \$23.50 5637 \$22.95



\*4499 \$21.95 6684 \$22.95



5215 \$15.00 \*6486 \$21.95 3889 \$23.00 0281 Spec. Ed. 5538 \$23.00

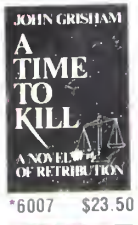
Never pay these publishers' edition prices again!  
 Club editions are *always* discounted—up to 40%!



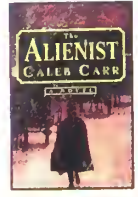
22.95 6494 \$22.00 \*6379 \$21.00 2220 Spec. Ed.

**Literary Guild's easy membership satisfies all the women you are!**

Get 5 books for \$2. We'll bill you, plus shipping and handling, when membership is confirmed. Your selection is guaranteed or return the books within 10 days for our expense to cancel membership. You'll owe nothing. Then buy 4 more books in up to 2 years. From the free Club magazine, delivered up to 16 times a year, featuring full-text, hardcover Club editions. Sometimes offered in size to fit special presses. When buying 4 more books, you may cancel at any time. For our convenience, we automatically send the Moin. If you don't want them or want other books, use your Reply Form by the specified date. A shipping and handling charge (and sales tax, where applicable) is added to each order. If your Reply Form is in the mail and you have less than 10 days to return unordered books or our expense. If your Reply Form contains profane, obscene, libelous, defamatory, or violent language and/or violence. \*Counts as 2 choices



\*6007 \$23.50



\*6551 \$22.00

The  
**Literary Guild**

MAIL TO: *The Literary Guild*  
 6550 East 30th Street, P.O. Box 6332  
 Indianapolis, IN 46206-6332

**YES!** Please enroll me in *The Literary Guild* according to the terms outlined in this ad. Send me the 5 BOOKS indicated and bill me just \$2, plus shipping and handling. I agree to buy 4 more books within the next 2 years. Send me my FREE TOTE. Please initial here \_\_\_\_\_

Please write book numbers here:  
 If you select a book that counts as 2 choices, write the first 4 digits of the book number in one set of boxes and 9999 in the next.

								57042	88		
								57041	17		

Mr./Mrs. \_\_\_\_\_  
 Miss/Ms. \_\_\_\_\_ (please print)  
 Address \_\_\_\_\_ Apt. \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

If you're under 18, your parent must sign here \_\_\_\_\_  
 Members accepted in U.S.A. and Canada only Canadian members serviced from Canada, where offer is slightly different. Sales tax added where applicable. We reserve the right to reject any application.  
 LHJ 8/94

**SAVE MORE**  
 Order your first Club selection for \$3.95 and buy only 3 more books, instead of 4, in the next 2 years. You'll be billed later, plus shipping and handling. Books that count as 2 choices are not included.

The very latest in health today

## RISK FOR HYPERTENSION: SLEEP APNEA

**S**leep apnea—episodes of breathing pauses during sleep—appears to raise blood pressure, even after patients are awake, according to a new study at the University of Wisconsin Medical School, in Madison.

In a study of sleep-related disorders, researchers monitored the blood pressures of 147 healthy adults. They found that those suffering from sleep apnea had consistently higher-than-normal blood-pressure readings around the clock, report Khin Mae Hla, M.D., and Terry Young, Ph.D.



Even when researchers adjusted for other factors such as weight, age and sex, that influence blood pressure, they found that even mild cases of sleep apnea hiked blood pressure.

Previous studies have hinted at a link between the two conditions, but this is the first to clearly document the association. The findings "should alert patients to talk to their doctors about any sleep problems in order to identify sleep apnea, which may be an important contributor to hypertension," Hla says.

—SALLY SQUIRE

## Fluoride to fight bone decay, too

**F**luoride may not be just for fighting cavities anymore. Scientists think they've perfected a method of using it to treat osteoporosis as well.

Earlier research showed that fluoride can slow bone degeneration and build bone mass. But using it for osteoporosis caused complications: Patients often developed bleeding ulcers and other gastrointestinal problems. Moreover, the new bone that fluoride helped form tended to be weaker and more prone to fractures.

But now, researchers at the University of Texas Southwestern Medical Center at Dallas think they've made an important breakthrough: In a recent study of 99 osteoporosis patients, they gave half of the women a daily dose of a slow-release fluoride and calcium citrate, an easily absorbed form of calcium. The rest took daily doses of a placebo and calcium citrate. When the women were tested after two and a half years, the researchers found that those who had followed the regimen that included fluoride had increased their bone mass and had suffered fewer fractures.

More study is needed, but preliminary results suggest that when fluoride is used in conjunction with calcium, it may be effective in replacing lost bone, says Charles Y.C. Pak, M.D., the head author of the study.

KATHERINE LEE

EXTRA FROM THE *JOURNAL OF WOMEN'S HEALTH*

## PMS: A GLIMMER OF HOPE?

**T**here may be a light at the end of the tunnel for women who suffer from premenstrual syndrome (PMS): Bright-light therapy—exposure to fluorescent light that is sometimes used to treat depression or seasonal affective disorder—may also reduce some PMS symptoms.

In a study at the University of California, in San Diego, researchers found that women who were suffering from severe PMS reported feeling less

depressed after they were exposed to two hours of bright light every evening in the week preceding their menstrual periods. (Depression has been found to be one of the most frequent symptoms of PMS.)

Why does light act as an anti-depressant? According to Gabrielle Cerda, M.D., the study's first author, it has something to do with the fact that light is received by an area of the

## THE BREAST MILK-BREAST CANCER LINK

**We've all heard that childbearing and breast-feeding may help protect women against breast cancer. But now, a new study suggests that women who were breast-fed as babies may face a lower risk.**

**Researchers at the State University of New York at Buffalo surveyed 528 women with breast cancer and 602 healthy women. They found that the women without cancer were 25 percent more likely to have been breast-fed as infants.**

**According to the study's lead author, Jo Freudenheim, Ph.D., one reason breast milk may reduce risk is that this milk, unlike formula or cow's milk, provides colostrum, an immunity-building substance produced by the mother during the first few days of lactation.**

**This finding is significant because "it supports the growing theory that early exposure to factors such as diet may influence a woman's chances of developing breast disease," Freudenheim says. —K.L.**

brain that controls the body's natural or circadian rhythms. These rhythms, in turn, have been linked to mood changes.

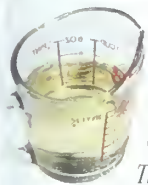
—K.L.



# Great For Washing Down Leftovers.

Clorox® Bleach Eliminates Bad Kitchen Odors

By Getting Rid Of The Old Food Bits And Drink Spills That Cause Them.

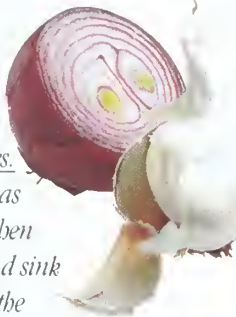


*Under your sink or in your pantry there's probably already a bottle of Clorox Bleach. That's all you need*

*to start getting rid of the odors. Just a little will freshen up even the biggest kitchens.*

*Eliminate lingering garlic and onion odors.*

*It's as easy as wiping kitchen counter and sink areas with the Clorox Bleach Cleaning Solution (see below\*) once a week.*



*Do you smell something fishy going on here?*

*Deodorize your kitchen trash can with Clorox Bleach to stop the stench. A quick wash with the Clorox Bleach*

*Cleaning Solution\* removes fish smells and other foul garbage odors, even from the filthiest cans.*

*Let's see now. They have teeth, they eat constantly, and they never brush.*

*No wonder disposals have such bad breath. Here's an easy way to keep yours smelling clean. First, fill your sink with the Clorox Bleach Cleaning Solution.\* Then drain and let water run for a minute to really rinse your pipes. That's all there is to it.*



*Spilled milk, old veggies, forgotten leftovers — it's hard to find a place in your refrigerator that doesn't trap odors.*

*Get rid of them by washing shelves, drawers, and doors with the Clorox Bleach Cleaning Solution.\**



*You'll be happy to know that using Clorox Bleach is always an environ-*



### \*Clorox Bleach Cleaning Solution

- Mix 3/4 cup Regular Clorox Bleach with one gallon of water.
- Rinse items first with water. Then apply Clorox Bleach Cleaning Solution and let stand for 5 minutes. Rinse well and let dry.

### Limited space?

Try our handy quart and pint size bottles.



The Simple Solution For A Healthy Home.

# LOVE AND LOSS



The death of her mother is, perhaps, the most profoundly sorrowful experience a woman can ever have. And though I never knew Jacqueline Kennedy Onassis, I can understand some of the pain her daughter is suffering. By Ellen O'Hara

**T**he fierce spotlight on the Kennedy family has dimmed somewhat in the months since Jacqueline Kennedy Onassis's death in May. Yet I often find myself thinking of Caroline Kennedy Schlossberg, wondering how she's coping with the loss of her mother.

Has the reality of it hit her yet? Or is she still reeling from the range of emotions—disappointment, fear, anger, shock—that floods through you when a parent is diagnosed with a fatal illness?

Has she begun to really grieve? Or is she, as the mother of three small children, too busy to take the time to let her sadness sink in?

Is she able to enjoy these summer months? Or does every event—a trip to the beach, a milestone in one of her children's life—remind her of something her mother might have said or done?

I don't wonder these things idly.

In the death of Jacqueline Kennedy Onassis and the grief her daughter is undoubtedly suffering, I see parallels to my own life. My mother, too, had non-Hodgkin's lymphoma, and died, too young, at age sixty-four—the same age Jackie was at the time of her death. Like Caroline, whose three children are under six, I was the mother of babies when my mom died: My son was barely three, my daughter just weeks old. And for the first year after her death, I lived in an emotional blur that I suspect is typical of what all women feel at the loss of their mother.

So, I wonder: Does Caroline ever reach instinctively for the phone, as I did,

**Many of Jackie's happiest moments were spent with her grandchildren—here, in Central Park with little Jack, Caroline and Maurice Tempelman**

before remembering abruptly that her mother is no longer around to call? Do her eyes well with tears when she hears herself saying a phrase that her mother said countless times? Has she realized yet that losing your mother isn't something you "get over," but a sorrow that simply becomes part of your life?

**T**hough I'm not a celebrity-watcher, Caroline Kennedy always held a kind of fascination for me. My Irish Catholic family always thought of the Kennedys as near royalty, and Caroline—year younger than I am—was the pretty young princess.

Though I was only seven when President Kennedy was killed, I clearly recall being mesmerized by the photograph of Caroline, age six, and her little brother clasping the hands of their black-veiled mother in Arlington National Cemetery. At that age, especially losing a parent seemed terrifying.

After that horrible, *(continued)*



# RICE A RONI

THE SAN FRANCISCO TREAT

## Beef



The San Francisco Treat  
On The Sidelines.

The San Francisco Treat  
As The Center Of Attention.



### *Quick Taco Salad*

- ¼ pound lean ground beef*
- ½ cup chopped onion*
- 1 package Rice-A-Roni Beef Flavor*
- ½ cup salsa*
- 1 teaspoon chili powder*
- 4 cups shredded lettuce*
- 1 medium tomato, chopped*
- ½ cup shredded monterey jack or cheddar cheese*
- ½ cup crushed tortilla chips*

*In just 30 minutes, you can now make a delicious main dish with a box of Rice-A-Roni and a few simple ingredients.*

*Step 1. In large skillet, brown ground beef and onion; drain. Remove from skillet; set aside.*

*Step 2. In same skillet, prepare Rice-A-Roni as package directs.*

*Step 3. Stir in meat mixture, salsa and chili powder; continue cooking over low heat 3 to 4 minutes or until heated through.*

*Step 4. Arrange lettuce on serving platter. Top with rice mixture, tomato, cheese and tortilla chips. Serves 5.*

*For over 170 more recipes, just call the number below.*



*The Rice-A-Roni Main Dish Helpline*

*1-800-421-2444*

**Love and loss**  
*continued*

traumatic time, Caroline and her brother went on, miraculously, to live a life of balanced normalcy—thanks in large part to their mother. The young widow, in the midst of her grief, bought an apartment in Manhattan so she and her children wouldn't have to live in the painfully evocative locale of Washington. And when Caroline was in

the early grades at The Convent of the Sacred Heart, in New York, her mother, concerned that her daughter wasn't being invited to parties, reportedly called the parents of Caroline's classmates. She understood, Jackie said, that they probably didn't want to seem to be inviting Caroline simply because of her family name. But, she went on tactfully, "after all, Caroline's only a little girl." Subsequently, Caroline got party invitations just like everyone else.

Jackie also seemed to have a clear-eyed realism in choosing schools for Caroline. After The Convent of the Sacred Heart, Caroline attended The Brearley School, in Manhattan, and Concord Academy, in Concord, Massachusetts—institutions known more for

their high academic standards than for producing debutantes.

As a result, Caroline seemed different from the other Kenney children, notably her cousins who appeared preoccupied with wild parties. It seemed to me that her celebrity was a burden to her (though her brother seemed to relish it). Somehow she always came across as an average person. Described in profiles as shy, quiet and having a good sense of humor, she always struck me as the most normal kid in the Kennedy clan.

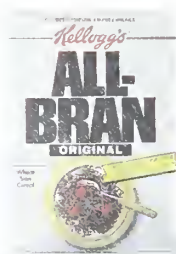
Still, there were some rough patches along the way. As a pudgy teenager, Caroline supposedly had run-ins with her mother, just as most kids do. While a college student at Harvard, she was rarely seen in anything but faded blue jeans and sneakers, a campus uniform that surely must have horrified her stylish mother.

But Jackie didn't push her. In fact, she was understanding when Caroline filled her room with pictures



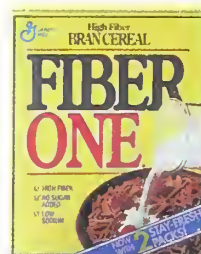
**Caroline clearly idolized her father, even making a kind of shrine to him in her room**

# Adult cereals don't have to be in specially marked boxes to come with surprises.



**More sodium\***

\*Compared to Nabisco 100% Bran



**Artificial sweetener**

of her father, turning it into a virtual shrine to the slain president. When Jackie's brother-in-law, Stas Radzivil, once suggested she encourage Caroline to take some of the pictures down, Jackie said, "I couldn't; I simply couldn't."

Rather, Jackie seemed to encourage Caroline to find her own way. Despite Jackie's own negative feelings toward the press, she didn't interfere with Caroline's decision to work as a copygirl at the *New York Daily News* during the summer of 1977. (No doubt, though, she was relieved when Caroline ultimately went to Columbia University for her law degree.)

As an adult, Caroline and her mom seemed to have a model mother-daughter relationship. In 1986, when Caroline married Edwin Schlossberg, a sophisticated artist and entrepreneur, she looked like a fairy-tale princess in a traditionally frothy white gown. Family friend Carolina Herrera, who designed the bridal dress, said Jackie

had refused to even glimpse at the gown until it was finished. "I'm not going to get involved because Caroline is the one who will wear it," Jackie told the designer. "I want her to be the happiest girl in the world."

During the past few years, Jackie certainly had happy times with Caroline's three children: Rose, six, who looks just like her mother did when she was small; Tatiana, four; and Jack, one. Jackie baby-sat them once a week and accompanied them on nursery-school outings. And on the last day of her life, according to one report, she reminisced about teaching little Jack a nursery rhyme. To the end, Jackie was a woman who placed family first.



**Though Jackie's duties as First Lady took up a great deal of time, she always made Caroline a priority**

Like most people, I followed the reports of Jackie's health closely after her illness was announced. When I initially read about the doctors' assurances of how treatable this kind

of cancer could be, I recalled the optimism I desperately held on to when my mother began treatment. But, remembering my mother's determined but futile battle to beat her cancer, I was skeptical of reports that suggested Jackie seemed to be winning her fight.

From my own experience, I knew quite a bit about her disease. When my mother *(continued)*

# Only 100% Bran™ has 1/2 the sodium of All-Bran® Original without the artificial sweetener of Fiber One®.



**NABISCO 100% BRAN.**  
It's just everything you ever wanted in a high fiber cereal.

There's nothing hidden inside a box of Nabisco 100% Bran. You get the natural, crunchy goodness of wholesome bran with 11 vitamins and minerals. And, not only is Nabisco 100% Bran the best you can find in high fiber cereals — it's surprisingly delicious, too.

MANUFACTURER'S COUPON	EXPIRATION DATE 10 31 94
<p>This coupon is valid only on purchase of product indicated. Any other use constitutes fraud. COUPON NOT TRANSFERABLE. LIMIT ONE COUPON PER PURCHASE. To the retailer.</p>	<p><b>Save 50¢</b> ON <b>NABISCO®</b> <b>100% Bran Cereal</b> LJ08NMR410</p>   <p>5 13130 12250 9</p>

## Love and loss

*continued*

was first diagnosed, I consumed every available bit of information about non-Hodgkin's lymphoma. I knew that while this type of cancer can be treated, it is difficult to cure or to control. (As a systemic cancer, lymphoma invades many parts of the body, and after chemotherapy wipes it out in one location, it frequently develops somewhere else. It also diminishes the immune system, leaving those who have it vulnerable to deadly germs and infection.)

So I was not surprised when I read that Jackie had been released from the hospital, her cancer having spread to other organs, her body weak from pneumonia. The news reports said her doctors could not treat her further. She had decided, on her own terms, to go home to die.

Though I was a bit put off by the reporters, photographers and camerapeople camped out in front of Jackie's Fifth Avenue apartment in the hours before her death, I listened to their reports and looked intently at every image they captured: The people who loved her had come to say good-bye—much as my own family had in my mother's final hours.

As anyone who has lost a parent knows, one slips onto automatic pilot in the days immediately following the death. Tasks that once seemed terrifying and morbid—choosing a coffin, writing eulogies, planning a funeral—are now simply things that need to get done. I felt deeply for Caroline as I watched her in the glare of the media spotlight, and I marveled at her grace and composure.

But I wondered then—and again many times over subsequent weeks—how she is dealing with things in private. Jackie *(continued on page 74)*



Friends say Caroline almost afraid of media that records every move (top, from attending mother's funeral and memorial service, college graduation at right) and an outg Jackie (above left)

**In 1986, Caroline married Edwin Schlossberg (above)—choosing, as her mother had, a slightly older man. The closeness between mother and daughter (right) was obvious in every photograph taken of them**



To brighten your home and warm your heart.

# Norman Rockwell Lighted Christmas Village

FREE GIFT!  
See details



Actual size of sculptures is 5" to 6" high.



Sculpture of Rockwell's charming front studio begins your village...credibly detailed recreation of Rockwell's original art.

Now you can recreate the warmth and beauty of Rockwell's masterpiece, "Main Street, Stockbridge"—and begin a new holiday tradition for your family—with the *Rockwell's Christmas in Stockbridge* illuminated village.

Rockwell's Studio...the Grocery Store...the Antique Shop...the Red Lion Inn. Seven magic sculptures in all. Each hand-crafted of fine bisque porcelain. Hand-painted. Then softly illuminated with a glowing light bulb...to warm your home every holiday season.

Guaranteed low price—  
\$29.90 each—plus a  
free "welcome" sign!



Complete your Rockwell lighted Christmas village collection now by returning the reservation form. You'll enjoy real collecting value throughout the series, with a guaranteed low price of just \$29.90 for each sculpture...plus a free "Welcome to Stockbridge" display sign!



Louise Lamone

## RESERVATION FORM

Please return by **August 30, 1994**

Please enter my reservation for *Rockwell's Christmas in Stockbridge* lighted village collection, complete with bulb and cord set and Certificate of Authenticity. I'll receive my sculptures about every other month—seven in all. I'll also receive a *free* village welcome sign. Other accessories sold separately.

I need send no money now. I will pay for each sculpture in two monthly installments of just \$14.95\* each, the first payable before shipment.

**100% RISK FREE GUARANTEE.** If I'm ever not completely satisfied, I have 30 days to return any sculpture for replacement or full refund. I may cancel my collection at any time.

An authorized  
**Norman Rockwell**  
Christmas collectible

Circle one

Mrs Miss Ms Mr

Name (please print)

Address

Apt No

City

State

Zip

( )

Telephone

\*Plus \$3.94 total shipping and handling and any applicable sales tax

SEND TO: HAWTHORNE ARCHITECTURAL REGISTER  
9210 North Maryland Avenue, Niles, Illinois 60714-1322

MSVB-100R



49012-E88041



Caroline's daughters, Tatiana and Rose, attend their grandmother's wake. At right, John and Caroline at the funeral



mother's causes, such as the arts and historic preservation? How will it affect the way she is raising her children? Will she sing them her mother's lullabies, chide them with the same admonitions, tell them stories about their grandmother to keep her forever alive?

A funny thing about the loss of a mother: The painful reality of it lies just beneath your emotional surface, and anything can

bring it out into the open. For me, the pain of losing my mother was most recently renewed by the death of Jacqueline Kennedy Onassis. And, I suppose, when I think about Caroline, I'm not really thinking about her at all, but about myself. For I suspect all daughters experience the loss of a mother in the same basic way. "Our mothers are our most direct connection to our history and our gender," writes Hope Edelman in her book, *Motherless Daughters: The Legacy of Loss* (Addison-Wesley, 1994). "The void their absence creates in our lives is never completely filled again." ■

## A MOTHER'S LESSONS

Jacqueline Kennedy Onassis devoted most of her attention to her children. In fact, in his eulogy, Ted Kennedy recalled how she once said, "If you bungle raising your children, nothing much else matters in life."

She didn't bungle—and in Caroline, Jackie raised a daughter who possesses many of her own admirable qualities. Here's what Jackie taught her:

### The children come first

Though nannies took care of Caroline and John when they were children, Jackie was always an involved mother. Caroline is following in her footsteps: Though she holds a law degree, she has put her career on hold while her children are young. Friends say she has very little help with her three children; she even cooks their meals herself.

### Privacy equals dignity

Just as Jackie avoided the press, Caroline steers clear of the limelight.

### Don't behave pretentiously

Jackie was known to her peers at the Doubleday publishing company as someone who resisted special treatment. Her daughter seems inclined in the same direction. Co-workers at the *New York Daily News*, where she worked as a copygirl, described her as being "down-to-earth" and "just like everyone else."

### Be proud of the family legacy

Jackie carried on many of the Kennedy traditions. Caroline is similarly involved: She is president of the John F. Kennedy Library Foundation. It's also telling that she chose to name her first child after the matriarch of the Kennedy clan, Rose, and her son, John Bouvier, after her father and for her mother's family.

—KATHERINE LEE

(continued from page 70) was a committed mother, and she was involved day-to-day in her children's and grandchildren's lives. So Caroline undoubtedly misses her physical presence: Her mother's death has deprived her of a companion, a devoted grandmother for her children.

But, surely, her loss is deeply emotional as well. Grief, the experts say, comes in stages: from denial to acceptance. And they say grief is particularly acute in the year following the loss.

That conventional wisdom is true to some degree. But grief is not that neat and tidy. It never disappears; it just fades. It is a burden that stays with you—a shadow amid sunlight.

And with the grief comes change. Every woman is like her mother, and when she loses her mother, a part of her is forever gone. So, when I think about Caroline Kennedy, I wonder how the loss of her mother will affect her: Will she feel compelled somehow to follow in Jackie's footsteps? Will she become involved with her



*I love eating something really good and satisfying for lunch. Then again, in this office it's a miracle just to*

*Let's just say 'Lunch Hour' is not a widely used phrase where I work. So I make the most of my time. I'll fix my favorite Lunch Express, and spend a few civilized moments enjoying lunch, instead*



*of standing in a long line at the corner deli. Sitting there with my Mandarin Chicken, I start to feel like myself again. Well, at least until lunch is over."*

*Lunch Express from Lean Cuisine makes an everyday lunch something special. Our Mandarin Chicken has tender cuts of chicken*



*in an Oriental sauce. It comes in a microwavable package so you can eat right from the box. Even better, it only costs about \$2.00.*



*Lunch Express from Lean Cuisine. Time to treat yourself right!*

# CONTRACEPTIVE UPDATE

The perfect form of birth control—effective and without side effects—has yet to be made. But today, women have more choices than ever before.

A special report. By Nadia Zonis

## THE LATEST OPTIONS

### THE NEW HORMONAL METHODS:

**The easiest yet** Depo-Provera and Norplant are the two newest methods that don't involve taking a daily pill or thinking about contraceptives every time you have sex.

**Depo-Provera**, approved as a contraceptive by the federal Food and Drug Administration (FDA) in 1992, is an injection containing progestin—a synthetic form of the hormone progesterone. Administered by a medical professional once every three months, it's more than 99 percent effective in preventing pregnancy. Unfortunately, it has some side effects: It has been associated with irregular bleeding and with weight gain. In one study, women who used the method for three years put on an average of fifteen pounds. Also, it can take several months to a year after injections are stopped for a woman's fertility to return.

**Norplant**, which got FDA approval in 1990, is a soft, rubberlike implant of six matchstick-size cylinders that's inserted under the skin in the upper arm. These cylinders, which stay in place for up to five years, slowly release progestin. Common side effects include irregular menstrual

periods, spotting and headaches. Other possible problems can be weight loss or gain, acne, hair growth or loss, breast tenderness, nervousness, nausea or dizziness. On the upside: Fertility returns right away after device is removed.



### THE IUD: Time for another look

Since the mid-1970s when the Dalkon Shield was taken off the market after causing pelvic infections and infertility in thousands, many American women and their doctors have viewed the intrauterine device (IUD) with suspicion. Now, according to experts, it may be time for another look.

Research has determined that the complications had to do primarily with the design of the Dalkon Shield—its braided, multi-strand string acted as a wick to draw bacteria into the uterus. The two IUD's that are now available in the U.S. have single-strand strings that don't have that effect.

In fact, the FDA recently completed its third review of the ParaGard T380A, the most popularly prescribed IUD in the U.S. The agency said it can safely remain in the uterus for up to ten years. (It had previously been approved for eight years.)

The IUD is about *(continued)*

## SAFE SEX

### CONDOMS: NOT FOR CONTRACEPTION ONLY

With sexually transmitted disease (STD) becoming more widespread and more virulent than ever before, condoms are making a comeback.

Today, they are hailed as good insurance against venereal disease and against HIV, the virus that causes AIDS. (Unfortunately, they are much less reliable when it comes to pregnancy prevention. The failure rate is about 16 percent for condoms in typical use.)

Here are some things you should know:

- Latex condoms provide the best STD protection because they are the most impenetrable of all condoms, keeping germs from entering the vagina. Lambskin condoms, by contrast, can possibly be penetrated by the HIV virus.
- Adding spermicide or using condoms that contain it provides added protection. Condoms with spermicide offer another advantage: Their packages contain expiration dates to help you know if they're still good. (The effectiveness of spermicides expires after eighteen months; condoms remain usable for three to five years but only if they've been stored in a cool, dry place.)
- Never use an oil-base lubricant such as Vaseline when using condoms. It can cause tiny tears to develop. Use water-base products such as K-Y jelly instead.
- A female condom—a polyurethane pouch with a ring at one end that fits over the cervix and another ring that hangs outside the vagina—is currently available at public-health facilities and family-planning clinics. (It will soon be available in pharmacies.) Though the female condom provides good protection against STD's, it's not a particularly effective form of birth control: It fails one of every four times it's used.

# Medical authorities urge: eat more foods rich in antioxidants.



**T**oday, leading medical authorities point to strong evidence that eating foods rich in antioxidant vitamins and minerals is important to good health. Antioxidants help strengthen the body's natural defenses against cell damage.

For a well-balanced diet, include 5-9 servings of fruits and vegetables every day. These foods are a good source of beta-carotene and other antioxidant vitamins.

Centrum contains the Complete Antioxidant Group, including vitamins C and E, and beta-carotene. In fact, Centrum has more vitamins and minerals than any leading brand.

So eat right. And supplement your diet with Centrum. It's more important than ever.

**Centrum®  
More complete.  
From A to Zinc®  
Including the  
Complete  
Antioxidant Group.**

# THE TOP CHOICE

Of all the forms of birth control, the surgical methods—tubal ligation and vasectomy—are the most widely used. They are particularly popular among those aged thirty to forty-four: More than half of pregnancies in this age group are unintended, reports The Alan Guttmacher Institute, a research organization in New York City.

These methods offer the greatest protection—and carry very few risks. Tubal ligation—in which the fallopian tubes are tied, sealed or blocked, most commonly in an outpatient procedure called a laparoscopy—is a virtually foolproof way of preventing pregnancy. And the risk associated with it is small. Though complications are occasionally reported, the vast majority of those are the results of anesthesia, not the procedure itself.

In fact, tubal ligation may even

have some protective health benefits: One recent study found that women who have undergone the procedure are less likely than other women to develop a certain form of ovarian cancer.

Vasectomy is another popular and effective choice. More than 15 percent of men over age forty have had the procedure, which involves snipping a portion of tubes that carries sperm. Though long considered safe, it has recently raised some concerns: Two reports in *The Journal of the American Medical Association (JAMA)* last year suggested a possible link between vasectomy and prostate cancer. Nonetheless, a *JAMA* editorial cautioned against an overreaction, pointing out that the conclusions were preliminary. It suggested, though, that men who've had the procedure get an annual prostate check.

(“The latest options,” continue) 96 percent effective, requires little attention and is the most economical of all birth control forms. Another plus: Once the IUD is removed, fertility returns right away.

## THE PILL:

**Research stacks up in its favor** As the doses of hormones in birth control pills have plummeted and more studies have been done on the effects of the drug, doctors have concluded that the pill—



which is about 94 percent effective in average use—is safe for healthy, nonsmoking women and even confers some important health benefits.

One of the most striking effects of the pill is the protection it provides against endometrial and ovarian cancer. Studies have shown that women who use it for at least a year have approximately half the risk of developing these cancers as those who have never used the drug. What's more, this protection appears to last long after pill use ends.

Taking the pill may ward off benign breast conditions, fibroids, ovarian cysts, pelvic inflammatory disease and menstrual problems such as severe cramps, irregular cycles and excessive bleeding, which can lead to anemia. Moreover, it has been associated with reducing the risk of osteoporosis.

The question of the pill and breast cancer is still unresolved. A number of studies have shown that women who have taken the pill for a number of years and at a young age, and before their first child is born, are more likely to have breast cancer diagnosed before age thirty-five. This doesn't mean that the pill causes breast cancer—but it may make tumors that are already there grow faster, experts say. Nonetheless, doctors recommend that women with a strong family history of breast cancer, breast lumps or abnormal mammograms should be closely monitored by their doctor if they choose oral contraceptives.

Though it is not widely known, oral contraceptives can also be

(continued)

## WHO USES WHAT?

Of the 39 million American women at risk of unintended pregnancy, nine out of ten use some method of contraception.

These are the most popular methods:

METHOD	% OF USERS
<b>surgical sterilization</b> (VASECTOMY, TUBAL LIGATION)	<b>39.2</b>
<b>oral contraceptive</b>	<b>30.7</b>
<b>condom</b>	<b>14.6</b>
<b>diaphragm</b>	<b>5.7</b>
<b>spermicide, sponge, etc.</b>	<b>3.3</b>
<b>periodic abstinence</b>	<b>2.3</b>
<b>withdrawal</b>	<b>2.2</b>
<b>intrauterine device</b>	<b>2.0</b>

SOURCE: THE ALAN GUTTMACHER INSTITUTE



# New Dr. Scholl's Advanced Pain Relief Corn And Callus Cushions. For Pain Relief, The Solution Is Clear.

To every corn or callus sufferer, freedom from painful shoes has always been a thing of the future. But no longer. With new Advanced Pain Relief Corn and Callus Products from Dr. Scholl's, the future is here today.

conforming to your corn or callus, while it absorbs painful shoe pressure and friction.



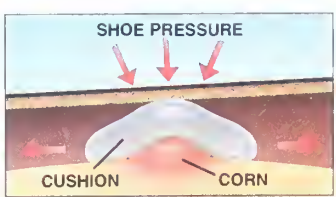
NEW ADVANCED PAIN RELIEF CORN CUSHION

And new Dr. Scholl's Advanced Pain Relief Corn and Callus Removers also include clinically-proven medicated discs that completely remove your corn in five applications or less, thanks to the most effective removal ingredient available.



NEW ADVANCED PAIN RELIEF CALLUS CUSHION

That's because our new Advanced Pain Relief Corn Cushions and Callus Cushions are made of a breakthrough material we call Cushlin™, refined over years of laboratory research at Dr. Scholl's. Cushlin™ gives you



NEW CUSHLIN™ TECHNOLOGY FOR SUPERIOR PAIN RELIEF

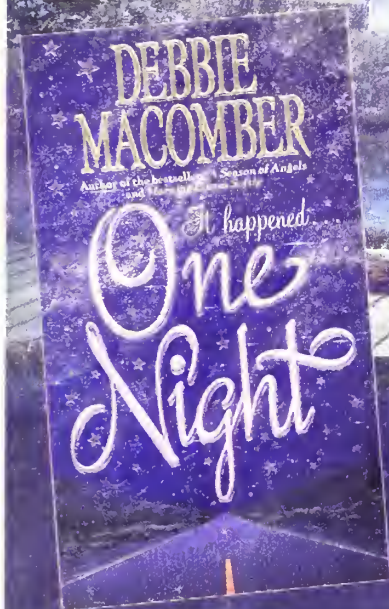
immediate and all-day pain relief, by softly conforming to your corn or callus, while it absorbs painful shoe pressure and friction.

So buy new Dr. Scholl's Advanced Pain Relief Corn and Callus Products with Cushlin™. And step up to a whole new world of pain relief.



Make life in your shoes more comfortable.

A quick-witted deejay.  
A serious newscaster.  
Their fights are renowned.  
Their love may be legendary.



By the bestselling author of  
**A Season of Angels.**

**Harper**  
**Monogram**

The Mark of Distinctive Women's Fiction.

("The latest options," continued) used as a "morning after" form of birth control. According to a recent article in *The Journal of the American Medical Association*, an effective method of postcoital contraception works like this: A woman takes two birth control pills containing estrogen and progestin (such as the pill sold under the brand name Ovral) as soon as possible after unprotected intercourse. Several hours later, she takes another two pills. Doctors say this method, which is widely used in Europe, is highly effective in preventing pregnancy when the regimen is begun within seventy-two hours of unprotected sex.

**A word of caution:** The regimen may carry risk and is not advisable for all women, so it is essential to talk to your doctor before taking extra doses of birth control pills.

## RU 486:

**Finally, it's on its way** After much political wrangling and legal maneuvering, clinical trials on RU 486—the so-called "French abortion pill"—are expected to begin this fall. The FDA plans to test the pill in studies involving more than 2,000 women at a dozen sites around the United States. If approved, RU 486 could be available to American women in about a year and a half.

RU 486, which has been used by more than 150,000 women in France, Britain and Sweden, halts pregnancy by blocking the action of progesterone—the hormone that enables the uterus to maintain a fertilized egg. The drug can be taken up to two months after conception has occurred. Its side effects include headache, nausea and severe bleeding. ■

*Nadia Zonis is a writer and editor in New York City.*

## ON THE HORIZON

A number of new contraceptives are being developed, and American women are likely to have more choices soon. What's in the works:

- Within ten years, hormone-infused vaginal rings, which fit around the cervix like a diaphragm, will be an option. Scientists are also working on skin patches with estrogen and progestin that will be left on for three weeks, then removed for one week to allow for a menstrual period.
- Researchers are trying to perfect birth control implants to reduce side effects and make them even more convenient. In development are smaller implant devices and ones that will biodegrade within the body, making removal unnecessary.
- Scientists are exploring the possibility of a contraceptive vaccine, which would "immunize" a woman against the hormones of early pregnancy, or against her partner's sperm. This method entails complications and is still a long way off.
- Male contraceptives are also decades away. A major complication is that sperm generation must be stopped without impairing sex drive or performance. One method being tested is an injection that blocks the male hormone that regulates production of sperm. It is paired with injections of testosterone to maintain sex drive. Daily shots are necessary, making it inconvenient and expensive.

ody likes me”

ed from page 58

ends, or the untrustworthy woman betrays confidences.

ly, women are wary, too, of those who are not quite like them. A woman who is too different, who ranges too far from group expectations, may find herself as an outsider.

1, occasionally, we are our own obstacles to being included. If we've been left out before, we assume we'll be rejected again. So we hold our backs, make no effort to connect—we've been hurt once again.

men who anticipate rejection are often engaged in a self-fulfilling prophecy, says psychotherapist Luise Eichenbaum, C.S.W., founder of The Women's Therapy Centre Institute, in New York City. "I think they feel themselves to be either too different or much too needy," she says, "and other people pick up on it."

A woman like this may even sabotage her relationships—perhaps she forgets to return phone calls or skips a lunch date with her new friend. "The friend ends the relationship. This is too difficult. I'm going to bother," says Eichenbaum.

Whether we're hurting ourselves or hurting another, the pain of being excluded is the same.

## HOW TO JOIN THE GROUP

What should you do if you feel left out? Here, a few smart strategies:

**Evaluate the situation.** Take a calm, objective look at what's happening. Ask yourself: What was the other person doing? Rationally, what should I have expected her to do?

**Get a second opinion.** Sometimes our vision is so distorted by our hurt that we need help putting things in perspective. Ask someone who is not caught up in the experience, suggests Cohen. "Say, 'This is what's happening, this is how I'm experiencing it. Am I being objective?'"

**Don't expect too much.** Just because you're friendly with one person doesn't mean both of you don't have other friends, says Laura Kastner, Ph.D., a psychologist in Seattle. If you believe friendship is an exclusive contract, you may often feel shortchanged.

**Don't get angry.** If you feel excluded, lashing out in anger—or retreating into a sullen silence—is no solution. Instead, express what the problem is, but put the emphasis on *your* feelings. For instance, tell your co-workers, "I feel left out when you don't invite me to lunch. I'd love to join you sometime." That way, you're being honest, but not accusatory.

**Know when to say "enough."** Realistically, there are times when it's just not possible to make a connection. For

example, if you've tried every reasonable strategy to break the ice with your co-workers and they still remain stubbornly cliquish, decide how much that matters to you. If their behavior makes the atmosphere too unbearable, consider asking for a transfer or finding another job altogether. Don't blame yourself, though—the fault is theirs, not yours.

**Take a risk.** Don't let a fear of rejection stop you from reaching out to others, says Luise Eichenbaum. For instance, if there's a neighbor you'd like to get to know better, invite her out to lunch. She'll probably be delighted you asked.

One of my closest friends is a woman who, when I first met her, intimidated me into shyness. Then one day, while we both waited to pick up our children from school, I admired her earrings and remarked that I'd always wanted to have my ears pierced but lacked the courage. Nothing to it, she assured me. On impulse, I asked if she would come with me for moral support. Horrified as soon as I'd blurted out the request, I sat there awaiting a polite refusal. Instead, we met at the mall the next day, first for a piece of morale-building cheesecake and a good conversation, then to visit the earring store. We've been fast friends ever since. ■

*Ann Nelson frequently writes about psychology and relationships.*

# This is no place for germs.

Unlike some cleaners, LYSOL® Basin Tub & Tile Cleaner disinfects while it cleans. That way your family won't be sharing the bathroom with a lot of germs, dirt and soap scum. Just the occasional toy boat.

**Deep down, you know it's clean.**







# What do you call the new Regal steering wheel with driver air bag and stereo controls? Safe and sound.

Keep your eyes on the road. Your hands on the wheel. Your finger on the seek and scan.\* It's a safety consideration. Like the standard anti-lock brakes, driver air bag, and PASS-Key® II theft-deterrent system. For the many other sound ideas in the 1994 Regal, call 1-800-4A-BUICK.



**BUICK**

The New Symbol For Quality  
In America.





## WEST TEXAS TWO-STEP

Last month, Robert James Waller, author of *The Bridges of Madison County*, wrote of his wife and the Texas country they call home. In part two of this true-life story, he talks about sad music, Saturday nights, and the rhythms of life and love

**W**hen the fiddler hit the first three notes of "Faded Love," I knew it was time for dancing. My wife was sitting farther along the table, talking to her friend, Lourene, and I had to shout over the music. "Bob Wills!" I said, looking down a raggedy caravan of Coors and Budweiser beer cans, empty or well on their way to that happy state

She put one hand to her ear and gave me a quizzical look. So I escalated, trying to make up in decibels what I lacked in diction. "Bob Wills . . . it's the old Bob Wills song!"

"What?" she shouted back. I knew her question really was in two

parts. First, she was only getting some of my words. Second, I'm not sure she's ever figured out Bob Wills from Willie Bob, whoever Willie Bob might be. Georgia grew up different from me.

I stood and waved her toward the dance floor. That's all it took. Georgia likes to dance because she's good at it; I'm generally lukewarm about it because I'm not. I played the bars for over twenty years, but I was always behind the guitar looking out. Still, there's incompetence of foot and leg, and then there's an old song called "Faded Love."

The Spur of the Moment Band came full into the tune, a long, slow

wave of electric guitar, bass, keyboard and drums, with the fiddler out front and on top, playing sad the way a fiddler ought to play that particular song. It was a special moment in my life, and nobody could have really understood how special except me.

Forty years ago, so far back I have trouble associating who I am now with the fourteen-year-old boy I used to be, my connection with the larger world was a little brown radio next to my bed. At night in a north Iowa town of less than a thousand people, I'd listen to XERF in Del Rio, Texas, wherever that was, out there someplace. Far into the night I'd (continued on page 92)

You're using more  
calories turning these pages  
than are in this cup.



Introducing 10 calorie  
Sugar Free Jell-O® Gelatin Snacks.

Look for them in your grocer's dairy case.



# "Menopause is something that women shouldn't talk about."

## MYTH NO. 4

Maybe this was true in our mothers' time. But today all kinds of women are learning everything they can about menopause. And, yes, talking about it. With their friends, their families, and their doctors, too. They're better prepared for the changes menopause brings, and can deal with them positively.

### Estraderm®: The estrogen patch women are talking about



THE ESTRADERM PATCH  
NONMEDICATED SAMPLE  
INCLUDED IN THE FREE  
INFORMATION KIT.

Menopause is an entirely natural process. Unfortunately, hot flashes, vaginal dryness and night sweats can go along with it. Some women suffer a lot; some don't. But, no matter how severe, these symptoms are caused by the same thing: loss of estrogen. Estrogen therapy, like Estraderm, can replace this loss. Estraderm is not a pill, it's a clear round patch that restores your body's estrogen: It delivers small steady doses into your bloodstream in much the same way your ovaries did before menopause. You can wear Estraderm on your backside, hidden by your underwear, where it's less likely to cause skin irritation.

### Benefits vs. risks of Estraderm

Estraderm is available by prescription only and is not for every woman. It's up to you – and your doctor – to decide if benefits balance risks. Millions of women have used Estraderm to help manage menopause symptoms. And along with calcium and exer-

cise, it can be effective for many women in preventing postmenopausal osteoporosis.

Some women – those who are pregnant, for example – should avoid estrogen therapy. You should tell your doctor if you have ever had cancer of the breast or uterus, unusual vaginal bleeding, abnormal blood clotting or any heart disease. Estrogen therapy has been associated with increased risk of uterine cancer.

### What to ask your doctor

- Q. Is estrogen therapy – and Estraderm – right for me?
- Q. What can I tell my family to help them understand what I'm going through?
- Q. How long do I need to stay on Estraderm to get the most benefit? Months? Years?

### Free menopause information

The time to prepare yourself for menopause is now. Free information and a nonmedicated sample of The Estraderm Patch are yours by calling 1-800-521-CIBA. Or send this coupon.

TO RECEIVE FREE INFORMATION AND A NONMEDICATED SAMPLE,  
MAIL TO CIBA, P.O. BOX 907, SPRING HOUSE, PA 19477-9945  
**CALL 1-800-521-CIBA · EXT. LH31G**  
(Para una operadora en español, llame a la extensión LH31G.)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_

LH31

ESTRADERM® ESTRADIOL TRANSDERMAL SYSTEM AVAILABLE IN  
0.05 MG AND 0.1 MG STRENGTHS.

See next page for additional important information.

# Estraderm

ESTRADIOL TRANSDERMAL SYSTEM

NOW THE CHANGE OF LIFE DOESN'T HAVE TO CHANGE YOURS.

**Estraderm®**  
 estradiol transdermal system  
 Continuous delivery for twice-weekly application

**BRIEF SUMMARY (FOR FULL PRESCRIBING INFORMATION, SEE PACKAGE INSERT)**

**ESTROGENS HAVE BEEN REPORTED TO INCREASE THE RISK OF ENDOMETRIAL CARCINOMA.**

Three independent case control studies have reported an increased risk of endometrial cancer in postmenopausal women exposed to exogenous estrogens for more than 1 year. This risk was independent of the other known risk factors for endometrial cancer. These studies are further supported by the finding that incidence rates of endometrial cancer have increased sharply since 1969 in eight different areas of the United States with population-based cancer-reporting systems, an increase which may be related to the rapidly expanding use of estrogens during the last decade.

The three case control studies reported that the risk of endometrial cancer in estrogen users was about 4.5-13.9 times greater than in nonusers. The risk appears to depend both on duration of treatment and on estrogen dose. In view of these findings, when estrogens are used for the treatment of menopausal symptoms, the lowest dose that will control symptoms should be utilized and medication should be discontinued as soon as possible. When prolonged treatment is medically indicated, the patient should be reassessed on at least a semiannual basis to determine the need for continued therapy. Although the evidence must be considered preliminary, one study suggests that cyclic administration of low doses of estrogen may carry less risk than continuous administration; it therefore appears prudent to utilize such a regimen.

Close clinical surveillance of all women taking estrogens is important. In all cases of undiagnosed persistent or recurring abnormal vaginal bleeding, adequate diagnostic measures should be undertaken to rule out malignancy.

There is no evidence at present that "natural" estrogens are more or less hazardous than "synthetic" estrogens at equieffective doses. **ESTROGENS SHOULD NOT BE USED DURING PREGNANCY.**

The use of female sex hormones, both estrogens and progestogens, during early pregnancy may seriously damage the offspring. It has been shown that women who had been exposed *in utero* to diethylstilbestrol, a nonsteroidal estrogen, have an increased risk of developing in later life a form of vaginal or cervical cancer that is ordinarily extremely rare. This risk has been estimated as not greater than 4 per 1000 exposures. Furthermore, a high percentage of such exposed women (30-90%) have been found to have vaginal adenosis, epithelial changes of the vagina and cervix. Although these changes are histologically benign, it is not known whether they are precursors of malignancy. Although similar data on the use of other estrogens are not available, it cannot be presumed they would not induce similar changes.

Several reports suggest an association between intrauterine exposure to female sex hormones and congenital anomalies, including congenital heart defects and limb-reduction defects. One case control study estimated a 4.7-fold increased risk of limb-reduction defects in infants who had been exposed *in utero* to sex hormones (oral contraceptives, hormone withdrawal tests for pregnancy, or attempted treatment for threatened abortion). Some of these exposures were very short and involved only a few days of treatment. The data suggest that the risk of limb-reduction defects in exposed fetuses is somewhat less than 1 per 1000.

In the past, female sex hormones have been used during pregnancy in an attempt to treat threatened or habitual abortion. There is considerable evidence that estrogens are ineffective for these indications, and there is no evidence from well-controlled studies that progestogens are effective for these uses.

If Estraderm is used during pregnancy, or if the patient becomes pregnant while taking this drug, she should be apprised of the potential risks to the fetus and of the advisability of continuation of the pregnancy.

**INDICATIONS AND USAGE**

Estraderm is indicated for the treatment of the following: moderate-to-severe vasomotor symptoms associated with menopause, female hypogonadism, female castration, primary ovarian failure, atrophic conditions caused by deficient endogenous estrogen production, such as atrophic vaginitis and kraurosis vulvae, and prevention of osteoporosis (loss of bone mass).

Estrogen replacement therapy is the most effective single modality for the prevention of postmenopausal osteoporosis in women. Case-controlled studies have shown a reduction of approximately 60% in the incidence of hip and wrist fractures in women who began estrogen replacement therapy within a few years of menopause. A recent, well-controlled, double-blind, prospective trial conducted at the Mayo Clinic has demonstrated that treatment with Estraderm prevents bone loss in postmenopausal women at a dosage of 0.05 mg per day.

Treatment with Estraderm 0.05 mg showed full maintenance of bone density with a slight (0.3%), but not significant, increase. Placebo treatment resulted in a significant loss of more than 6% below baseline vertebral bone mass. Patients using either Estraderm 0.1 mg, or 0.05 mg, had significantly greater bone densities than those using placebo.

Other studies suggest that estrogen replacement therapy reduces the rate of vertebral fractures.

Peak bone mass is reached at age 30 to 35 and can best be maximized by adequate calcium intake and exercise during the adolescent and early adult years. Early menopause is one of the best predictors for the development of osteoporosis. White women are at higher risk for osteoporosis than white men, black women are at higher risk than black men, and thin women are at higher risk than obese women. Cigarette smoking may be an additional risk factor. Calcium deficiency has been implicated in the pathogenesis of this disease. Therefore, when not contraindicated, a calcium intake of 1000-1500 mg/day either by diet or supplements is recommended for postmenopausal women.

Immobilization and prolonged bedrest produce rapid bone loss, while weight-bearing exercise has been shown to both reduce bone loss and to increase bone mass. The optimal type and amount of physical activity that might lower the risk for osteoporosis have not been established.

**CONTRAINDICATIONS**

Patients with known hypersensitivity to any of the components of the therapeutic system should not use Estraderm.

Estrogens should not be used in women or men with any of the following conditions:

1. known or suspected cancer of the breast;
2. known or suspected estrogen-dependent neoplasia;
3. known or suspected pregnancy (see Boxed Warning);
4. undiagnosed abnormal genital bleeding;
5. active thrombophlebitis or thromboembolic disorders;
6. history of thrombophlebitis, thrombosis, or thromboembolic disorders associated with previous estrogen use.

**WARNINGS**

**1. Induction of Malignant Neoplasms.** Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver. There are now reports that estrogens increase the risk of carcinoma of the endometrium in humans. (See Boxed Warning.)

At the present time, there is no satisfactory evidence that estrogens given to postmenopausal women increase the risk of breast cancer, although a recent long-term follow-up study has raised this possibility. Because of the animal data, there is a need for caution in prescribing estrogens for women with a strong family history of breast cancer or who have breast nodules, fibrocystic disease, or abnormal mammograms.

**2. Gallbladder Disease.** A recent study has reported a two- to threefold increase in the risk of surgically confirmed gallbladder disease in postmenopausal women receiving oral estrogens, similar to the twofold increase previously noted in users of oral contraceptives.

**3. Effects Similar to Those Caused by Estrogen-Progestogen Oral Contraceptives.** There are several serious adverse effects of oral contraceptives and other high-dose oral estrogen treatments, most of which have not, up to now, been documented as consequences of postmenopausal estrogen replacement therapy. This may reflect the comparatively low doses of estrogen used in postmenopausal women.

**a. Thromboembolic Disease.** It is now well established that users of oral contraceptives have an increased risk of various thromboembolic and thrombotic vascular diseases, such as thrombophlebitis, pulmonary embolism, stroke, and myocardial infarction. Cases of retinal thrombosis, mesenteric thrombosis, and optic neuritis have been reported in oral contraceptive users. There is evidence that the risk of several of these adverse reactions is related to the dose of the drug. An increased risk of postsurgery thromboembolic complications has also been reported in users of oral contraceptives. If feasible, estrogen should be discontinued at least 4 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization.

While an increased rate of thromboembolic and thrombotic disease in postmenopausal users of estrogens has not been found, this does not rule out the possibility that such an increase may be present or that subgroups of women who have underlying risk factors or who are receiving relatively large doses of estrogens may have increased risk. Therefore, estrogens should not be used in persons with active thrombophlebitis or thromboembolic disorders, and they should not be used in persons with a history of such disorders in association with estrogen use. They should be used with caution in patients with cerebral vascular or coronary artery disease and only for those in whom estrogens are clearly needed.

Large doses of estrogen (5 mg conjugated estrogens per day), comparable to those used to treat cancer of the prostate and breast, have been shown in a large prospective clinical trial in men to increase the risk of nonfatal myocardial infarction, pulmonary embolism, and thrombophlebitis. When estrogen doses of this size are used, any of the thromboembolic and thrombotic adverse effects associated with oral contraceptive use should be considered a clear risk.

**b. Hepatic Adenoma.** Benign hepatic adenomas have been associated with the use of oral contraceptives. Although benign and rare, these tumors may rupture and cause death from intra-abdominal hemorrhage. Such lesions have not yet been reported in association with other estrogen or progestogen preparations, but they should be considered if abdominal pain and tenderness, abdominal mass, or hypovolemic shock occurs in patients receiving estrogen. Hepatocellular carcinoma has also been reported in women taking estrogen-containing oral contraceptives. The causal relationship of this malignancy to these drugs is not known.

**c. Elevated Blood Pressure.** Women using oral contraceptives sometimes experience increased blood pressure which, in most cases, returns to normal upon discontinuing the drug. There is now a report that this may occur with use of oral estrogens in the menopause and blood pressure should be monitored with estrogen use especially if high doses are used. Ethinyl estradiol and conjugated estrogens have been shown to increase renin substrate. In contrast to these oral estrogens, transdermally administered estradiol does not affect renin substrate.

**d. Glucose Tolerance.** A worsening of glucose tolerance has been observed in a significant percentage of patients on estrogen-containing oral contraceptives. For this reason, diabetic patients should be carefully observed while receiving estrogen.

**4. Hypercalcemia.** Administration of high doses of estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures should be taken to reduce the serum calcium level.

**PRECAUTIONS**

**General**

1. A complete medical and family history should be taken before initiation of any estrogen therapy. The pretreatment and periodic physical examinations should include special reference to blood pressure, breasts, abdomen, and pelvic organs, as well as a cervical Papanicolaou test. As a general rule, estrogen should not be prescribed for longer than 1 year without another physical examination being performed.

2. Because estrogens may cause some degree of fluid retention, careful observation is required when conditions that might be influenced by this factor are present (e.g., asthma, epilepsy, migraine, and cardiac or renal dysfunction).

3. Certain patients may develop undesirable manifestations of excessive estrogenic stimulation, such as uterine bleeding, mastodynia, etc.

4. Prolonged administration of unopposed estrogen therapy has been reported to increase the risk of endometrial hyperplasia in some patients. Estrogens should be used with caution in patients who have or have had endometriosis.

5. Studies of the addition of a progestin for 7 or more days of a cycle of estrogen administration have reported a lowered incidence of endometrial hyperplasia. Morphological and biochemical studies of endometrium suggest that 12 to 13 days of progestin are needed to provide maximal maturation of the endometrium and to eliminate any hyperplastic changes. Whether this will provide protection from endometrial carcinoma has not been clearly established. There are possible additional risks that may be associated with the inclusion of progestin in estrogen replacement regimens. The potential risks include adverse effects on carbohydrate and lipid metabolism. The choice of progestin and dosage may be important in minimizing these adverse effects.

6. Oral contraceptives appear to be associated with an increased incidence of mental depression. Although it is not clear whether this is due to the estrogenic or progestogenic component of the estrogen, patients with a history of depression should be carefully observed.
7. Preexisting uterine leiomyomata may increase in size on prolonged estrogen use. If this occurs, estrogen therapy should be discontinued while the cause is investigated.
8. In patients with a history of jaundice during pregnancy are increased risk that jaundice will recur with the use of estrogen-containing oral contraceptives. If jaundice develops in an ambulatory patient receiving estrogen, the medication should be discontinued while the cause is investigated.
9. Estrogens may be poorly metabolized in patients with impaired liver function and should be administered with caution in such patients.
10. Because the prolonged use of estrogens influences the metabolism of calcium and phosphorus, estrogens should be used with caution in patients with metabolic bone diseases associated with hypocalcemia and in patients with renal insufficiency.

**Information for Patients**

See Patient Package Insert printed below.

**Drug/Laboratory Test Interactions**

The results of certain endocrine and liver function tests may be affected by estrogen-containing oral contraceptives. The following analyses have been observed with large doses of oral estrogen:

1. increased sulfobromophthalen retention;
2. increased prothrombin time; increased factors VII, VIII, and IX;
3. decreased antithrombin III; increased norepinephrine-induced platelet aggregation;
3. increased thyroxine-binding globulin (TBG), leading to decreased circulating total thyroid hormone (T<sub>4</sub>) as measured by <sup>125</sup>I-radiolabeled thyroxine; free T<sub>4</sub> resin uptake is decreased, thyroxine binding capacity (TBC) is increased, free T<sub>4</sub> concentration is unaltered; TBG is not affected in clinical trials of Estraderm;
4. reduced response to the metyrapone test;
5. reduced serum folate concentration;
6. increased serum triglyceride and phospholipid concentration; decreased pregnandiol excretion.

The pathologist should be informed that the patient is receiving estrogen therapy when relevant specimens are submitted.

**Carcinogenesis, Mutagenesis, Impairment of Fertility**

See WARNINGS and Boxed Warning.

Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver.

**Pregnancy Category X**

See CONTRAINDICATIONS and Boxed Warning.

Estrogens should not be used during pregnancy.

**Nursing Mothers**

As a general principle, the administration of any drug to nursing mothers should be done only when clearly necessary since many drugs are excreted in human milk.

**ADVERSE REACTIONS**

See WARNINGS and Boxed Warning regarding potential adverse effects on the fetus, induction of malignant neoplasms, increased risk of gallbladder disease, and adverse effects similar to those of oral contraceptives, including thromboembolism.

The most commonly reported adverse reaction to Estraderm in clinical trials was redness and irritation at the application site. This occurred in about 17% of the women treated and caused about 2% to discontinue therapy. Reports of rash have been rare but also been rare reports of severe systemic allergic reactions.

The following additional adverse reactions have been reported with estrogen therapy, including oral contraceptives:

- Genitourinary System:** Breakthrough bleeding, spotting, and menstrual flow; increase in size of uterine fibromyomata; clitoral hypertrophy; erosion and amount of cervical secretion.
- Endocrine:** Breast tenderness, breast enlargement.
- Gastrointestinal:** Nausea, vomiting, abdominal cramps, lactostasis; cholestatic jaundice have been observed with oral estrogen therapy.
- Eyes:** Steepening of corneal curvature; intolerance to contact lenses.
- Central Nervous System:** Headache, migraine, dizziness.
- Miscellaneous:** Change in weight, edema, change in libido.

**DOSE AND ADMINISTRATION**

The adhesive side of the Estraderm system should be placed on a dry area of the skin on the trunk of the body (including the lower abdomen). The site selected should be one that is not exposed to sunlight. *Estraderm should not be applied to the breasts.* This application must be related, with an interval of at least 1 week, between applications to a particular site. The area selected should be oily, damaged, or irritated. The waistline should be avoided, as tight clothing may rub the system off. The system should be applied immediately after opening the pouch and removing the protective film. The system should be pressed firmly in place with the palm of the hand for about 10 seconds, making sure there is good contact, especially around the edges. In the unlikely event that a system should fall off, the same system may be reapplied. If necessary, a new system may be applied. In either case, the original treatment schedule should be continued.

**Initiation of Therapy**

Treatment of menopausal symptoms is usually initiated with 0.05 mg applied to the skin twice weekly. The dosage should be adjusted as necessary to control symptoms. The lowest dose necessary for the control of symptoms should be used, especially in women with an intact uterus. Attempts to taper or discontinue the medication should be made at 3-to 6-month intervals.

Prophylactic therapy with Estraderm to prevent postmenopausal bone loss should be initiated with the 0.05 mg/day dosage, so long as possible after menopause. The dosage may be adjusted if necessary to control concurrent menopausal symptoms. Discontinuation of replacement therapy may reestablish the natural rate of bone loss.

In women not currently taking oral estrogens, treatment with Estraderm may be initiated at once. In women who are currently taking oral estrogen, treatment with Estraderm should be initiated after withdrawal of oral hormone replacement therapy, or sooner if menopausal symptoms reappear in less than 1 week.

**Therapeutic Regimen**

Estraderm therapy may be given continuously in patients who do not have an intact uterus. In those patients with an intact uterus, therapy may be given on a cyclic schedule (e.g., 3 weeks on drug for 4 weeks off drug).

# Train at Home for One of These 56 Career Opportunities

Send for free facts about career diplomas and degrees

CAREER DIPLOMA Interior Decorating	ASB DEGREE Business Management	CAREER DIPLOMA Computer-Assisted Bookkeeping	CAREER DIPLOMA Animal Care Specialist	CAREER DIPLOMA Small Business Management	CAREER DIPLOMA Legal Assistant
CAREER DIPLOMA Bookkeeping	ASB DEGREE Business Management with option in Finance	CAREER DIPLOMA Child Day Care	CAREER DIPLOMA Dentistry	CAREER DIPLOMA Computer Programming	CAREER DIPLOMA Desktop Publishing & Design
CAREER DIPLOMA Hotel/Restaurant Management	ASB DEGREE Accounting	CAREER DIPLOMA High School	CAREER DIPLOMA Police Sciences	CAREER DIPLOMA Fitness & Nutrition	CAREER DIPLOMA Journalism/Short Story Writing
CAREER DIPLOMA Secretary	ASB DEGREE Business Management with option in Marketing	CAREER DIPLOMA Medical Office Assistant	CAREER DIPLOMA Catering/Gourmet Cooking	CAREER DIPLOMA Medical Transcriptionist	
CAREER DIPLOMA Legal Secretary	CAREER DIPLOMA Florist				
CAREER DIPLOMA Real Estate Appraiser	CAREER DIPLOMA Personal Computer Specialist				

ly Struthers,  
of Movies and  
vision says...

now how important training is to having a successful career—without it, to find a good job is almost impossible. With ICS, you can train in your own or a better job, more money, and greater job security. ”

Send for free facts  
and color brochure!

Want more money, more security and a way of life, now you can train in your own home—for a diploma or even a degree to help you get a better job.

Learn from specialists...  
the adult way!

Help of educators, consultants, trainers, authors and distinguished speakers guides you step by step. And all include the necessary tools, equipment and materials for your training.

An ideal way to learn!  
to change your daily routine or take time in your job or family.

Get your Degree  
without attending college!

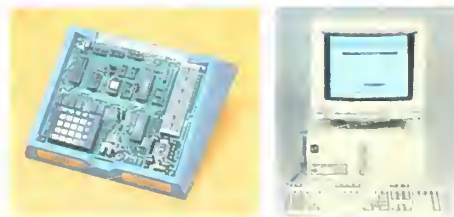
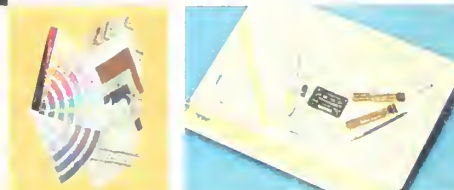
International Center for Degree Studies offers an alternative in Specialized Business (ASB) Degree in business and management fields, and Associate in Specialized Technology (AST)

MAIL POST-PAID CARD  
FOR FREE FACTS  
OR CALL TOLL FREE

00-596-5505 Ext. 5129

CALL ANYTIME—24 hours a day, 7 days a week  
If card is missing, check the name of the person you're most interested in on the coupon and mail it today!

Many courses contain exciting lessons, tools and materials like these.



Degree in 5 areas of engineering and technology. If you have previous college experience, you may be entitled to advanced standing.

Could a Career Diploma  
or Degree be worth thousands  
of dollars to you?

Specialized training in any of these fields, or a Specialized Associate Degree in Business or Technology, could make a giant difference in your lifetime earnings. For more information at no cost, check the career that interests you most and mail the postage-paid reply card today, or call us toll free.

International Correspondence Schools, Dept. PUBS74S  
925 Oak Street, Scranton, PA 18515

Please send free facts on how I can train at home for the career I have chosen. No obligation. No salesman will visit. CHECK ONE ONLY.

<p><b>ASSOCIATE IN SPECIALIZED BUSINESS DEGREE PROGRAMS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Business Management</li> <li><input type="checkbox"/> Accounting</li> <li><input type="checkbox"/> Business Management with option in Marketing</li> <li><input type="checkbox"/> Business Management with option in Finance</li> <li><input type="checkbox"/> Applied Computer Science</li> <li><input type="checkbox"/> Hospitality Management</li> </ul> <p><b>ASSOCIATE IN SPECIALIZED TECHNOLOGY DEGREE PROGRAMS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Mechanical Engineering</li> <li><input type="checkbox"/> Technology</li> <li><input type="checkbox"/> Civil Engineering Technology</li> <li><input type="checkbox"/> Electrical Engineering Tech</li> <li><input type="checkbox"/> Industrial Engineering</li> <li><input type="checkbox"/> Technology</li> <li><input type="checkbox"/> Electronics Technology</li> </ul>	<p><b>CAREER DIPLOMA PROGRAMS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Computer Programming</li> <li><input type="checkbox"/> Computer Programming/COBOL</li> <li><input type="checkbox"/> Personal Computer Specialist</li> <li><input type="checkbox"/> Computer-Assisted Bookkeeping</li> <li><input type="checkbox"/> PC Repair</li> <li><input type="checkbox"/> Desktop Publishing &amp; Design</li> <li><input type="checkbox"/> High School</li> <li><input type="checkbox"/> Catering/Gourmet Cooking</li> <li><input type="checkbox"/> Medical Office Assistant</li> <li><input type="checkbox"/> Auto Mechanics</li> <li><input type="checkbox"/> Bookkeeping</li> <li><input type="checkbox"/> Hotel/Restaurant Management</li> <li><input type="checkbox"/> Drafting</li> <li><input type="checkbox"/> Animal Care Specialist</li> <li><input type="checkbox"/> Electronics</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Air Conditioning &amp; Refrigeration</li> <li><input type="checkbox"/> TV/VCR Repair</li> <li><input type="checkbox"/> Secretary</li> <li><input type="checkbox"/> Electrician</li> <li><input type="checkbox"/> Police Sciences</li> <li><input type="checkbox"/> Private Security Officer</li> <li><input type="checkbox"/> Art</li> <li><input type="checkbox"/> Small Business Mgmt</li> <li><input type="checkbox"/> Interior Decorating</li> <li><input type="checkbox"/> Wildlife/Forestry Conservation</li> <li><input type="checkbox"/> Legal Secretary</li> <li><input type="checkbox"/> Diesel Mechanics</li> <li><input type="checkbox"/> Gun Repair</li> <li><input type="checkbox"/> Fashion Merchandising</li> <li><input type="checkbox"/> Motorcycle Repair</li> <li><input type="checkbox"/> Surveying &amp; Mapping</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Fitness &amp; Nutrition</li> <li><input type="checkbox"/> Child Day Care</li> <li><input type="checkbox"/> Legal Assistant</li> <li><input type="checkbox"/> Photography</li> <li><input type="checkbox"/> Dressmaking &amp; Design</li> <li><input type="checkbox"/> Journalism/Short Story Writing</li> <li><input type="checkbox"/> Teacher Aide</li> <li><input type="checkbox"/> Medical Transcriptionist</li> <li><input type="checkbox"/> Real Estate Appraiser</li> <li><input type="checkbox"/> Home Inspector</li> <li><input type="checkbox"/> Professional Locksmithing</li> <li><input type="checkbox"/> Appliance Repair</li> </ul>
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Your Name \_\_\_\_\_ Age \_\_\_\_\_  
 Address \_\_\_\_\_ Apt. # \_\_\_\_\_  
 City/State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone (\_\_\_\_) \_\_\_\_\_

## West Texas two-step

continued from page 84

listen, keeping the volume low enough that my mother wouldn't come in and tell me it was past time to shut it off and go to sleep. XERF apparently was something of a renegade operation in those days. Its towers were across the Rio Grande in Mexico, allowing the station to circumvent U.S. rules and boost its signal up to Pluto and back whenever it wanted, enough power that it came like an arrow straight into my small bedroom, in Rockford, Iowa.

In between rambling, endless commercials for "miniature white bibles" and "autographed pictures of Jesus Key-rist," the DJ's played a little music. Sometimes they played Bob Wills and his Texas Playboys. Bob smoked cigars on the bandstand and had a peculiar way of going into a high-tenor yowl during parts of songs he liked a lot, such as "Somewhere South of San Antone." When Bob'd say, "Take it away, Leon," Mr. Leon McAuliffe would roll into a hot instrumental break on his steel guitar. Those were the early years of Texas Swing, a mixture of blues and folk and jazz, a music all its own.

So, at fifty-four and counting, a can

tucked into knee-high boots. When he's working stock, Sam wears tennis shoes most of the time (he thinks high-heeled boots have a tendency to get caught in the stirrups, and if things get out of control, a horse might just drag you along for some unpleasant distance). But he wore boots and a cowboy hat and snap-button shirt for the dance (snaps come undone fast if your shirt gets tangled up with something bad out on the range). I felt better about that—Sam's cowboy hat—since I had on my new Stetson and thought I looked pretty good in it.

When he wasn't dancing with his wife or mother-in-law or several other ladies for whom he felt a responsibility, Sam and I sat together at a corner of the table and talked about these last years of real cowboying, about the old ways dying and the sorrow of things passing. Out on the dance floor, Sam does just fine, does sort of a basic Texas two-step. He doesn't waltz, says, "My body just can't feel it." I understood his words.

Even before I came out here, I always liked two things about West Texas. First, it has a culture all its own, hooked deep into the traditions of ranching, identifiable as that of a foreign country. Second, the men dance. And a lot of

run over. The band had cranked up volume and was shifting back and forth between country and rockabilly, two hundred pairs of boots doing their own variation on Texas dancing and hundreds of Stetsons rising and falling and pointing toward the morning (women don't wear boots but leave hats to the men).

Somebody requested a Merle Haggard song, and again I shouted across the table to Georgia, "They're gonna play Merle. We have to dance this one."

"I sure like your hat," she said as she managed a respectable version of the Texas two-step she'd taught me.

I grinned and took her around the floor, remembering XERF and miniature white bibles, an outsider coming into the traditions of West Texas.

After the dance, we drove a few miles to our place in the mountains, fixed egg sandwiches while Jack, a Border collie, slept on the kitchen floor. I leaned against the fridge and looked at the red ink stamped on the back of my hand, just the way they used to do at roller rinks and high school dances where you could leave and come back without buying another ticket.

Sitting at the table, she smiled and said, "We danced more tonight than we have in the last twenty years, total."

After a bite of egg sandwich and a glass of Lone Star, I grinned at her. "I can stand this music. A little brown hair with a tan cloth covering over the papers drilled it into me forty years ago."

I paused for a moment, then said, "You know what Bob Wills once told Leon McAuliffe about handling mental breaks? He said, 'You smile when you take it and smile when you give it back and play like hell in the meantime.' That's a pretty fair definition of the way life ought to be."

I got Jack settled down for the night and then lay in bed, thinking about the evening. They dance out here in West Texas, moving along to the complex rhythms of music and droughts, fights and empty drill holes and marriages that worked or didn't.

But, by God, they *do* dance. They dance well and honestly, and I had the chance to join them, had the chance to pay my own private respects to Bob Wills to a memory that rests warm and sweet on the side of me—a little brown radio and music coming like an arrow all the way from Del Rio. I'd put on my dance boots, called up my memories and paid my respects. I did that when a fiddler laid "Faded Love" on a Saturday night in the early spring . . . in West Texas.

In addition to "The Bridges of Madison County," Robert James Waller is the author of "Slow Waltz in Cedar Bend" and the new song collection "Old Songs in a New Voice" (all published by Warner).

# When it comes to things you really love, it's best not to let technique get in the way of feeling.

of Bud in my fist, I knew it was "Faded Love" from the first three notes of the song, and I knew I had to dance that one. Having lived my life in something other than perfect meter, I tried not to run over Georgia's feet as we joined fifty other couples doing a medium fox-trot. And moving around the floor, I kept reminding myself that when it comes to things you really love, it's best not to let technique get in the way of feeling.

After "Faded Love," Sam Cavness brought more Budweisers to the table. Sam's one of the last true cowboys, and with the help of his dog, B'ar, takes care of the cattle on my place. Not my cattle—I lease out the grazing rights. But occasionally Sam comes up to the ranch-house door and asks about a pump valve or whatever, he and B'ar and a nine-year-old sorrel named Macaroni he rides as if it were part of him. He grins at the cowboy pretenders with their pants

them *really* dance, in an intense, soulful way, taking the women through wide, complicated turns with fancy footwork, always on the beat.

There's a West Texas custom that takes some getting used to, however, of going back to your table after every song. Song over and the dance floor empties; music starts up again and the dance floor fills. So there's a constant stream of people moving back and forth, laughing and shaking hands, locked into one another from decades of droughts and bar fights and empty drill holes and marriages that worked or didn't. But, by God, they dance; they dance hard to the rhythms of a hard land and country music. In fact, a local mayoral candidate told me a key element of his campaign will be "a dance in town at least once a month."

By midnight it was getting wild, people yelling, going like hell around the floor—you had to keep moving or get



# A place for children to blossom.



At KinderCare, every child has special moments of discovery; a door, quite magically, unlocks and opens. This is a very important part of Whole Child Development. Which even though it has an impressive-sounding name, is really quite natural. It just means that we provide the right kind of environment and encouragement for your child to develop socially, intellectually, physically and emotionally. It just means they have a whole lot of fun. Please look in the white pages for a KinderCare near you and give us a call. You'll find more than another child care alternative. You'll find a special place for your child.



The Whole Child is the Whole Idea.

© 1994 KinderCare Learning Centers, Inc.

Twenty-Five Years — Now The Next Generation

# The food-lover's guide to LOW-FAT EATING

There's no reason to avoid your favorite foods—as long as you keep an eye on the fat. In fact, good nutrition often means *adding* food to meals instead of cutting back. This guide will help you make good, better and best choices for healthful, enjoyable eating every day. By Jeanne Goldberg, R.D., Ph.D.

	GOOD	BETTER	BEST	COMMENTS
<b>At the movies</b>	3 cups unbuttered popcorn 12 oz. soda 1 oz. chocolate-covered peanuts Calories: 385 Total fat grams: 12	2 cups unbuttered popcorn 12 oz. diet soda 1 oz. chocolate-covered raisins Calories: 175 Total fat grams: 5	3 cups homemade unbuttered popcorn 12 oz. diet soda Bring-your-own raisins (¾ oz.) and peanuts (¼ oz.) Calories: 200 Total fat grams: 4	The snack bar at the movie theater is not a health-food center. But you can make good choices without overloading on fat. Serious popcorn eaters with an eye on the budget, especially those who like a lot of popcorn, prefer to pop their own. Season it with garlic powder or freshly grated Parmesan cheese—which adds a little calcium, a lot of flavor and hardly any fat.
<b>Restaurant desserts</b>	½ cup apple or peach crisp ¼ cup lemon sorbet Calories: 310 Total fat grams: 6	Poached fresh peach with raspberry sauce Angel food cake Calories: 170 Total fat grams: 1	Fresh peaches and raspberries Biscotti Calories: 125 Total fat grams: 2	Fresh fruits in season can be prepared many ways for flavorful desserts. Sorbet is a tasty, low-fat alternative to ice cream. In the summer, peaches and raspberries are at their peak. Make a delicious dessert on their own without the added sugar and calories that go into a raspberry sauce.
<b>Chocolate-lover's snack</b>	1 cup hot cocoa with 2% milk (calories, 220; total fat grams, 6) 6 oz. chocolate frozen yogurt with ⅓ cup nonfat chocolate sauce (calories, 246; total fat grams, 3)	1 cup hot cocoa with skim milk (calories, 185; total fat grams, 2) 6 oz. chocolate pudding made with skim milk (calories, 150; total fat grams, 2)	1 cup chocolate milk with syrup and skim milk (calories, 225; total fat grams, 1) ½ cup raspberries with 3 T. chocolate syrup (calories, 175; total fat grams, 1)	We are not suggesting that you eat these once. These are a variety of low-fat choices to satisfy a craving for chocolate. Whether making chocolate desserts yourself or purchasing them, look for cocoa on the ingredient list. Cocoa has the rich taste of chocolate without the fat.
<b>Restaurant entrées</b>	6 oz. rosemary-stuffed roast chicken 5 oz. new potatoes with fresh parsley 2 cups salad with vinegar and a little oil 1 cup roasted summer squash with peppers, tomatoes and onion Calories: 765 Total fat grams: 28	6 oz. rosemary-stuffed roast chicken 5 oz. new potatoes with fresh parsley 2 cups fresh spinach and mushroom salad with balsamic vinegar 2 cups steamed summer squash with peppers, tomatoes and onion Calories: 700 Total fat grams: 19	4 oz. grilled chicken teriyaki with green peppers and cherry tomatoes 1 cup brown rice 1 cup steamed broccoli Calories: 525 Total fat grams: 9	An entrée with a small portion of chicken will have less fat than a large piece of meat. Making up the difference with vegetables and complex carbohydrates such as rice, potatoes and pasta makes a meal with an excellent nutritional profile. Brown rice provides fiber and B vitamins along with a nutty flavor. Roasted vegetables are generally prepared with fat in a restaurant, whereas steamed vegetables are likely to be less (or no) added fat.



There's nothing we like more than watching all our hard work go down the





Cleaning bathrooms may seem like a thankless job, but we love it. In fact we like it so much, you barely have to lift a finger to get a sparkling clean bathroom. Just spray us on and wipe away dirt and soap scum. All that's left is extraordinary sparkle and shine. It's that simple.

So use Scrubbing Bubbles® only in Dow Bathroom Cleaner. And leave all the dirty work to us.

*Dow Bathroom Cleaner  
With Scrubbing Bubbles.®*



*We Work Hard  
So You Don't Have To.™*

	GOOD	BETTER	BEST	COMMENTS
<b>Seafood entrées</b>	<p>8 oz. grilled salmon steak 1½ cups sautéed zucchini with red pepper 5 oz. red potatoes Calories: 610 Total fat grams: 24</p>	<p>8 oz. fresh white fish with ½ cup Creole sauce ¾ cup steamed rice 1 cup steamed fresh spinach Calories: 590 Total fat grams: 9</p>	<p>8 oz. fresh white fish, grilled with lemon and ginger 1 cup black beans cooked with herbs 1 cup steamed spinach Calories: 570 Total fat grams: 6</p>	<p>Remember that in restaurants you can always ask to go light on the fat and sauces, such as fat added to sautéed vegetables. Spinach is a good option for adding vitamins A and C. Beans add a hefty amount of fiber to a low-fat meal.</p>
<b>Chinese-food entrées</b>	<p>Egg drop soup or hot &amp; sour soup Beef and broccoli Vegetable lo mein Stir-fried vegetables Calories: 805 Total fat grams: 28</p>	<p>Egg drop soup or hot &amp; sour soup Chicken and broccoli Shrimp with garlic sauce Stir-fried vegetables Calories: 785 Total fat grams: 23</p>	<p>Egg drop soup or hot &amp; sour soup Chicken and broccoli Szechuan shrimp Stir-fried vegetables Extra plain rice Calories: 760 Total fat grams: 17</p>	 <p>The fun of eating Chinese food is sharing, so we suggest combinations of dishes. To control the fat: 1) ask for dishes low in fat, 2) ask for the meal to be prepared with less oil, and 3) go heavy on the rice, light on the entrées (the calculations for the best choices reflect this tip), especially entrées higher in fat.</p>
<b>Midnight munchies</b>	<p>1 peanut butter and jelly sandwich on whole wheat bread with 1 cup skim milk (calories, 456; total fat grams, 18) 1 medium green apple with 1 T. peanut butter and 1 cup skim milk (calories, 260; total fat grams, 9)</p>	<p>1 cup applesauce with 6 vanilla wafers or gingersnaps (calories, 255; total fat grams, 4) 4 graham crackers with 2 T. apple butter and tea (calories, 220; total fat grams, 5)</p>	<p>Whole wheat English muffin with jelly and tea (calories, 149; total fat grams, 1) Bowl of whole grain cereal with sliced fruit and skim milk (calories, 295; total fat grams, 2)</p>	<p>For many people, a late-night snack is an indispensable part of the daily ritual. The snack you snack on, however, should depend on how much you've eaten during the rest of the day. Our good-better-best choices are geared for people who have not consumed an average amount of food during the day. But if you're carefully watching your calorie and fat intake, or if you've eaten more than usual during the day, a piece of fresh fruit is your best bet.</p> 



Have **5** potato chips for **2.5** grams of fat or . . .

GOOD	BETTER	BEST	COMMENTS
<p>1/2 oz. grilled marinated London broil Baked potato with 1 tsp. margarine Sliced tomatoes with minced scallions and balsamic vinegar Calories: 690 Total fat grams: 29</p>	<p>2 oz. beef with 2 cups stir-fried veggies OR 2 oz. marinated beef strips with tomatoes, scallions and green peppers on greens, with balsamic vinegar 1 cup sliced new potatoes with vinegar, oil and herbs Calories: 385 Total fat grams: 14</p>	<p>1 cup beef stew with carrots and potatoes 1 cup steamed broccoli with lemon Sliced tomatoes with minced scallions and balsamic vinegar Calories: 280 Total fat grams: 6</p>	<p>Beef main dishes can be low in fat and calories if you keep three things in mind: First, choose low-fat cuts such as London broil, flank steak, lean stew beef and lean ground beef. Second, keep portion sizes small, filling in the rest of the meal with complex carbohydrates: rice, potatoes, noodles, bread. Third, use a minimum amount of fat to brown meat and vegetables when making stew, drain before adding cooking liquid, and skim off any fat that accumulates during cooking.</p>
<p>1 hamburger Garden salad with lite vinaigrette 6 oz. orange juice OR 1% milk With juice: calories, 400; total fat grams, 12 With milk: 430; 14</p>	<p>Chicken fajita Garden salad with lite vinaigrette 6 oz. orange juice OR 1% milk With juice: calories, 330; total fat grams, 11 With milk: 360; 13</p>	<p>Chunky chicken salad with lite vinaigrette Fat-free apple-bran muffin 6 oz. orange juice OR 1% milk With juice: calories, 422; total fat grams, 5 With milk: 452; 7</p>	<p>These days fast-food restaurants are offering an expanding number of healthful choices. These menus are designed as examples of the preferred options for those who would like to keep a careful eye on fat and calories.</p> 
<p>Grilled-chicken sandwich Side salad with low-fat Italian dressing 6 oz. 2% milk Calories: 460 Total fat grams: 14</p>	<p>Baked potato with broccoli, chives and cheddar cheese 6 oz. 2% milk Calories: 455 Total fat grams: 10</p>	<p>From salad bar: romaine lettuce, cottage cheese, carrots, peas, broccoli, cauliflower with low-fat dressing Fruit salad: melon, peaches, pineapple, strawberries, cantaloupe 6 oz. 2% milk Calories: 295 Total fat grams: 6</p>	<p>There are endless possible combinations for a good meal and dessert, but the virtues of a salad bar are easily sabotaged. Low-fat sources of protein, such as hard-cooked eggs (mostly egg whites), beans and cottage cheese, along with vegetables and fruit, can make a nutrient-dense meal that is high in fiber and vitamins and low in fat. Dressings, however, can quickly add a lot of fat. Many salad bars now have low-fat alternatives. Try extending a little salad dressing with lemon juice, vinegar or cottage cheese.</p>



... a whopping **51** Bugles Light for **2.5** grams of fat.\*  
Lotta snack. Notta lotta fat.™

\*See package for nutritional information © 1994 General Mills, Inc.

# "WE CARE!"

LHJ asked you to do your part to make this country a better place to live. You listened—and told us your suggestions for fighting the war against sleaze and violence

**T**hree months ago, *Ladies' Home Journal* ran a special editorial by Editor-in-Chief Myrna Blyth. She spoke out against the alarming climate of cynicism in this country, the increase in violence and the media's part in promoting cynicism and glorifying violence. We also included a petition for readers to sign and encouraged you to express your ideas on how best to address the problems. "Show you care," we said.

You did. Readers, their friends, family, neighbors and co-workers—more than forty thousand—signed the petition, and your responses are still coming in. (The results will be sent to President Clinton, members of Congress and the heads of major media corporations.) Hundreds of readers also wrote to comment on the editorial, and their responses were both thoughtful and heartfelt. Though the letters represented varying political points of view, all the writers agreed on one thing: We must do something to bring ethics and values back to our nation, starting now.

We decided to share some of the best letters. You may not agree with all of the opinions expressed, but some are sure to strike a chord.

## IT CAN HAPPEN ANYWHERE

This past Friday, I planned to collect twenty or so "Show you care" signatures from fellow teachers at my school. I was going to say, "We have a good, safe environment here in our rural Delta school, and we want to keep it that way."

At approximately 12:05 P.M., as we waited for the lunch bell, we heard what we thought to be firecrackers. It was pistol shots—one student had been critically injured by another. The irony amazed me—I had gotten the last signature only minutes before. What we thought happened in other places had now happened to us.

Afterward, the other teachers and I talked to our students and collected their signatures—more than one hundred seventy in all, a lot for our small school. We care.

—Sally Blackley, Rolling Fork High School, Rolling Fork, Mississippi

## TURNED OFF BY TV

I almost felt like crying when I saw your article on sleaze and violence. So many of my friends and neighbors are frustrated with TV, too. I used to feel that if I didn't think a show was appropriate for my family, it would be turned off, but now there seems to be nothing to change it to. My big complaint is that even if my family does choose not to watch a certain show, that program's commercials are aired during the shows that we do

watch—and the commercials are just as sleazy and violent.

My argument to people who think that TV violence doesn't influence children is: If TV doesn't influence *adults*, why would advertisers pay \$900,000 for thirty seconds of commercials during the Super Bowl?

—Teresa Kolodziej, Marlton, New Jersey

## A PASTOR SPEAKS OUT

Your editorial was quite timely.

My message one recent Sunday was about how we live out our lives, for those of us who call ourselves Christians, and I quoted from that editorial. Of course, I have spoken to this subject in the past in different ways, but the time is *now* for every concerned individual to take positive action.

The suggestion of a "Day of Reflection" is good, but there are two observances already established that can also be effective tools: National Family Week (the first week in May) and the National Day of Prayer (the first Thursday in May). People of any background are encouraged to participate in these events. As communities, we can also encourage the recognition of those who do live their lives in healthy, beneficial ways for others. I would encourage all the media to pay more attention to these people and to report the

(continued)



Pediatricians **R**ecommend **OFF!** Skintastic  
for **k**ids. **B**UGS **D**ON'T.

ew!



New OFF! Skintastic® for Children is a clean, fresh-smelling bug repellent that feels great – not greasy. It comes in ten pre-measured foil pouches so it's easy to use. Pediatricians recommend it. Kids sure seem to like it. Bugs were unavailable for comment.

Feels GREAT ON.  
Keeps BUGS **OFF!**™



"We care!"

*continued*

positive side of news as well as the negative. When all we live with is defeat, then we become defeated people.

—Pastor Kathryn B. Loizeaux,  
The United Methodist Parish,  
East Branch, New York

### ONE READER'S CAMPAIGN

It is so easy to feel alone when you seem to be surrounded by a deteriorating world and you feel helpless to do anything. I know in my heart, however, that this is not true. We can all make a difference, a little at a time.

How do I try to make a difference? For one, I write letters on issues that I feel strongly about. Last year, I wrote several letters to major sponsors of certain violent TV programs, telling them that neither I nor my family and friends would purchase their products. When it begins to affect their pockets, corporations will listen.

**"The family is where everything starts!"** says one reader. "Do we want to save it or don't we?"

Recently, I also made a change on a small scale at home. Since we moved to a neighborhood without cable access, my two sons' TV viewing has dropped by at least 50 percent. Our oldest son has suddenly become an avid reader. I now realize that children can live without TV and actually thrive!

I have joined committees that are working to make positive changes. I loathe public speaking; however, because my children mean so much to me, I put aside my fears and have forced myself to speak out.

I do feel the trend toward violence will shift the other way. However, before it does, I want to make sure that my family is not one of the statistics!

—Joanne H. Liwicki, Eden, New York

### PLAYING BY THE RULES

As the mother of two sons, ages nineteen and twenty, I am at times overwhelmed by the fact that they face problems and trials I never had to face. My husband and I have taught our children that each and every action has a reaction, and that they will be held

responsible for their decisions. This world is full of rules and regulations, and unless our children learned to respect this at an early age, they would not stand a chance of survival later.

The social and economic problems that we all face today are horrific, but we must never give up trying to teach that as long as you rise each and every day, give thanks to the Creator that He has seen fit to give you another day, and try to respect the others around you, maybe—just maybe—we can give our grandchildren a chance.

—Sandra Josey, Pensacola, Florida

### GENERATION GAP

I am a college professor, and I teach primarily on the graduate level. Your article really hit home after an incident in my American Politics Seminar last week. The class (ages twenty-two to forty-five) got into an argument over the Menendez and Bobbitt trials and results. The younger members, without exception, felt that the abuse

justified the violence that occurred in the two cases; the other members pointed out that the Menendez brothers and Mrs. Bobbitt were old enough to seek help. It was the change in attitude according to generation that concerned me.

The message clearly being sent by the media is that all individuals need is some type of justification to engage in violent behavior, even to the point of taking a life. How sad that the implicit message in the media is sympathy for those who committed the crime. We are besieged with films that glorify violent crimes just by providing the attention; worse yet, such individuals become wealthy from books and films, while leaving extensive carnage behind.

—Dr. Kay Hofer, San Marcos, Texas

### ACCENTUATE THE POSITIVE

I'm willing to do what it takes to make our country a safer place to live for all of us, especially our children. In addition to stopping the sleaze and violence that we are continually exposed to by TV

and media, we could improve what is going on around us by publicizing and leveling programs that show the good people and the beauty of our country.

—Kathy Clark, Riverside, Ca

### TEACH OUR CHILDREN WELL

Children need two things to become responsible, productive adults: self-respect and education. If these needs are addressed and attained for every child, society's problems will disappear.

Unfortunately, society provides little training for the most important job of the world—parenting. We must teach children, as part of their regular school curricula, how to be good parents. Children must be taught how to nurture their children, how to be good parents, and how to be held accountable for their children's self-esteem, as well.

I never understood why parents are left to chance when the consequences of a poorly done job are of such great importance to society, both in economic and social terms. We're so diligent in requiring training, licensing or certification in other areas.

There are many strong women who are passionately interested in, and who are discussing and finally focusing on, improving the welfare and rearing of our children: Marian Wright Edelman, Nancy Pelosi, Cuomo, Janet Reno, Donna Shalala, Barbara Schroeder, Oprah Winfrey, Hillary Clinton, Maya Angelou and many others. Hamburg, just to name a few. I hope to see them and you, Myrna, organize to focus attention on this issue. Congress needs its feet held to the fire.

—Nancy E. Castronovo,  
Clifton, New Jersey

### BACK TO CIVILIZATION

With our children sampling much of adult life's experiences prematurely and exposed to much that is sordid, we have sacrificed their carefree innocence at the altar of freedom of choice. It is time to reverse our thinking. Looking for a number one is no longer an admirable or desirable trait. Civilized society must have a focus on the common good—even if it means sacrificing part of our individual rights.

The civilizing influence of faith should be treated with respect and encouragement—what's so bad about believing that Someone out there might have more power and know more than we do?

We're ready to help—the journey won't be easy. Be a beacon for us!

—Judith Waadle, Portland, Oregon

### TAKING A STAND

As a wife and mother, I believe that the only way to effectively deal with violence is to hopefully change—the situation is standing behind and financially supporting organizations that convey one's own convictions. (cont)





roducing the  
Profile™ 30"  
Self-Cleaning

## NO OTHER 30" CONVECTION WALL OVEN HAS AN APPETITE THIS BIG.

Convection Wall Oven. It gobbles up a 35-pound turkey in a single gulp. And swallows a dozen loaves of bread all at once. But that's just an appetizer.

Profile™ gives you the greatest capacity of any self-cleaning convection wall oven—from 5-12% more than others. It also offers the flexibility of four cooking modes. For meats and poultry, choose the Convection Roast mode. By circulating hot air around foods, convection

not only roasts meats faster. It also leaves

them beautifully browned outside, juicy inside. For delicious breads and pastries, there's Convection Bake. For piping hot casseroles, Thermal Bake. Or, for fish and burgers, select the Broil mode, with six coils that distribute heat more evenly.

To learn more, call the GE Answer Center™ at 800.626.2000. And fill up on facts about our remarkable new wall oven.

It's very big. And very, very hungry.



Profile

"We care!"

*continued*

I have found that the best way to fight sleaze is to join the American Family Association, established by Dr. Donald E. Wildmon. They fight against everything—from trash on TV to pornography funded by the National Endowment for the Arts—by boycotting those who sponsor this filth, and by contacting our representatives in Washington.

To fight violence, the best and most effective organization to join, even if you do not own a firearm, is the National Rifle Association. They promote programs such as "CrimeStrike," which is designed to keep criminals off the street and in prison. By joining the NRA, you can tell Washington to quit trying to take away our means of protecting ourselves, which our forefathers gave us in the Second Amendment, and to focus on punishing the criminal.

—Laura Waadward, Three Rivers, Texas

### A NEED FOR DEBATE

I was glad to see your editorial and your mention of a courageous former editor of *Ladies' Home Journal*—Edward Bok. He was my husband's grandfather, and from all I know about him, I know he would approve of the steps you are taking!

I am especially interested in your call for public debate and advocacy because I have recently completed a research paper on "TV Violence, Children and the Press." Media violence is only one of the factors contributing to the climate of violence in which American children now grow up, but it influences their lives from babyhood on up as in no other society. The average American child will already have watched, on average, eight thousand murders and one hundred thousand acts of violence on TV by the time he or she finishes grade school.

There are many ways for families, communities, advocacy groups, the entertainment industry and the government to address the problems of violence and the media without posing any risks of censorship. We are witnessing a groundswell of such efforts by citizens across the country. Unfortunately, many in the press have been too quick to invoke the threat of censorship and to discuss the problems of media violence in a way so superficial as to inhibit, rather than facilitate, informed public debate.

This is why I am especially glad to see your initiative in calling for such an informed debate. It is only by taking seriously the unacceptable role that violence has come to play in the lives of our children that we'll be able to determine the wisest ways to reduce its impact.

—Sissela Bak, Ph.D.,  
Cambridge, Massachusetts

### GETTING BACK TO BASICS

I do believe there's a lot we can do, even if only a chosen few of us rise up and demand moral integrity and, with it, responsibility.

So many people strive hard to be politically correct that they've lost sight of something very basic but very crucial to a sound society: There really is a right and wrong, and all roads do not lead home. Why are we so afraid to draw lines and admit this? Why is it easier to give in to "situational ethics" than to teach our youth about the value of life itself? We can't place a value on another's life unless we understand our own value. This is where we need to begin with our children, from birth.

Obviously, I'm not a writer, a politician or a saint. I'm just a mother with three children whom I love very dearly.

—Danna L. Ramsey,  
San Jase, California

### FAMILY FIRST

How can we be better parents when we are both working full-time and have to turn our children over to child care? Yes, some couples work to have the extra BMW, but many, like us, do it just to pay for necessities. No wonder there has been a breakdown in the family integrity. We need choices that include the option of the mother being home to nurture and teach her children without being penalized financially for doing so.

Corporate America and the government have got to wake up and subsidize family values. There is too much pressure and stress on families, and not enough support for them. The family is where *everything* starts! Do we want to save, strengthen, respect and prioritize it—and in so doing improve and restore society—or don't we?

—Karen L. Mira,  
Santa Barbara, California

### LET'S START NOW

Bravo. I applaud the courage of your editorial calling us all to take a stand against the insidious sleaze and violence in our society. It has become so pervasive, and we take it for granted and shrug our shoulders, showing little sense of outrage.

Let's start by standing up to the gun lobby. Assault weapons, silencers and handguns are not used for hunting deer, and the rights of criminals have superseded the rights of law-abiding citizens that the pendulum *must* swing back.

Let's talk about restoring a respect for other people and property. Let's spearhead the media into celebrating kindnesses in a reverential way. Let's get advertisers on the bandwagon. Share the results of your petition; show them that the snide and sarcastic have no place in

their ads and that people will "buy" those who give us real heroes.

Let's put energy into shaping and acknowledging people who turn down bribes, donate blood, volunteer for community fire departments, T-ball coaching—people who have already said no to sleaze and violence.

—Bernice Kanner-C  
Bridgewater, Conn.

### THE SMALLEST CRIMEFIGHTERS

I was very pleased to see in your issue that you are waging a campaign against sleaze and violence.

You asked for ideas, so I want to share one: At the school where my second grade—Southwest Elementary in High Point, North Carolina—was organized a "Second Graders Against Violence" campaign, which included conflict resolution program. Our "Use Words, Not Weapons," has been printed on T-shirts for our teachers, the hundred second-graders here on posters, which we are mailing to other schools. Governor Hunt visited and approved our project highly.

—Faye  
Greensbara, North Carolina

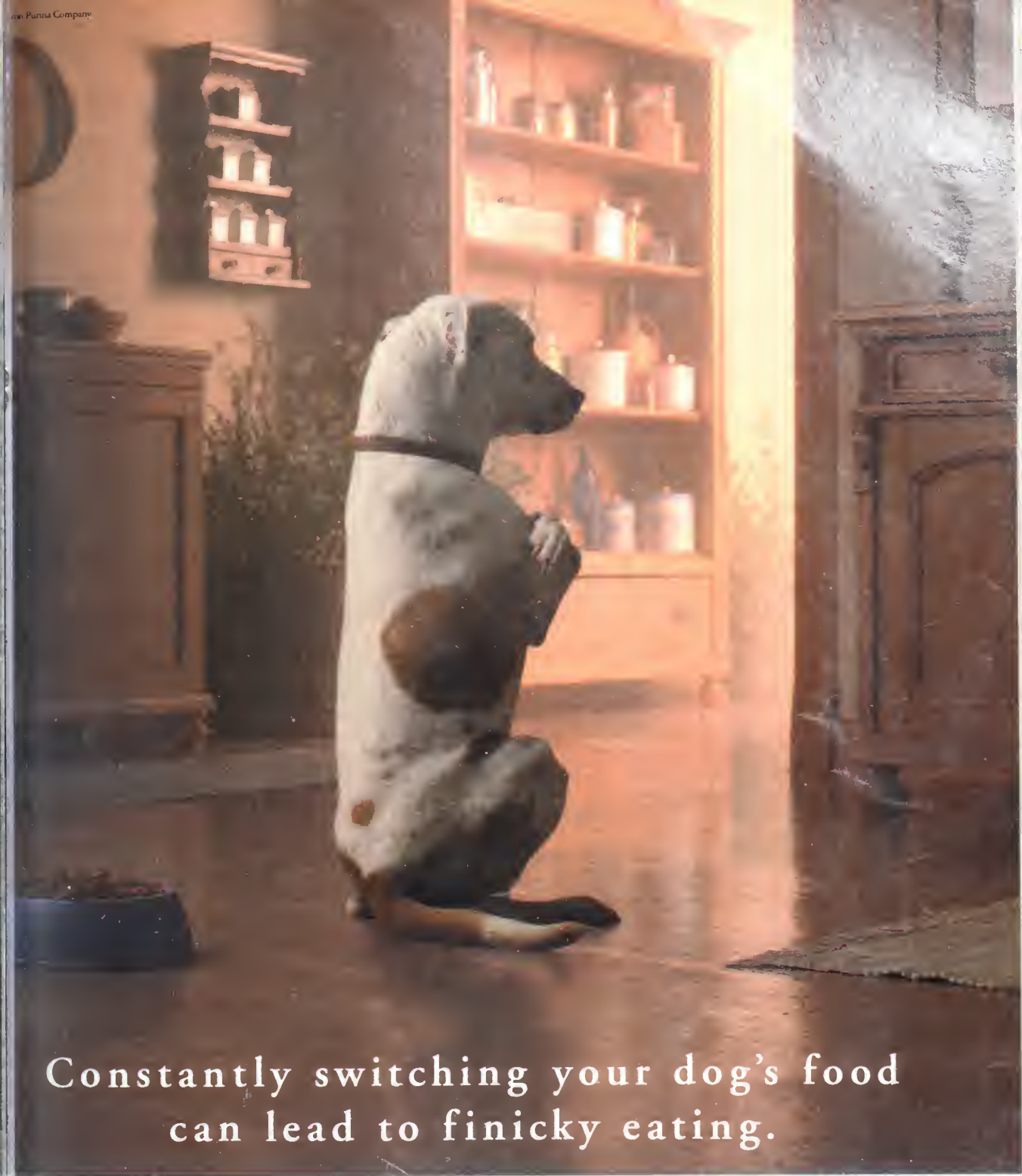
### DOING UNTO OTHERS

The publicity over violence against tourists is tarnishing Florida's glow. Yet our community—Cherokee County, in southwest Florida—embracing a kindness project on a county-wide basis. Since the first day of school we have been committing Random Acts of Senseless Kindness (RASKs) and inviting our neighbors to join (When they do, we affectionately call them RASKals.) We say that spreading RASKs is an antidote to the violence virus.

We launched our project with a "Kindness Celebration," which was attended by over three hundred people. Since then we have expanded to include such features as a display at our local mall, a weekly radio spot and a regular column in our local paper. We have also been given a national nod: On May 10, the *Oprah Winfrey Show* visited Cherokee County for a Kindness Celebration, which will be featured briefly in an upcoming show.

Given the positive energy our project seems to be inspiring in just a few months, the time may have arrived to give notice kindness, access it and nurture it. L.H.J. is clearly a RASKal at heart. With your assistance, we can help other communities to start their own kindness programs. We'll even challenge them to match us RASK for RASK!


—Lee H. Campbell,  
Punta Garda, Florida



## Constantly switching your dog's food can lead to finicky eating.

You may think your dog craves variety. But if you feed him something different all the time, you could be teaching him a new trick—finicky eating. The fact is, what dogs really need is good nutrition.



And Purina Dog Chow brand dog food has the 100% complete and balanced nutrition dogs need to stay fit and healthy. Feed it to your dog each and every day. And turn his eating habits around. 

**Purina® Dog Chow® Every Day.**



# SUSAN SARANDON SHE'D RATHER BE BEST MOM THAN BEST ACTRESS

The superstar talks about her kids, her career, life with her mate, Tim Robbins—and why she doesn't think she's going to marry him. By Jim Jerome

**P**arenting," says Susan Sarandon, "is about feeling overwhelmed. You never don't feel overwhelmed. It's nonstop. Working is when I get my rest."

Asked if she ever gets close to just crashing, the forty-seven-year-old mother of three rolls her eyes. "All the time!"

Who could blame her? Take this morning, for example: Sarandon has just dropped off her nine-year-old daughter, Eva Maria, and five-year-old son, Jack Henry,

at school. Two-year-old Miles is home with a nanny but will join his mother later for a playground romp. In the meantime, she's trying to grab a few moments of quality time with actor/director Tim Robbins, who has accompanied her on the morning ritual. (He's Jack Henry and Miles' dad; Eva Maria's father is Italian director Franco Amurri.) They manage to squeeze in a few minutes before Robbins, looking quite boyish at thirty-five, lowers his six-five frame to give the actress an affectionate farewell kiss. Then Sarandon steps out of the early morning sun and into a diner near the couple's home, faintly apprehensive but ready

to face a rare interview.

In black tights and a baggy shirt, no makeup, her hair pulled back in a bun, Sarandon looks perfectly cast for the role of Everymom, or at least a hands-on Manhattan subtype.

"On location," she sighs, "at least I have someone feeding me two meals a day, I have my little trailer, I can turn down ninety percent of what's asked of me under the guise of working. I've either always had this enormous energy, or it comes from being, you know, borderline psychotic."

That diagnosis, at least, appears unlikely. Sarandon's transition into midlife—and to her demanding roles as mother, (continued on page 145)

BY ELLEN PERLEY FRANK

**J**anice Guthrie was thirty-nine and in seemingly perfect health when she discovered that she had ovarian cancer. It hit fast without any warning, literally waking her up out of a deep sleep.

Guthrie, who lives in Conway, Arkansas, with her husband, Jon, and their two now-grown children, had gone to bed early that evening in preparation for a trip the next day to Philadelphia. But around midnight she awoke with an excruciating abdominal pain. "I thought maybe it was appendicitis," she recalls.

Alarmed, she woke her husband, who called the doctor. At the physician's orders, they drove straight to the hospital emergency room. When

health care, she managed to overcome bad medical advice and to defy the odds that she had less than five years to live.

Today, a full decade after her initial diagnosis, the only way you would know Guthrie has cancer is if she told you. Though she is still battling the disease, she feels fine, and her outlook on life is better than ever. And she has even embarked on a new career as a medical researcher, helping others take control of their health care in the same lifesaving way that she did.

#### **A SHOCKING DISCOVERY**

After her hysterectomy, Guthrie waited three tense days for the lab report on her tumor. When she finally

## **WHEN JANICE GUTHRIE WAS DIAGNOSED WITH CANCER, SHE DEFIED THE DOCTOR'S PROGNOSIS THAT SHE WOULDN'T LIVE—AND NOW SHE'S HELPING OTHERS BEAT THE ODDS AS WELL**

the examining doctors discovered a large tumor, Guthrie was rushed into the operating room. They performed an immediate hysterectomy.

The next thing she remembers is waking up from anesthesia and asking Jon what had happened. "He told me it was a tumor, and I asked, 'A malignant tumor?'" Guthrie recalls. "When Jon told me that was a possibility, I started to cry. He took my hand and said, 'We've weathered other storms together, and we'll get through this one, too.'"

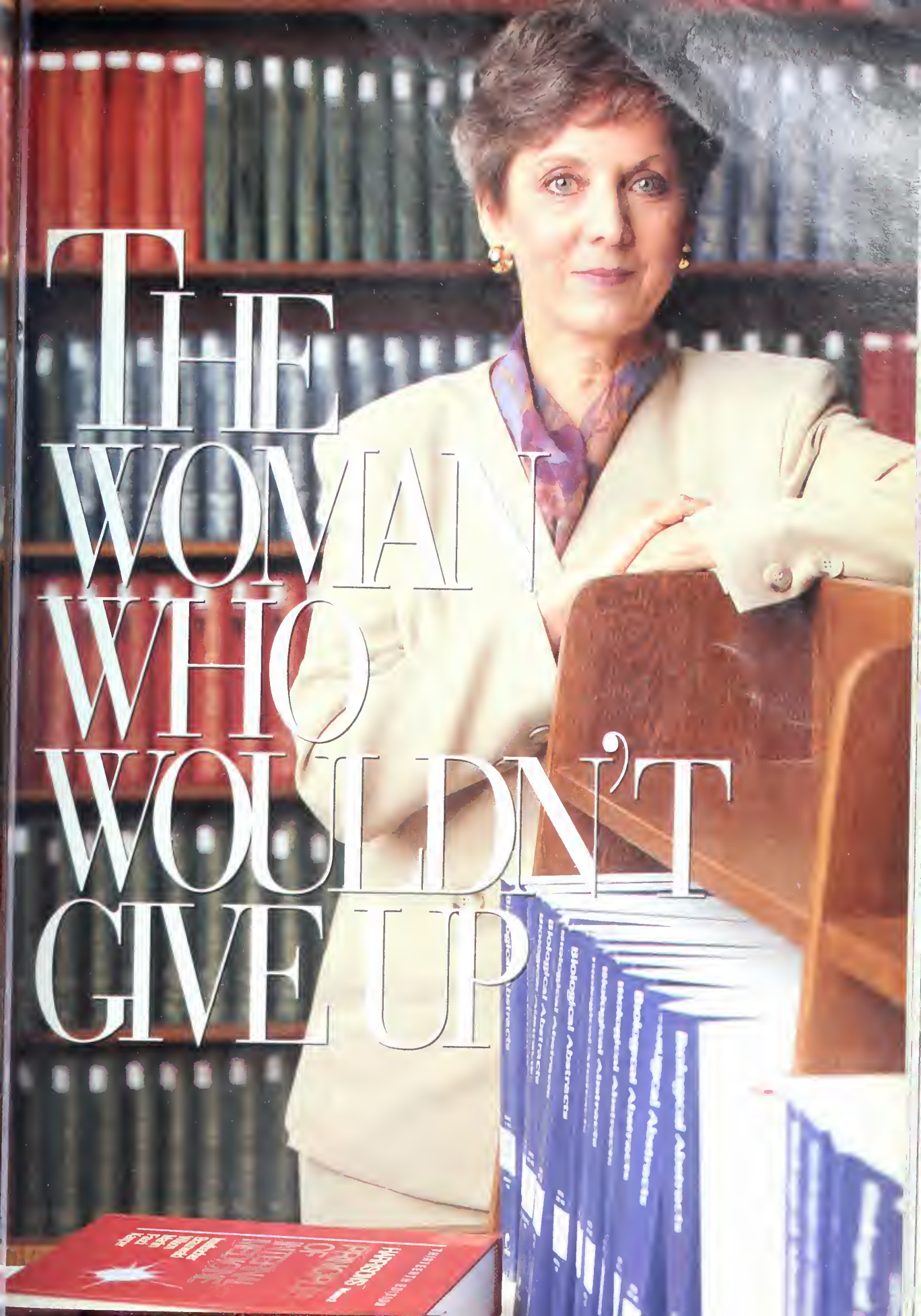
The storm was more fierce than either of them ever expected, but they did get through it—thanks in large part to Guthrie's determination. By taking control of her own

heard the results, she panicked. She had granulosa cell ovarian cancer, a rare cancer with only a 20 percent chance of long-term survival. "A diagnosis of cancer stops you in your tracks," she says.

One of Guthrie's greatest worries was how her illness would affect her children, Paul, who was twelve at the time, and Holly, who was ten. "For their sake, I needed to stay in control of my emotions," she says.

To lessen her fear, Guthrie decided to find out all she could about the disease. "Not knowing is what feeds fear, and I realized I could lessen some of that fear by learning about the cancer, so that's what I began to do." Just *(continued on page 146)*



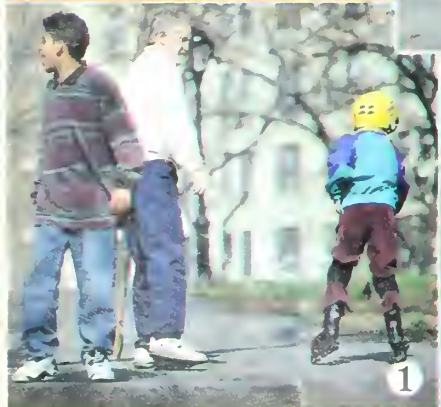


THE  
WOMAN  
WHO  
WOULDN'T  
GIVE UP

# "DON'T

# STRANGER

WE HAD EXPLAINED EVERY ASPECT OF STRANGER DANGER TO OUR CHILDREN  
CHILD-SAFETY EXPERT KEN WOODEN, AS YOU CAN SEE FROM THE PICTURES





# TALK TO "GERS"

WE WERE POSITIVE THEY WOULDN'T RESPOND TO THE LURE SET UP BY  
COULDN'T HAVE BEEN MORE WRONG. BY MARGERY D. ROSEN



(1) Elizabeth, eleven, is approached in the park by child-safety expert Ken Wooden, who pretends to have lost his dog. (2) "Have you seen my puppy?" he asks. (3) Elizabeth says no, but Wooden manages to engage her in conversation and (4) actually coaxes her into stepping outside of the park wall



David, nine, is skating when Wooden catches up with him (1) and asks for help. At first, David goes to ask his mother if he can look for the dog. When she pretends to ignore him, David uses his own judgment: Concerned about the puppy, he goes back to Wooden (2 and 3) and even takes his hand (4) as they leave the park



Five-year-old Michael is not only worried about the puppy (1 and 2), he's impressed by the \$20 reward Wooden shows him. He calls to his friend Tahlor (3), and, together, they walk with Wooden (4) over the hill and out of the park in search of the "lost" dog

I was certain it couldn't happen. After all, I'm a very street-savvy, New York City parent. I write articles advising moms and dads on child safety. Needless to say, I've been so conscientious in teaching my own children that my husband insists I'm paranoid, and my daughter has more than once rolled her eyes heavenward at my often-repeated warnings.

Which is why I can hardly describe the sick feeling in my stomach as I watched my redheaded little boy and his friend Tahlor march right out of the park one spring afternoon with a total stranger.

Let me explain: We set them up. While researching the subject of child safety, *Journal* editors were intrigued by the work of Ken Wooden, an author and former investigative reporter who, for the past twenty years, has crisscrossed the country to educate children and parents about preventing sexual crimes against kids. Wooden's contention: Despite more than a decade of public education in schools and in the news media, sexual crimes against children and adolescents continue unabated. (continued on page 153)



# THE BEAUTY HALL OF FAME

To bring you the very best, very latest advice, tips and tricks, we assembled an all-star team of beauty pros. The fab four are tops in their fields of makeup, skin care, haircolor and style, and they share the kind of special information that comes only from years of training and hands-on experience. Meet the experts, and learn just how easy it is to look really terrific all the time

**BY LOIS JOY JOHNSON, BEAUTY AND FASHION DIRECTOR**

**BOBBI BROWN** **THE SECRET TO A NATURAL-LOOKING MAKEUP** is wearing a foundation that *exactly* matches your skin. Always test foundation in daylight on a clean, foundation-free face. The ideal shade will seem to disappear into your skin on application. In doubt? Choose the lighter or warmer shade. Apply, blend and touch up with a damp makeup sponge to keep texture sheer and prevent creasing.

**THE BEST WAY TO HIDE UNDEREYE CIRCLES** is with a warm-tone concealer. Choose a creamy stick form one shade lighter than your foundation. Pat on with your pinky and follow with a light dusting of yellow powder to set the concealer and counteract the blue tones. Concentrate eye shadow and liner at outer lids to draw attention from dark areas at inner eye corners. Avoid cool blue or purple eye makeup; choose instead yellow-base brown shadows in shades like camel or toast.

**CREATE THE BIGGEST EYES** in just three minutes flat, using only two matte shadows, a

pencil liner and mascara. Apply a coffee-color shadow from lashline to crease to enlarge and emphasize eye shape, and use a smoky liner at the lashline and a beige shadow on the brow-bone to add contrast and create a sculpted look. Finish off with one coat of black mascara.

**GET FULLER, SEXIER LIPS** by lining the top lip with pencil toned to your natural lip color or to lipstick. With your mouth open, start lining at the bow and create a soft, rounded lip shape. Close mouth to check the shape; fill in with lipstick.

**THE FASTEST WAKE-UP FOR A TIRED FACE** is a bright apricot blush or a red lipstick. Dip a powder brush into powder, then sweep brush across blush and apply to cheek apples. A clear, vibrant red lipstick is another energizer. Try a red lip pencil over a brownish lipstick for an earthier red if you're color-shy. Keep eye makeup soft and neutral so you don't look overdone.

**BRONZING POWDER IS A YEAR-ROUND ESSENTIAL** Wear it to warm up pale or sallow skin and add a healthy no-risk glow. Using a



full, round brush, dust bronzer on cheeks and nose, chin, temples and sides of neck, brushing and buffing back and forth to avoid spots of color.

**KEEP LOOSE, TRANSLUCENT POWDER ON HAND AT ALL TIMES** Apply with a velour puff to set foundation and to keep skin (especially the T zone) matte. Use it also to blend blush and eye makeup seamlessly and to soften eye liner.



# HAIRSTYLE SKILL

## FREDERIC FEKKAI

This Manhattan-based stylist's reputation for creating clean, modern cuts has earned him the devotion of actors, models and other high-profile people including Claudia Schiffer, Meryl Streep and Paula Zahn

### GET THICKER, MORE LUXURIOUS HAIR FAST

with a blunt cut. The style that creates the most volume and works for most women (on any hair texture) is the chin-length bob. To get maximum fullness, use a shampoo designed for oily hair only at the scalp (where excess oil creates flatness) and apply a light conditioner to ends only. After towel-drying, spritz a volumizing spray on the roots. Blow-dry hair at the root area first,

using fingers to rake hair as you dry to add body. Finish by bending at the waist and directing the dryer at underneath layers before flipping hair back into place.

### HOW TO BLOW-DRY HAIR SLEEK LIKE A PRO:

After shampooing and conditioning, apply a moisturizing mousse and work it through the hair, section by section, starting at the roots. Sandwich a section of hair between your brush and blow-dryer, moving both tools simultaneously toward ends. The dryer should be on a high-heat setting for speed and to create a smooth finish. Repeat three or four times until each section is dry. Blow-dry bottom layers first,

then the crown and sides. Use a round brush to smooth ends under, then spritz with a non-aerosol hairspray.

### MAKE BANGS BEHAVE . . .

even in rainy, humid weather. Coat with a defrizzing gel and wrap bangs around the largest round brush you can find (the very largest is 3 1/4 inches in diameter). Dry bangs toward the left, then toward

the right. Finish at center, pulling bangs downward with the brush.

### GET RID OF FRIZZ

Coarse or curly hair should not be shampooed every day. Instead, use a conditioning shampoo every other day followed by an intensive conditioner. On days between shampooing, rinse hair with water and apply conditioner to ends only. The best styling product for this type of hair is a protein hair-treatment pack. Apply a small amount everywhere but the roots and comb through hair. Blow-dry hair using a diffuser attachment for smooth curls or follow the sleekening technique at left for a straight look.

### TO LIFT HAIR OFF THE FACE

or add height at the crown, apply an extra-hold gel to the root area around the face (at the hairline, ear to ear or just at the forehead border). Using a vent brush, lift the hair about two inches and hold it straight up off the scalp, pulled slightly back and up. Direct dryer at this spot, maintaining the stretch while you lock direction in. Use a vent brush or fingers when grooming hair to avoid flattening the look.







**LOUIS LICARI**  
Internationally revered, The King of Color divides his time between New York and L.A., applying gorgeous color to such celeb heads as Linda Evans, Ellen Barkin and Melanie Griffith

**YOUR HAIRCOLOR IS PERFECT IF** it enhances your looks the way makeup does. In fact, if your haircolor is just right, you can wear *less* makeup. If you look washed out with minimal makeup, then you know your haircolor is wrong—too similar in shade or tone to your skin. Contrast between hair and skin is crucial to make eyes look brighter and skin appear more luminous.

**THE RIGHT WAY TO RE-TOUCH** single-process hair is to apply color only

to the roots and conditioner to the ends. While the color works on the regrowth, the conditioner repairs split ends. When you rinse the color through, your hair will retain

all its natural highlights and the ends will be protected from the drying effects of color because the conditioner acts as a barrier to the color.

**THE QUICK-FIX RE-TOUCH** When you have a special event to attend and are desperate for a touch-up but have no time, try this trick: Take a bit of haircolor and smudge it around the hairline and the part. Leave on for fifteen minutes and rinse. This should last two weeks.

**THE BEST WAY TO COVER GRAY** First of all, never, ever pull out gray hairs. They grow back coarser and tend to stick straight up so they're more obvious than before. Instead, erase those beginning grays one by one with permanent color and a cotton swab: Mix a teaspoon of developer and tint (if they're stored separated and well sealed, they'll last). Then, using the swab, color individual hairs and let color penetrate for twenty minutes. Rinse thoroughly.

**COLOR SHOULD FLATTER THE CUT** If you change your hairstyle, you must rethink your color, especially if you have highlights. Highlights are meant to emphasize a



focal point. If you cut bangs, they should be highlighted. With a bob, the focus should be on the top layers. Very short hair should have all-over color to lighten and brighten the whole head.

**TO REJUVENATE FADING COLOR**, try a color-enhancing shampoo. These shampoos can extend the life of your color and brighten highlights, but they can't hide roots.

**CONCENTRATE ON HAIR HEALTH** Haircolor today is very gentle. Permanent colors contain conditioning ingredients, and semi-permanents are great conditioners—they provide the best shine of all. However, anyone who colors her hair should use a conditioner daily. And if your hair still feels coarse or looks frizzy, do a weekly deep-conditioning treatment.



# SKIN SAWY

## **PATRICIA WEXLER, M.D.**

**A top dermatologist in New York City, Wexler has appeared on national TV and is working on a skin-care line for Donna Karan**

ish will make it shrink within twenty-four hours. Another option is to apply a topical hydrocortisone plus a topical antibiotic such as Metrogel, available by prescription only. If the pimple is very red, add a dot of hydroquinone (a bleaching agent, also by prescription) or Preparation H (it *really* works) to help diminish the redness instantly. A topical antibiotic is also effective for banishing acne breakouts when used in combination with drying agents such as Retin-A or benzoyl peroxide. Taking ibuprofen every four hours will help decrease any swelling fast. Never use an antibiotic cream like bacitracin—it contains oil and will only exacerbate the problem. And never squeeze a pimple. Squeezing causes sebum (oil) and bacteria to rupture outside of the lesion, which leads to swelling, redness and possible scarring.

### **MAKE BROWN SPOTS FADE FAST**

If you have just a few light-brown spots, try an over-the-counter bleaching cream that contains mini doses of hydroquinone, such as Porcelana, and use in conjunction with Retin-A or an alpha-hydroxy-acid (AHA) cream. For very dark spots, ask your doctor to prescribe cogic acid, the newest, most powerful bleach, to use with Retin-A or an AHA. To avoid new spots, use a sunscreen with an SPF of at

### **MIRACLE CURE FOR ZAPPING PIMPLES**

The fastest way to get rid of a painful cystlike pimple (if you need to look good for an important event) is to ask your doctor for a shot of cortisone. The injection right into the blem-

ish will make it shrink within twenty-four hours. Another option is to apply a topical hydrocortisone plus a topical antibiotic such as Metrogel, available by prescription only. If the pimple is very red, add a dot of hydroquinone (a bleaching agent, also by prescription) or Preparation H (it *really* works) to help diminish the redness instantly. A topical antibiotic is also effective for banishing acne breakouts when used in combination with drying agents such as Retin-A or benzoyl peroxide. Taking ibuprofen every four hours will help decrease any swelling fast. Never use an antibiotic cream like bacitracin—it contains oil and will only exacerbate the problem. And never squeeze a pimple. Squeezing causes sebum (oil) and bacteria to rupture outside of the lesion, which leads to swelling, redness and possible scarring.

### **NEVER USE A TONER OR ASTRINGENT**

Forget the old beauty advice that included a toner or astringent as part of your daily cleansing routine. You shouldn't use either product on your face, especially if you have oily skin. As these products dry the skin out, the skin compensates by producing even more oil than before. Soap usage should be kept to a minimum, too: Lather the face no more than twice a day.

**DON'T TWEETZ FACIAL HAIR** Tweezing any hairs (except eyebrows) will promote a



stronger follicle and can cause inflammation or ingrown hairs. Electrolysis is the only permanent method of removal. Ask your doctor about Emla cream, a product that was just approved by the FDA. It works as an anesthetic to make electrolysis less painful.

**BE GENTLE TO YOUR SKIN** Exfoliation is an important step in your daily cleansing routine, but you should never use abrasives like rough loofahs, brushes and harsh sponges on your skin. Scrubbing the skin causes irritation, broken blood vessels, even infection. Mild exfoliation, however, is good for the skin to remove dead skin cells: Masques, soft loofahs and alpha-hydroxy-acid products are all good choices.

Sterile  
UNLESS OPENED  
OR DAMAGED

NDC 19154-124

APC

**CLIPPAD**<sup>®</sup>

Alcohol Prep





A normal adult takes about 14,400 breaths each day.  
Fortunately, Tidy Cat freshens each and every one of them.



If there's a cat box around your home, you need the round-the-clock odor protection of Tidy Cat.<sup>®</sup>

Specially formulated to work every minute of every hour of every day, Tidy Cat makes for a consistently fresher, cleaner-smelling cat box. So you *and* your cat can breathe easier.

Tidy Cat with continuous odor control. Also available in Tidy Scoop<sup>®</sup> and Multiple Cat formulas.



MAKE IT TIDY ALL THE TIME.™





# After the FLOOD

**Last summer, thousands of families in the Midwest lost their homes to record flooding that ravaged whole towns. While many residents were forced to relocate, one family was determined to restore the river home they loved. LHJ made their dream come true. By Leslie Lampert, Lifestyle Editor**

**O**n July 6, 1993, Donna Perdun got the phone call she had been dreading: The floodwaters had reached the main floor of her Grafton, Illinois, home, threatening to inundate the house that she and her family had

lived in for fifteen years. "Gregg had been calling me at work every hour with a report on how high the river was getting," says Donna, a marketing assistant for Mercantile Bank's Credit Card Division, in St. Louis. "When he called that afternoon, the water had just begun to seep

through the front door," she says, her voice cracking.

By evening, there was a foot of muddy water in the living room, and Donna, her husband, Gregg, a rural mail carrier, and their sixteen-year-old daughter, Whitney, were forced to seek refuge at *(continued)*



Donna and Gregg Perdun, with daughter, Whitney, survived the Great Flood of 1993

The fireplace mantel and the stairway spindles are the only architectural elements of the living room that were

salvaged from the dirty floodwaters. Donna reupholstered her wing chairs in a checkered Laura Ashley pattern



(continued) Gregg's mother's home in nearby Jerseyville.

"It wasn't a sudden gush of flash flooding," explains Donna. "We watched the Illinois River rise for weeks from the unrelenting rains. But our home was more than fifteen and a half feet above flood level, which itself is fifteen feet, so we were confident we wouldn't be affected."

**B**y the end of June, however, Gregg and Donna became distrustful of the slow-rising river, which merges with the Mississippi River a quarter mile from their home, and began to move furniture up to the second floor—just in case. It was a good thing they did.

By the end of July, the water reached a level of seven and a half feet above the main floor, soaking the whole place. "Nearly everything inside the house was ruined," says Donna. "Even some of the upholstered pieces we had moved upstairs were destroyed by mildew. We had \$50,000 worth of damage—and only \$13,000 worth (continued)

Throughout the house unless otherwise indicated: fabrics, wall coverings, bed linens, rugs, lamps, towels, Laura Ashley; window blinds, shades, Hunter Douglas Window Fashions; drapery hardware, Kirsch; wood flooring, Bruce Hardwood Flooring; paint, Sherwin Williams; painted wall finishes, Angela Saladin. Living room: rugs, candlesticks, Prairie Peddler Antiques; secretary, Thomasville. Sitting room: sofa and wing chair, Pearson, a division of Lane Furniture; cornice molding, ceiling medallion, Armstrong "Finishing Touches"; chandelier, J.R. Coppersmythe; lamp, Prairie Peddler Antiques.





In 1989, the Perduns won LHJ's decorating contest, "My Favorite Room," for the kitchen that Gregg built. It truly captured the rustic elegance of Early American times. "The

kitchen has always been the heart of our home," says Donna. And the Perduns now delight in cooking, entertaining and just hanging out in the current interpretation

*(continued)* of flood insurance."

In that one day, the Perduns lost everything: their dream house and, they thought, the hope of ever getting it back.

"I can remember the first time we spotted the house," says Donna wistfully. "Gregg and I knew instantly that it was the house for us." Never mind that the interior was ramshackle and the site had been condemned by the town; the Perduns were intent on buying it. The 1836 stone house, once a steamboat warehouse on the banks of the Illinois River, was theirs for an unbelievable \$1,500. Gregg, a skilled carpenter, restored the interior to its original nineteenth-century feeling, including making period-style cabinets, installing spruce flooring and reconstructing walls and beams. The kitchen was such a masterpiece that it won first prize in *Ladies' Home Journal's* 1989 "My Favorite Room" contest. "We were very proud of that award," says Donna.

So, when Donna wrote to us with the devastating news that they'd been forced from their flood-swept home, we immediately set out to help. But first we had to find out if the state deemed it worthy of restoration.

The good news came last winter from the Illinois Historic *(continued)*

Kitchen: cabinets, Schrock Handcrafted Cabinetry; microwave, refrigerator, Frigidaire, cooking range, Heartland Appliances, Inc.; ladder-back chairs, Broyhill Furniture Industries; sink, faucet, Sterling Plumbing Group, Inc.; chandelier, R.D.S. Historic Lighting; ceramic spongeware, Green Tree Inn; copper pot, rug, Prairie Peddler Antiques.







Reisler and the team worked hard to restore the Perduns' personal style. The faded walls, left, reminiscent of the 's mustard-color room walls. Here, favorite chandelier and bed ruin, but the rack and table chairs from Broyhill few renditions of possessions. The room, bottom left, is a special spot for dining. The comfy porch-garden room fresh personality person upholstery beautiful Andersen floors. Whitney's room, top right, sports her favorite red-and-white theme. As to Sterling, the room, middle right, contains the lovely it had before the . Gregg built the and Donna then t with fabric. The y, below right, is y's private haven relaxing. Wood-d blinds lend the of paneling, and ainted walls with ly cross-hatching rmith and chorm.

Room: table, chairs, rack, dresser base, furniture Industries; se, tole planter candlesticks, Ken s; painting, Prairie Antiques. Sunroom: man, chair, table, a division of Lane ; windows, French Andersen Windows, tings, Ken Miesner's; accessories, hat, wood top, Laura Ashley; ce-mp, Prairie Peddler Bedroom: Sisal Wool Karastan; comforter, pillows, The Company Sara" doll in chair, Hlman; painting, bird- n Miesner's; candy Tree Inn. Bathroom: ring, Armstrong; ac-; Crabtree & Evelyn; cet, Sterling Plumb- co, Inc. Study: ceiling J.R. Coppersmythe; le, Lane Furniture.



(continued) Preservation Agency, and the Perduns were given grant money to repair any structural damage.

With the green light, we went right to work to assemble a committee of manufacturers eager to help redecorate the 2,500-square-foot space. And under the supervision of New York designer Karen J. Reisler, who maintained a true-to-the-period spirit, the Perdun residence was returned to its original Early American splendor.

"When I first arrived in Grafton, I was horrified by the magnitude of destruction; the town was literally wiped out," says Reisler. "But fortunately, Donna's house was salvageable. Once structural repairs were completed, we immediately began planning new interiors around her favorite palette of traditional nineteenth-century colors: smoke blue, burgundy, ocher and hunter green." Says Donna, "We wanted to carry the Early American theme throughout the house, but we didn't want an everything-has-to-match look. Also, we're homebodies, so the furniture had to be comfortable as well as pretty."

Our main objective," says Reisler, "was to make the most of the series of small, connected rooms by uniting them visually. The sunroom off the kitchen takes its cues from patterns used in the kitchen window treatments; the sitting room adjacent to the living room serves up similar fabrics in different ways." And, everywhere, period accessories—such as dried flowers, wicker baskets and nineteenth-century memorabilia—heighten the Early American flavor.

How do the Perduns feel now that they have their home back? "We're just overjoyed with the outcome," says Donna. "We're really attached to this house, and we were distraught by the thought that it would be ripped down and turned into a public park like most of the other homes in the area. But now we look forward to many good times here, entertaining friends and family and rebuilding our lives." ■



The most  
delicious  
things  
happen  
when you  
cut into  
pork.

These Fiesta Pork Burritos are as delicious as they are easy. All it takes is some fresh, lean, boneless pork and a few other easy ingredients. You'll have dinner rolled up in no time. Preparation and cooking time: 15 minutes.



## Fiesta Pork Burritos

Slice about a pound of boneless pork loin into strips and stir-fry with one teaspoon vegetable oil and sliced onion. Stir in an 11-ounce can of drained corn and toss with two teaspoons taco seasoning. Roll up portions in four warmed flour tortillas and serve with salsa, rice and beans. Serves four.

Nutrient information, approximately, per serving: 418 cal., 12 g. total fat, 3 g. saturated fat, 66 mg. cholesterol. For recipes, send a self-addressed, stamped, business-size envelope to: Recipes-Ad, Box 10383, Des Moines, IA 50306. Nutrient analysis done by The Food Processor II Diet Analysis Software. Pork data from USDA Handbook 8-10 (1991).



The Other  
White Meat

America's Pork Producers.

©1994 National Pork Producers Council in cooperation with the National Pork Board

# Food Journal



## **COOL SUMMER COOKING**

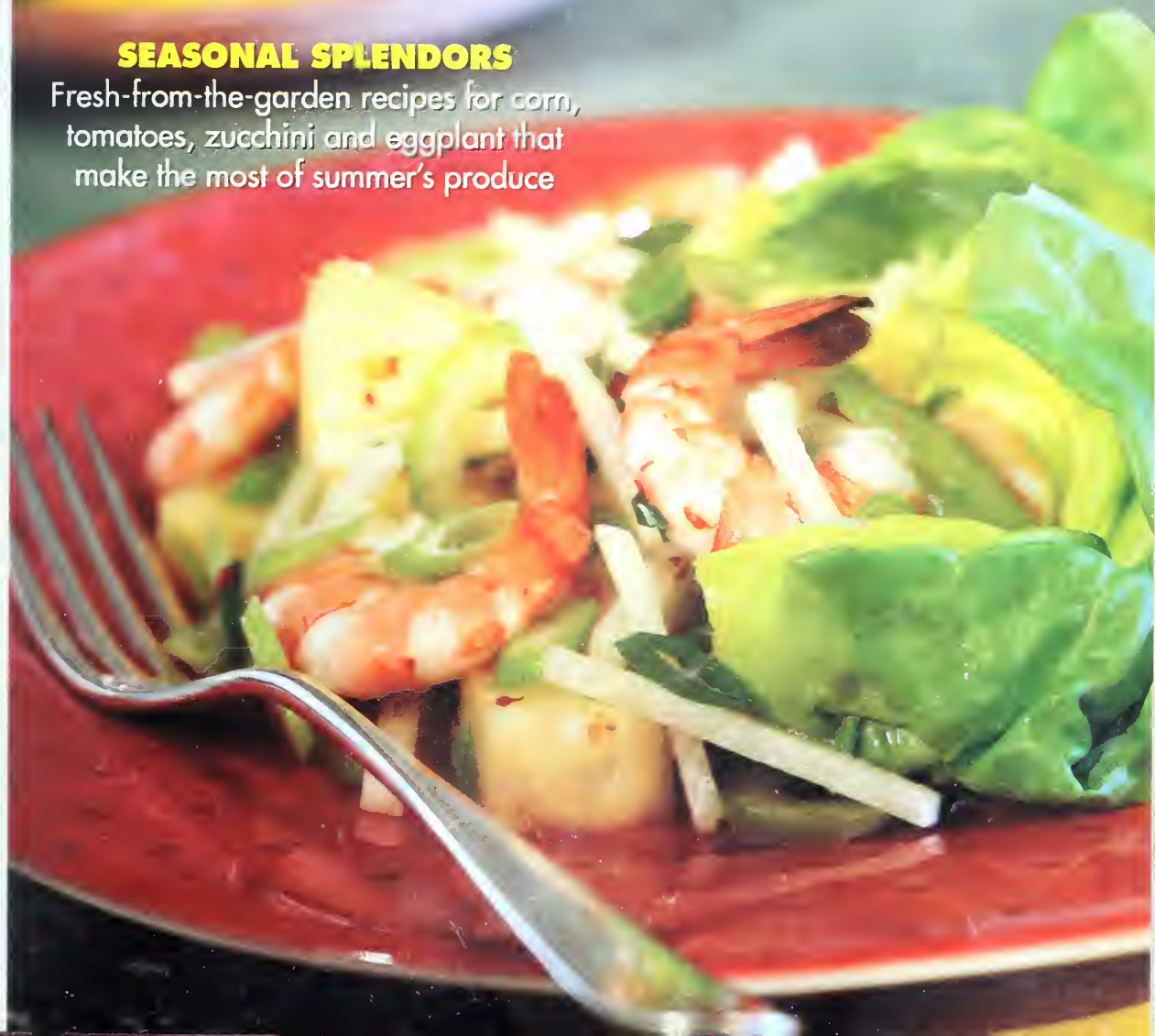
Deliciously light main dishes that require minimal (if any) cooking and serve up fabulous flavor

## **IT'S THE BERRIES**

The latest, greatest collection of blueberry, raspberry and blackberry desserts we've ever created

## **SEASONAL SPLENDORS**

Fresh-from-the-garden recipes for corn, tomatoes, zucchini and eggplant that make the most of summer's produce





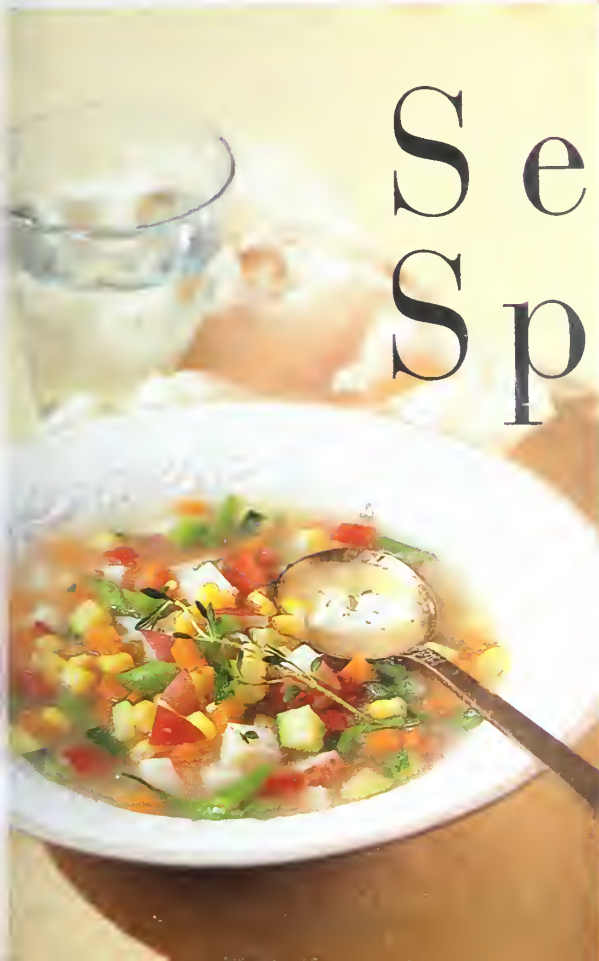
Clockwise from above: Summer Garden Pasta, Zucchini Fritters with Coriander Chutney, Parsley Salad with Tomatoes and Parmesan, Harvest Vegetable Soup



# Seasonal Splendors

*Who hasn't been waiting all year for a taste of summer veggies at their peak of flavor? Now that gardens and farm stands are overflowing with tomatoes, eggplant, zucchini and corn, we've created delicious ways to enjoy the bounty.*

*By Jan T. Hazard,  
Food Editor*



## Seasonal splendors

continued

- Easy ● Challenging ▼ Low-fat  
 ● Moderate ⊕ Microwave □ Low-calorie  
 \* Can be frozen up to 1, 3, 6 or 9 months

### GRILLED CORN AND POBLANO CHILE SALAD



The secret to this flavorful salad is the tequila: A small amount releases the essential flavors of the other ingredients, so you can use less oil for the dressing.

Prep time: 35 minutes  
 Grilling time: 15 minutes

- 1 tablespoon tequila
- 1/2 teaspoon cumin
- 3 poblano chiles
- 6 ears corn, shucked and cooked
- 2 tablespoons fresh lime juice
- 1 tablespoon vegetable oil
- 1/2 teaspoon salt
- 1 serrano or jalapeño chile, minced
- 1 tablespoon chopped fresh oregano

1. Prepare grill. Combine tequila and cumin in medium bowl; set aside.
2. Grill poblanos, turning occasionally, until charred and blistered all over, 10 to 15 minutes. Remove skin and seeds; chop chiles coarsely. Meanwhile, grill corn, turning frequently, until lightly charred, 5 to 10 minutes. Cut kernels from cobs.
3. Whisk lime juice, oil, salt, chile and oregano into tequila. Add poblanos and corn; toss. Makes 4 1/2 cups.

Per 1/2 cup		Daily goal
Calories	80	2,000 (F), 2,500 (M)
Total fat	2 g	60 g or less (F), 70 g or less (M)
Saturated fat	0 g	20 g or less (F), 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	133 mg	2,400 mg or less
Carbohydrates	15 g	250 g or more
Protein	3 g	55 g to 90 g

### GRILLED EGGPLANT AND GOAT CHEESE SALAD



Goat cheese (in France, it's called chèvre) has become one of the hottest foods of the

nineties. Domestic and imported cheeses vary in tanginess—taste a variety to select the type you like best.

Prep time: 30 minutes  
 Grilling time: 11 to 18 minutes

- 1/4 cup olive oil
- 1/4 cup chopped fresh basil
- 2 tablespoons red wine vinegar
- 1 1/2 teaspoons packed brown sugar
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 medium eggplant (1–1 1/4 lb.)
- 1/2 cup (2 oz.) crumbled goat cheese
- 8 cups chopped romaine lettuce
- 1/2 cup diced plum tomato

1. Whisk oil, basil, vinegar, brown sugar, salt and pepper in cup. Pour half into 13x9-inch baking dish. Reserve remaining to dress salad.
2. Prepare grill.
3. Slice eggplant crosswise into eight 1/2-inch-thick slices (reserve remaining eggplant for another use). Coat slices with dressing in baking dish, turning occasionally; let stand, 15 to 20 minutes.
4. Grill eggplant over medium-hot coals 5 to 8 minutes per side, brushing with any remaining marinade, until tender and golden. Sprinkle goat cheese over eggplant slices on grill. Grill 1 to 2 minutes more, until cheese is softened.
5. To serve, place lettuce in large bowl; toss with reserved dressing. Arrange on 4 dinner plates. Top each with 2 eggplant slices, slightly overlapping, and tomato. Makes 4 servings.

Per serving		Daily goal
Calories	230	2,000 (F), 2,500 (M)
Total fat	18 g	60 g or less (F), 70 g or less (M)
Saturated fat	5 g	20 g or less (F), 23 g or less (M)
Cholesterol	11 mg	300 mg or less
Sodium	501 mg	2,400 mg or less
Carbohydrates	13 g	250 g or more
Protein	6 g	55 g to 90 g

### CHILLED ZUCCHINI SOUP



The blender is our appliance of choice for turning out smooth, creamy soups. And what could be more refreshing than a bowl of cool soup on a hot day?

Prep time: 15 minutes plus cooling  
 Cooking time: 20 minutes

- 1 tablespoon vegetable oil
- 1/2 cup chopped onion
- 3 small zucchini (12 oz.), diced
- 1 can (14 1/2 oz.) chicken broth

- 3/4 cup low-fat yogurt, divided
- 1/4 cup half-and-half cream
- 2 tablespoons fresh lime juice
- 1/2 teaspoon salt
- 2 tablespoons chopped fresh mint leaves for garnish

1. Heat oil in large saucepot over medium heat. Add onion; cook 2 to 3 minutes. Add zucchini and cook, stirring frequently, 5 to 10 minutes more. Add chicken broth. Bring to a boil; reduce heat and simmer until zucchini is tender, 8 minutes. Cool to lukewarm.
2. Puree zucchini mixture, 1/2 cup yogurt, the cream, lime juice and salt in blender. Stir in mint. Refrigerate until cold.
3. To serve, spoon soup into 4 bowls. Top each with remaining 1/4 cup yogurt in cup. Swirl 1 tablespoon into each bowl. Garnish with mint. Makes 4 servings.

Per serving		Daily goal
Calories	115	2,000 (F), 2,500 (M)
Total fat	7 g	60 g or less (F), 70 g or less (M)
Saturated fat	2 g	20 g or less (F), 23 g or less (M)
Cholesterol	8 mg	300 mg or less
Sodium	838 mg	2,400 mg or less
Carbohydrates	9 g	250 g or more
Protein	5 g	55 g to 90 g

### GRILLED EGGPLANT DIP



For sweet-tasting grilled eggplant, test-kitchen assistant, Alena Ramon, rubs it with garlic before roasting.

Prep time: 20 minutes  
 Grilling time: 35 to 45 minutes

- 2 medium eggplants (1 1/4 lb. each)
- 2 garlic cloves, sliced very thin
- 1 medium tomato
- 1/4 cup chopped flat-leaf parsley
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon fresh lemon juice
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/4 cup chopped toasted walnuts
- Assorted raw vegetables
- Toasted French bread

1. Prepare grill. Cut slits all over eggplants; insert garlic into slits. Grill eggplants over medium-hot coals, turning occasionally, until charred and beginning to collapse, 35 to 45 minutes. Meanwhile, grill tomato, turning occasionally, until beginning to char, about 3 to 5 minutes.
2. Remove skin from eggplants and tomato; cut in half lengthwise and remove as many seeds as possible. Chop tomato and transfer to medium bowl.
3. Peel, seed and coarsely chop eggplants. (continues)



*Make your chicken fly.*

**Good  
Seasons**

*Salad  
Dressing Mix*

**Honey  
Mustard**

ALL NATURAL

## Marinade

1 envelope GOOD SEASONS®

Honey Mustard

Salad Dressing Mix

$\frac{1}{3}$  cup oil

$\frac{1}{3}$  cup orange juice

1 teaspoon orange peel  
(optional)

Mix ingredients in cruet or  
bowl until well blended.

Reserve  $\frac{1}{4}$  cup for basting.

Pour marinade over meat, poultry  
or seafood; cover and refrigerate.

Marinating times: meat and poultry, 30 min.  
to overnight; seafood, 30 min. to one hour.

**Good  
Seasons**

## Seasonal splendors

*continued*

chop tomato; add to bowl. Stir in parsley, oil, lemon juice, salt and pepper. (Can be made ahead. Cover and refrigerate up to 8 hours.) Just before serving, stir in walnuts. Serve with raw vegetables and toasted bread. Makes 2 cups.

Per tablespoon	Daily goal
Calories	47
Total fat	1.000 (F), 2,500 (M)
Saturated fat	60 g or less (F), 70 g or less (M)
Cholesterol	20 mg or less (F), 23 g or less (M)
Sodium	300 mg or less
Carbohydrates	410 mg or less
Protein	260 g or more
	55 g to 90 g

## SUMMER GARDEN PASTA

Simplicity at its best: pasta tossed with fresh dill and the cream of the summer's crops, tomatoes and zucchini.

*Prep time: 10 minutes*

*Cooking time: 20 minutes*

- 4 large tomatoes, chopped
- 1/4 cup freshly grated Parmesan cheese
- 2 tablespoons chopped fresh dill
- 4 tablespoons olive oil, divided
- 1 teaspoon salt, divided
- 1/4 teaspoon freshly ground pepper
- 1/2 cup chopped onion
- 2 small zucchini, halved lengthwise and sliced 1/4 inch thick
- 1 teaspoon minced garlic
- 1/4 cup dry white wine
- 1 pound bow-tie pasta, cooked according to package directions

1. Combine tomatoes, Parmesan, dill, 2 tablespoons oil, 1/2 teaspoon salt and the pepper in large bowl.
2. Heat remaining 2 tablespoons oil in large skillet over medium-high heat. Add onion; cook, stirring, until onion is tender and beginning to brown, 8 to 10 minutes. Stir in zucchini and cook until golden, 4 to 5 minutes. Add garlic and remaining 1/2 teaspoon salt; cook 1 minute. Add wine; bring to boil and boil 1 minute.
3. Stir hot pasta and zucchini mixture into tomatoes. Toss well. Makes 6 servings.

Per serving	Daily goal
Calories	470
Total fat	2.700 (F), 2,500 (M)
Saturated fat	60 g or less (F), 70 g or less (M)
Cholesterol	20 mg or less (F), 23 g or less (M)
Sodium	300 mg or less
Carbohydrates	442 mg or less
Protein	2,400 mg or more
	55 g to 90 g

## ZUCCHINI FRITTERS WITH CORIANDER CHUTNEY

TEST-KITCHEN FAVORITE

Our Indian-style chutney is a tangy puree of cilantro (coriander's other name), lime and chile pepper—a perfect dip for these tender fritters.

*Prep time: 35 minutes*

*Cooking time: 2 to 3 minutes per batch*

## Coriander Chutney

- 1 poblano chile or green pepper
- 1 cup fresh cilantro leaves
- 1/2 cup fresh parsley leaves
- 2 tablespoons vegetable oil
- Pinch ground red pepper
- 1 tablespoon fresh lime juice
- 1/2 teaspoon salt

2 medium zucchini (8 oz.)

- 1 large egg yolk
- 1/4 cup milk
- 1/4 cup shredded pepper-jack cheese
- 1 green onion, sliced
- 1 large egg white
- 3/4 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon cumin
- 1/2 teaspoon salt
- Vegetable oil, for frying

1. *Prepare Coriander Chutney:* Roast poblano directly on range top over medium-high heat until evenly charred. Place in brown paper bag; fold over and cool.
2. When chile or pepper is just cool enough to handle, peel and remove stem and seeds. Combine chile, cilantro, parsley, oil, red pepper, lime juice and salt in blender; puree. Set aside.
3. Shred 2 cups zucchini on coarse side of grater onto several layers of paper towels. Whisk egg yolk, milk, cheese and green onion in medium bowl. Pat zucchini well and add to yolk mixture. Beat egg white to stiff peaks in small bowl.
4. Combine flour, baking powder, cumin and salt. Stir into zucchini mixture, then fold in egg white just until mixed.
5. Meanwhile, heat 1 1/2 inches vegetable oil in heavy saucepan or electric skillet to 375°F. Carefully drop batter by teaspoonfuls, four at a time, into hot oil; cook, turning once, until golden, 2 to 3 minutes. Drain on paper towels. Serve with chutney. Makes 2 dozen.

Per fritter with 1 tsp. chutney	Daily goal
Calories	60
Total fat	4 g
Saturated fat	60 g or less (F), 70 g or less (M)
Cholesterol	1 g
Sodium	20 mg or less (F), 23 g or less (M)
Carbohydrates	10 mg
Protein	300 mg or less
	2,400 mg or more
	250 g or more
	55 g to 90 g

## PARSLEY SALAD WITH TOMATOES AND PARMESAN

If you think of parsley only as a garnish, this delicious, unusual salad will change your mind.

*Total prep time: 15 minutes*

- 2 cups loosely packed Italian flat-leaf parsley leaves
- 2 cups loosely packed curly parsley leaves
- 2 large tomatoes, cut into thin wedges
- 1/2 cup julienned basil leaves
- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper

## 1/3 cup shaved Parmesan cheese

1. Rinse and dry parsley thoroughly. Combine with tomatoes and basil in bowl. Add oil, lemon juice, salt and pepper; toss to coat.
2. Arrange salad on platter; sprinkle with cheese and toss. Makes 6 servings.

Per serving	Daily goal
Calories	95
Total fat	2,000 (F), 2,500 (M)
Saturated fat	6 g
Cholesterol	60 g or less (F), 70 g or less (M)
Sodium	2 g
Carbohydrates	4 mg
Protein	300 mg or less
	2,400 mg or less
	250 g or more
	55 g to 90 g

## HARVEST VEGETABLE SOUP

The key to this colorful soup: Cook corn cobs in the broth to extract a corn flavor.

*Prep time: 40 minutes*

*Cooking time: 20 minutes*

### Lemon-Tarragon Butter

- 3 tablespoons butter (no substitutions), softened
- 1 1/2 teaspoons minced fresh tarragon
- 1/3 cup grated lemon peel

- 1 tablespoon butter or margarine
- 1 cup finely chopped onions
- 1/2 teaspoon minced garlic
- 1/4 teaspoon thyme
- 1 can (1 1/2 oz.) chicken broth
- 3 cups water
- 2 cups diced small red potatoes
- 1 1/4 teaspoons salt
- 4 ears corn, shucked
- 1 cup diced (1/4 inch) carrots
- 1 cup sliced (1/4 inch) green beans
- 1 cup diced (1/4 inch) zucchini
- 2/3 cup diced (1/4 inch) plum tomatoes

1. *Make Lemon-Tarragon Butter:* Combine butter, tarragon and lemon peel in small bowl. Shape into small log on paper; wrap and refrigerate.
2. Melt 1 tablespoon butter in large saucepot over medium heat. Add onion and cook, stirring, until tender, 5 minutes. Stir in garlic and thyme; cook 30 seconds. Add broth, water, potatoes, onions. Add broth, water, potatoes, salt. Cut kernels from cobs; reserve kernels and add cobs to pot. Bring to boil and cook uncovered 5 minutes.
3. Add reserved kernels, carrots, green beans to pot; return to boil and cook 5 minutes. Add zucchini and until all vegetables are tender, 5 minutes more. Discard cobs.
4. To serve, ladle soup into bowls; top each with diced tomato and a slice of Lemon-Tarragon Butter. Makes 10 cups.

Per cup with 1 tsp. butter	Daily goal
Calories	120
Total fat	2,000 (F), 2,500 (M)
Saturated fat	6 g
Cholesterol	60 g or less (F), 70 g or less (M)
Sodium	3 g
Carbohydrates	12 mg
Protein	545 mg
	300 mg or less
	2,400 mg or less
	250 g or more
	55 g to 90 g

Recipes by Lisa Brainerd, Kathy K... and Cynthia DePersio.



# SELECTING A SOY SAUCE



Kikkoman Lite Soy Sauce has the lowest sodium of any major brand. Yet it's naturally brewed using the same time-honored method Kikkoman has been using for nearly four centuries.



As it matures, Kikkoman Soy Sauce becomes a rich ruby-nut brown and develops a distinctive roasted aroma. Other soy sauces use chemicals and artificial coloring in their attempts to achieve the same effects.



**Mushroom Burger:** Drain and chop one 2 oz. can mushroom stems and pieces. Mix with 1 lb. lean ground beef, ½ cup chopped onion and 2 tablespoons Kikkoman Soy Sauce; shape into 4 patties. Cook in hot skillet over medium heat about 10 minutes, or to desired crispness. Remove patties from pan. Stir in 2 tablespoons Kikkoman Soy Sauce; bring to boil. Remove pan from heat; add patties and coat with soy sauce. Makes 4 servings. For additional recipes, send a stamped, addressed envelope to: Kikkoman International, Dept. CS4D, P.O. Box 420784, San Francisco, CA 94102-0784.



Of all the major brands, only Kikkoman Soy Sauce is naturally brewed for almost half a year. So it enhances, rather than overwhelms, the flavors of foods.

**Soy-Lemon Chicken:** Broil or grill 4 chicken quarters 7 inches from heat about 30 minutes, or until no longer pink in center; turn over occasionally.


Combine ¼ cup Kikkoman Soy Sauce, 2 tablespoons lemon juice, ¼ teaspoon each oregano and garlic powder; brush on chicken during last 15 minutes of cooking time. Makes 4 servings.



# COOL SUMMER COOKING



**Above,  
Mediterranean  
Chicken-and-  
Vegetable Salad;  
right, Thai Beef  
Salad**

A photograph of a meal. In the foreground, a white plate holds a portion of green salad with arugula, shredded carrots, and a pile of cooked salmon. A silver fork is placed on the left side of the plate. In the background, a light blue ceramic vase contains a bouquet of green flowers and red leaves. The background is a soft-focus light blue wall.

**Fast, refreshing and  
hassle-free, our  
dinners are just the  
ticket when you can't  
stand the heat. Some  
are no-cook, others  
can be on the table  
in twenty minutes or  
less; all are perfect  
summer meals**

## Cool summer cooking

continued

- Easy ● Challenging ▼ Low-fat  
 ● Moderate Ⓜ Microwave ▼ Low-calorie  
 ✱ Can be frozen up to 1, 3, 6 or 9 months

### GRILLED MEXICAN PIZZA



Look for packaged thin pizza crust to make this irresistible entrée. For appetizers, cut into smaller wedges.

Total prep/grilling time: 15 minutes

- 1 prepared 12-inch pizza crust  
 1 avocado, sliced  
 1 tablespoon vegetable oil  
 1 tablespoon fresh lime juice  
 1 teaspoon cumin  
 1/4 teaspoon salt  
 1/4 teaspoon cracked black pepper  
 2 large tomatoes, sliced  
 1 1/2 cups shredded pepper-jack cheese  
 6 slices bacon, cooked and crumbled

1/3 cup sliced green onions

1. Prepare grill. Grill pizza crust, top side down, over low coals about 4 minutes.
2. Meanwhile, combine avocado, oil, lime juice, cumin, salt and pepper in bowl.
3. Remove crust from grill. Top with tomatoes, leaving 1-inch border, and sprinkle with cheese. Grill covered about 4 minutes or until cheese is melted and crust is crisp. Top with avocado mixture, bacon and green onions. Makes 8 slices.

Per slice	Daily goal
Calories	265
Total fat	2,000 (F), 2,500 (M)
Saturated fat	60 g or less (F); 70 g or less (M)
Cholesterol	20 g or less (F), 23 g or less (M)
Sodium	27 mg
Carbohydrates	300 mg or less
Protein	457 mg
	2,400 mg or less
	21 g
	250 g or more
	11 g
	55 g to 90 g

### PLUM TOMATO-FETA PASTA



#### BUDGET RECIPE OF THE MONTH

The flavors of fresh-from-the-garden tomatoes and onion, parsley and oil mingle while the pasta cooks.

Total prep time: 20 minutes

- 3 cups finely diced plum tomatoes  
 1/2 cup chopped red onion  
 3 tablespoons olive oil  
 1/3 cup chopped fresh parsley  
 1/2 teaspoon salt  
 1/2 teaspoon freshly ground pepper  
 8 ounces feta cheese, crumbled  
 1 pound radiatore or corkscrew pasta, cooked and drained

Combine tomatoes, onion, oil, parsley and pepper in large bowl. Add pasta and hot pasta; toss. Makes 6 servings

Per serving	Daily goal
Calories	465
Total fat	2,000 (F), 2,500 (M)
Saturated fat	60 g or less (F); 70 g or less (M)
Cholesterol	20 g or less (F); 23 g or less (M)
Sodium	34 mg
Carbohydrates	620 mg
Protein	64 g
	250 g or more
	16 g
	55 g to 90 g

### CARIBBEAN SHRIMP SALAD

pictured on page 127

In this refreshing salad, the sweetness of pineapple and the crunch of jicama and celery complement the shrimp.

Total prep time: 16 to 18 minutes

- 1/3 cup vegetable oil  
 1/4 cup fresh lime juice  
 1/2 teaspoon crushed red pepper  
 3/4 teaspoon salt

# SMUCKER'S. A GREAT WAY TO SAY CHOCOLATE.

Also a great way to say rich, thick and smooth—all the things you'll taste in our Toppings and our Magic Shell®. And try our new Sundae Syrup™. The fat-free topping that makes everyday ice cream sundaes special.

WITH A NAME LIKE SMUCKER'S, IT HAS TO BE GOOD.®

© Registered trademarks of The J.M. Smucker Company

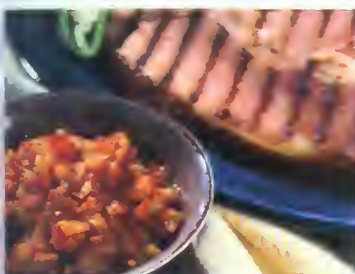


and cooked medium shrimp  
 julienned jicama (1½ x ½-inch)  
 ribs, sliced diagonally  
 onions, sliced diagonally  
 pineapple cubes (½-inch)  
 head Boston lettuce

Combine oil, lime juice, red pepper and bowl. Add shrimp and toss. Add jicama and green onions.  
 Before serving, add pineapple and Arrange lettuce on platter and on salad. Makes 6 servings.

	Daily goal
235	2,000 (F), 2,500 (M)
13 g	60 g or less (F); 70 g or less (M)
2 g	20 g or less (F); 23 g or less (M)
148 mg	300 mg or less
463 mg	2,400 mg or less
13 g	250 g or more
17 g	55 g to 90 g

## STEAK WITH PLUM SALSA



**FASTEST RECIPE OF THE MONTH**  
 When the ham grills, you can chop, sear and microwave the plums for a fabulous-minute salsa.

Prep/grilling time: 15 minutes ○▽Ⓜ

plums, cubed (1½ cups)  
 2 spoons orange juice  
 1 spoon sugar  
 1 spoon pickled jalapeño chile, seeded  
 2 spoons fresh lemon juice  
 1 spoon grated fresh ginger  
 1 pound sodium ham steak (1¼ lb.)

Preheat grill.  
 Grill plums, orange juice, sugar, chile, ginger and ginger in food processor or chopped fine. Transfer to microwave bowl; cover with a paper towel and microwave on High 1 minute.  
 Grill ham steak over medium-hot coals 4 minutes per side, until heated through. Serve with salsa. Makes 4 servings.

	Daily goal
207	2,000 (F), 2,500 (M)
5 g	60 g or less (F); 70 g or less (M)
2 g	20 g or less (F); 23 g or less (M)
68 mg	300 mg or less
1,230 mg	2,400 mg or less
17 g	250 g or more
25 g	55 g to 90 g

## MEDITERRANEAN CHICKEN-AND-VEGETABLE SALAD

This dressing adds flavor and color to your salad. Add chicken, peppers and zucchini.

Prep time: 20 minutes ○▽

### Dressing

1 cup lightly packed basil leaves  
 ¼ cup olive oil  
 2 tablespoons fresh lemon juice  
 1 garlic clove, minced  
 ½ teaspoon salt  
 ¼ teaspoon fresh ground pepper

5 cups torn assorted lettuces  
 1 red pepper, diced  
 1 yellow pepper, diced  
 2 small zucchini (8 oz.), halved lengthwise and sliced thin  
 ½ cup chopped onion  
 1 can (16 or 19 oz.) chickpeas, drained and rinsed  
 12 ounces cooked boneless, skinless chicken breast, sliced crosswise

1. Make dressing: Puree all ingredients in food processor or blender until smooth.  
 2. Pour half the dressing over lettuces in bowl and toss; arrange on serving platter.  
 3. Add remaining ingredients and dressing to bowl; toss. Spoon onto greens. Makes 6 servings.

Per serving	Daily goal
Calories	265
Total fat	13 g
Saturated fat	2 g
Cholesterol	48 mg
Sodium	323 mg
Carbohydrates	16 g
Protein	23 g

## THAI BEEF SALAD

Seasoned with mint, cilantro, lime peel and a lime-soy sauce vinaigrette, deli roast beef never tasted so good! (continued)



If anyone can make fat-free dressing taste great, you can.

We've created four special blends of herbs and spices that taste delicious without oil. So you can make a dressing that's fat-free and full of the fresh flavor you expect from Good Seasons.

You Make It Fresh. You Make It Best.®

© 1994 Kraft General Foods Inc.



# The Best Way To Wrap Sandwiches Is Finally Out Of The Bag.



Reynolds Wrap® is completely recyclable and costs less than plastic zipper bags, too.



Wrap it up right with Reynolds Wrap.

## Summer cooking

Time: 20 minutes

- fresh lime juice
- 2 spoons sugar
- 1 spoon soy sauce
- 1 clove, minced
- 1 spoon anchovy paste
- 1 spoon crushed red pepper

- 1/2 cup romaine lettuce leaves
- 1/2 cup arugula or watercress
- 1/2 cup sliced green onions
- 1/2 cup shredded carrot
- 1/2 cup fresh mint leaves
- 1/2 cup packed fresh cilantro leaves
- 1/2 cup onion grated lime peel
- 1/2 cup roast beef, cut into strips

**Dressing:** Combine ingredients in a proof bowl. Cover and microwave for 1 minute.

Wash lettuce, onions, carrot, mint, and peel in large bowl. Toss with dressing. Add beef to dressing; toss. Serve salad and beef on 4 dinner plates. Makes 4.

	Daily goal
190	2,000 (F), 2,500 (M)
8 g	60 g or less (F); 70 g or less (M)
3 g	20 g or less (F); 23 g or less (M)
47 mg	300 mg or less
340 mg	2,400 mg or less
13 g	250 g or more
18 g	55 g to 90 g

by Cynthia DePersio.

## COOL IT!

wise buys that will help you away from the hot stove.

**Shredded salad greens** Not only a mix, but a whole assortment of greens is now available: iceberg and romaine lettuces, gourmet or California mix, Boston and romaine). **Shredded shrimp and other shellfish** with julienned vegetables instant entrée.

**Prepared salsa, hummus, guacamole and guacamole** few appetizers make tasty dips for cut-up farm-stand blues.

**Prepared chicken** You don't have to cook on the oven to have just-prepared chicken on hand for salad sandwiches. (It's best to buy within a day of purchase.)

## JOURNAL SHOPPING CENTER

**AFTER THE FLOOD** Pages 119-125 THROUGHOUT: THE HOME paint, Sherwin Williams, 216-566-2323 painted wall finishes. Angela Saladin, 314-239-3009, Bruce Hardwood Flooring, "Gunstock," 800-722-4647. **KITCHEN** "Celeste" cabinets, Schrock Handcrafted Cabinetry, 800-223-6548 refrigerator, microwave, Frigidaire, 800-451-7007, range, Heartland Appliances Inc., available through Lehman's Hardware, 216-857-5441 ladder-back chairs, 8royhill Furniture Industries, 800-722-4647, sink, faucet Sterling Plumbing Group, Inc., 800-895-4774, chandelier R D S Historic Lighting, 203-526-3690, wallpaper border, tablecloth, window swags, "Melrose," chair seat, wing chair, window swag, "Croquet Check," Laura Ashley, 800-367-2000, copper pot, rug, Prairie Peddler Antiques, 618-465-6114, spongeware, Green Tree Inn, 618-374-2821, "Country Woods" blinds, Hunter Douglas Window Fashions, 800-SHADING, drapery poles, Kirsch, 800-528-1407. **DINING ROOM** wallpaper, "Chawton," border, swag, table linens, "Rubens," lining, "Croquet Check," Laura Ashley, table, chairs, baker's rack, dresser base, "Creekside Collection," 8royhill Furniture Industries, plates, vase, planter centerpiece, candlesticks, Ken Miesner's, 314-567-6650, painting, Prairie Peddler Antiques window tie backs, Kirsch. **SLEEPING ROOM** wallpaper, "Melrose," sofa/ottoman fabric, "Ironwork Damask," wing chair fabric, "Croquet Check," window swags "Melrose" and "Croquet Check," rug, garden accessories, hat, Laura Ashley, lamp table, sofa, ottoman/bench easy chair, "The America Collection," Pearson, a division of Lane, 800-447-4700 "Regatta" brass poles, Kirsch, windows, French doors Andersen Windows Inc., 800-426-4261, painting, flowers, trees, Ken Miesner's, shades, Silhouettes™, Hunter Douglas Window Fashions. **LIVING ROOM** window swag fabric, "Caroline," wing chairs, "Glensia," bench cushion, "Suffolk Stripe," Laura Ashley, rugs, candlesticks, Prairie Peddler Antiques, secretary, "Fisher Park Collection," Thomasville Furniture Industries, 800-225-0265, shades, Duette Elite™, Hunter Douglas Window Fashions. **SITTING ROOM** wallpaper, "Chawton," sofa, "Caroline," chair, "Trellis," rug "Cornelius," pillow, "Glensia," Laura Ashley sofa, "Shaker Country," Pearson, a division of Lane, table, "The America Collection," wing chair, "Shaker Country," Lane, molding, ceiling medallion, Armstrong, "Finishing Touches," 800-233-3823, light fixture, J R Coppermythe, 800-426-8249, table, lamp, Prairie Peddler Antiques. **WHITNEY'S ROOM** wallpaper, "Candy Stripe," border, "Architectural Border," fabric for curtains, bedding, "Ironwork Scroll," lace, "Scroll Madras Muslin," window seat, tablecloth, "Windowpane Check," lamp shades, "Ironwork Scroll," chaise, "Glensia," Laura Ashley, doll, "Sara," The Small Wonders Collection by Lynda Milman, sunflower painting, bridge, Ken Miesner's, candy jar, Green Tree Inn, Sisal Wool carpet, Karastan, 800-234-1120, pillows, comforter The Company Store, 800-323-8000. **BATHROOM** wallpaper, "Lyme Regis," border, "Caroline," sink skirt, balloon shade, "Vineyard," towels, pillow, lamp, Laura Ashley, accessories, Crabtree & Evelyn, 314-432-0701, sink, faucet, Sterling Plumbing Group, Inc., 800-895-4774, vinyl flooring, Armstrong, 800-223-2833, shades, Duette Classic™, Hunter Douglas Window Fashions. **STUDY** light fixture, J R Coppermythe, lamp, swags, "Albert," Laura Ashley, wood drapery poles, Kirsch, scattertable, desk, "The America Collection," Lane, "Country Woods" blinds, Hunter Douglas Window Fashions.

**FOLD JOURNAL Page 127** Plate, Gordon Foster Antiques, 212-744-4922. **COOL COOKING Pages 134-135** Plates and vase, Gordon Foster Antiques. **Page 136** Italian ceramic plate, Aventura, 212-769-2510. **IT'S THE BERRIES Pages 140-141** All painted backgrounds, Sara Abalan, glassware, New Glass, 212-431-0050, green glass bowl, Aventura. **Page 142** Glass dishes, Aventura. Linen napkin, Chelsea Passage at Barney's New York, 212-929-9000.

**MAYBELLINE REVITALIZING AWARDS OFFICIAL RULES from Page 38**

1. Nominations must include a completed original or photocopy of the Revitalizer Nomination Form published in the August 1994 edition of *Ladies' Home Journal* magazine, a 50-75 word essay, and a recent color photograph. 2. Nominations may include up to five pages of additional information, including press clippings, resumes or letters of reference, but materials can be no larger than 8 1/2 by 11 inches. 3. Nominations must be mailed to Maybelline Revitalizing Awards, 3030 Jackson Avenue, Memphis, TN 38112-2018. All nominations must be received on or before 9/15/94. All materials become the property of Maybelline, Inc., and cannot be returned. No responsibility is assumed for lost, late or misdirected entries. Winners will be chosen by a panel of judges comprised of Maybelline and LHI representatives. Selection will be based on winners' significant actions which have had a positive effect on themselves, the lives of others and/or their communities. Decisions of the judges are final. 4. A representative of Maybelline and *Ladies' Home Journal* will notify 10 award finalists by telephone on or before 10/15/94. All 10 finalists will receive a supply of Maybelline products with a retail value of approximately \$100. 5. The top three Revitalizing Award winners will be selected and notified by phone on or before 10/22/94 and must return a signed and notarized affidavit and release on or before 11/1/94. The top three winners each will receive a trip for two to New York on Nov. 10-13, 1994 including round-trip coach airfare, hotel accommodations for three nights, meals for the winner and one guest with a retail value of approximately \$1,500, plus a *Ladies' Home Journal* makeover for the three winners. No alternate travel dates or prizes will be awarded. 6. Maybelline will make a donation to a charitable organization as defined by the Internal Revenue Code in the name of the top three Revitalizing Award recipients, with a \$10,000 donation for first place, \$7,500 for second place, and \$5,000 for third place. 7. All nominees must be U.S. citizens at least 18 years of age. Employees of Maybelline and Meredith Corp. and their agents, affiliates, subsidiaries and families are not eligible. By entering, nominees consent to the use of their names, hometowns, likenesses and biographical information for advertising and promotional purposes without compensation, except where prohibited by law. Submission of nomination materials grants sponsors and their agents the right to publish, use, edit, adapt and/or modify such materials in any way, in any and all media, without compensation to the nominees. Submission of nomination materials further constitutes the nominee's consent to irrevocably assign and transfer to Sponsor any and all rights, title and interest to said materials including, without limitation, all copyrights. Subject to all federal, state, and local laws and regulations. Void where prohibited. Applicable taxes are sole responsibility of winners. For a list of prize winners send a SASE to Maybelline Revitalizing Awards Winners List, 3030 Jackson Avenue, Memphis, TN 38112-2018.

# Out-Of-The-Bag Sandwiches From Reynolds Wrap.



These hearty sandwiches are too much for a sandwich bag. So wrap them fresh and tight in Reynolds Wrap aluminum foil.

## NUTTY HAM AND CHEESE

- 1 sub roll (8-inch), split
- 2 leaves curly lettuce
- 4 oz sliced ham
- 3 Tbsp cream cheese, softened
- 2 slices Swiss cheese, halved diagonally
- 2 Tbsp coarsely chopped pecans
- 1 cup alfalfa sprouts
- 2 Tbsp chopped green onion
- Reynolds Wrap aluminum foil
- 1 tsp garlic salt

Combine cream cheese, pecans, green onion and garlic salt; spread on roll. Layer ingredients in order listed. Wrap in Reynolds Wrap aluminum foil.

## SMOKEHOUSE CALIFORNIAN

- 2 slices whole grain bread
- 2 slices Cheddar cheese
- 2 Tbsp mayonnaise
- 2 slices cooked turkey bacon
- 1 Tbsp thick & chunky salsa, drained
- medium avocado, sliced
- 6 fresh spinach leaves
- Reynolds Wrap aluminum foil
- 2 slices tomato
- 3 oz sliced smoked turkey

Combine mayonnaise and salsa; spread on bread. Layer ingredients in order listed. Wrap in Reynolds Wrap aluminum foil.





Jumble Berry Pie

# IT'S THE BERRIES



**Crisps, pies and puddings bursting with juicy, sun-ripened berries—  
desserts that are truly the essence of summer. We don't blame you for  
wanting to try them all: When  
they're good, they're berry,  
berry good!**



## It's the berries

Easy    Challenging    Low-fat  
 Moderate    Microwave    Low-calorie  
 Can be frozen up to 1, 3, 6 or 9 months

### RASPBERRY BREAD-AND-BUTTER PUDDING



This delicate, creamy bread pudding is a perfect way to use those late berries.

*Prep time: 20 minutes plus standing*     
*Baking time: 50 minutes*

- 5 tablespoons butter, softened
- 12 slices day-old good-quality white bread, crusts trimmed
- 2 cups fresh raspberries, divided
- 4 large eggs
- 1/2 cup granulated sugar
- 3 cups milk
- Boiling water
- Confectioners' sugar

1. Spread butter on bread. Fit 6 slices, buttered side down, in 11x7-inch glass baking dish. Sprinkle 1 cup berries on top. Layer with remaining bread, buttered side down, and berries. Whisk eggs with sugar, then milk, in bowl. Pour over bread, pressing gently. Let stand 30 minutes.
2. Preheat oven to 350 F. Place baking dish in larger pan in oven. Pour boiling water in pan to come 1 inch up sides of dish. Bake 50 minutes or until center is set. Cool on wire rack. Sprinkle with confectioners' sugar. Makes 6 servings.

Per serving	Daily goal
Calories	300
Total fat	60 g or less (F) 70 g or less
Saturated fat	20 g or less (F) 23 g or less
Cholesterol	300 mg or less
Sodium	2,400 mg or less
Carbohydrates	25 g or more
Protein	5 g or 90 g

### BRAMBLE CRISP



Bramble is the fruit from a prickly bush such as blackberry or raspberry. We

combined blackberries with apples for even better taste.

*Prep time: 20 minutes*      
*Baking time: 1 hour*

#### Topping

- 1/2 cup hazelnuts, toasted
- 2/3 cup firmly packed brown sugar
- 2/3 cup all-purpose flour
- 1/2 teaspoon cinnamon
- 1/4 cup butter or margarine, cut up

- 5 cups sliced Granny Smith apples
- 3 cups fresh blackberries
- 1/4 cup granulated sugar
- 1 tablespoon flour

1. Preheat oven to 350°F.
2. *Make topping:* Process nuts and brown sugar in food processor until coarsely chopped. Add flour and cinnamon; pulse. With machine on, add butter through feed tube until combined.
3. Toss apples, berries, granulated sugar and flour in large bowl. Spoon into shallow 2-quart baking dish. Crumble topping evenly on top. Bake 60 minutes. Makes 8 servings.

Per serving	Daily goal
Calories	300
Total fat	60 g or less (F) 70 g or less
Saturated fat	20 g or less (F) 23 g or less
Cholesterol	300 mg or less
Sodium	2,400 mg or less
Carbohydrates	25 g or more
Protein	5 g or 90 g

### RASPBERRY ICE CREAM WITH BLUEBERRY SWIRL



#### FOOD EDITOR'S CHOICE

Homemade blueberry sauce is swirled into raspberry ice cream for a unique marbled appearance and a divine taste.

*Prep time: 15 minutes plus cooling and freezing*     
*Cooking time: 5 minutes*

#### Blueberry Swirl

- 1 cup fresh blueberries
- 1/4 cup sugar
- 1 tablespoon water
- 2 teaspoons fresh lemon juice

- 4 cups raspberries
- 1 cup sugar
- 2 tablespoons fresh lemon juice
- 1 cup heavy or whipping cream
- 1 cup half-and-half cream

1. *Make Swirl:* Heat blueberries, sugar and water to boiling, stirring, in medium

saucepan. Simmer 3 minutes. Transfer to blender; puree. Transfer to bowl and stir in lemon juice. Cover and chill. Makes 2/3 cup.

2. Puree raspberries in blender; press through sieve into bowl, discarding seeds. Stir in sugar and lemon juice, then cream.
3. Freeze in ice-cream maker according to manufacturer's directions. Transfer to chilled 2-quart bowl and freeze 1 hour.
4. Spoon Swirl in 4 pools onto ice cream. Gently fold in to marbleize. Cover; freeze at least 1 hour more. Makes 5 1/2 cups.

Per 1/2 cup	Daily goal
Calories	300
Total fat	60 g or less (F) 70 g or less
Saturated fat	20 g or less (F) 23 g or less
Cholesterol	300 mg or less
Sodium	2,400 mg or less
Carbohydrates	25 g or more
Protein	5 g or 90 g

### JUMBLE BERRY PIE

#### INDULGENT BUT WORTH IT

Pure heaven: a mix of berries baked together under a lattice crust.

*Prep time: 20 minutes plus chilling*     
*Baking time: 65 to 75 minutes*

#### Pastry

- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 1/2 cup cold butter, cut up
- 1/4 cup vegetable shortening
- 4 to 6 tablespoons ice water

- 3/4 cup plus 1 tablespoon sugar
- 1/4 cup all-purpose flour
- 3 cups fresh blueberries
- 1 1/2 cups fresh raspberries
- 1 1/2 cups fresh blackberries
- 1 tablespoon butter, cut up
- 1 tablespoon heavy cream or milk

1. *Make pastry:* Combine flour and salt in large bowl. Cut in butter and shortening with pastry blender until mixture resembles fine crumbs. Stir in water 1 tablespoon at a time until mixture begins to hold together. Divide into 2 balls, one slightly larger than the other. Flatten into disks. Chill.
2. Preheat oven to 425°F. Combine 1/2 cup sugar and the flour in bowl. Add berries and toss. On floured surface, roll larger pastry disk to 11-inch circle. Fit into 9-inch pie pan; flute edges. Spoon berries into pie shell; dot with butter. Roll small pastry disk to 9-inch circle; cut into 1/2-inch strips. Weave strips over pie in lattice pattern. Brush pastry with cream. Sprinkle with remaining sugar.
3. Bake on cookie sheet 15 minutes. Reduce oven temperature to 375°F. Bake 50 to 60 minutes more, until center is bubbly. Makes 8 servings.

Per serving	Daily goal
Calories	300
Total fat	60 g or less (F) 70 g or less
Saturated fat	20 g or less (F) 23 g or less
Cholesterol	300 mg or less
Sodium	2,400 mg or less
Carbohydrates	25 g or more
Protein	5 g or 90 g

Recipes by Lisa Brainerd.

# Cool 'n Easy Watermelon Pie. Pits not included.



- 2 minutes or until dissolved. Stir into gelatin until slightly thickened.
2. **STIR** in whipped topping until mixture will mound.
3. **REFRIGERATE** 4 hours or until set. Add whipped topping, if desired. **M**

Note: Sugar Free JELL-O® Brand Gelatin and COOL WHIP®

# EVERY CHICKEN DESERVES A WISH-BONE.

The special blend of garlic, onion, red bell peppers, lemon juice, and herbs that makes Wish-Bone Italian taste so great on your salad makes it also go great on your grill. For more Wish-Bone marinade recipes, write: Free Cookbook Offer, P.O. Box 1148, Grand Rapids, MN 55745-1148, while supplies last.

## MARINATED CHICKEN ITALIANO

1/2 cup Wish-Bone Italian Dressing  
2 to 3 pounds chicken pieces

In shallow dish, pour dressing over chicken. Cover and marinate in refrigerator, turning occasionally, 3 hours or overnight. Remove chicken, reserving marinade. Grill or broil, turning and basting frequently with reserved marinade until done. Do not brush with marinade during last 5 minutes of cooking. Makes about 4 servings.



## INSIDE THE JOURNAL KITCHEN

You asked for it!

Dear LHM:

Every time I eat at a Red Lobster restaurant, I'm reminded of the delicious food that you've provided.

## RECIPE INDEX

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk include microwave instructions.

### APPETIZERS

- Minestrone Soup p. 130
- Eggplant Dip p. 130
- Onion Fritters with  
Sour Cream Chutney p. 132

### DESSERTS

- Apple Crisp p. 142
- Cool 'n Easy Pie p. 143
- Jumble Berry Pie p. 142
- Raspberry Bread-and-Butter  
Pudding p. 142
- Strawberry Ice Cream with  
Blueberry Swirl p. 142

### ENTREES

- Shrimp Salad p. 136
- Pork Burritos p. 126
- Red Mexican Pizza p. 136
- Ham Steak with Plum Salsa p. 137
- Kikko-Mushroom Burger p. 133
- Mediterranean Chicken-and-  
Vegetable Salad p. 137

**Nutty Ham and Cheese  
Sandwich p. 139**

Plum Tomato-Feta Pasta p. 136

**Quick Taco Salad p. 67**

**Smokehouse Californian  
Sandwich p. 139**

**Soy-Lemon Chicken p. 133**

Summer Garden Pasta p. 132

\*Thai Beef Salad p. 137

### MISCELLANEOUS

- Cheese Garlic Biscuits p. 137
- Honey Mustard Marinade p. 137

### SIDE DISHES

- Grilled Corn and Poblano  
Chile Salad p. 130
- Grilled Eggplant and Goat  
Cheese Salad p. 130
- Harvest Vegetable Soup p. 132
- Parsley Salad with Tomato  
and Parmesan p. 131

ed from page 105

actress and activist on behalf of causing from AIDS to homelessness. She made her Hollywood's poster girl for and mature, sexy self-confidence. At in life when most of her female col agonize over a scarcity of roles, on has managed to find at least two a & Louise and Lorenzo's Oil) that good enough to earn her a pair of Best Academy Award nominations. The likely to become her first blockbuster *The Client* opens this summer, and ready has two more projects, *Sat* and *Little Women*, on the way

ar's more, Sarandon has struck that and much sought-balance between and family that, genuinely, to her to do it all. n [*Client* direc- tivel Schumacher d the film," she he said some- one director had aid: "We'll pay eat, get you a big house, I se you'll have e'll be great to ds." If he had to me with, art; this will e the world." I have known he mpletely full of But if being in a ovie gives me l over my family le, that's great."

l that schedule can be grueling. lon's days typically take her from ounds to symposia, organic groceries to shoots. And the going only gets r at night. "Everybody has to have gs and three stories before bed- she says.

ed whether she'd value a Best Motherd over Best Actress, she says. "Ab- ly. It's so much harder. Being a takes all your creativity, a lot more a, patience, strength and love. And ards are so much greater."

t doesn't mean her work isn't cru- . just doesn't matter quite as much family. And although it's taken her wenty years to achieve superstar sta- raron don seems unfazed by the com- al prospects—or burdens—of ng" a film like *The Client*. "I don't ssure," she says with a shrug. "I d a long time ago not to invest in ings turn out and what kind of busi- does."

Sarandon freely acknowledges that some initial problems with the . In *The Client*, the actress plays

divorced lawyer Reggie Love, a recovering alcoholic who takes on as a client a young boy who is being abused by the Mafia after he learns the truth about a hit. Sarandon saw "huge holes" in the script and found it "not that moving."

So, after she signed on for a fee described by one industry source as "being in the seven-figure range," she implemented several key changes. In the book, Love specializes in cases involving children; in the movie, the boy has to convince her to take the case. What's the difference? "Before, it had no tension. It's now a love story with an eleven-year-old," says Sarandon. And in the absence of a torrid romance, the "sparks flying" between her character and that of co-star Tommy Lee Jones created a teasty, flirty edge.

But though Sarandon has no qualms about doing movies like *The Client*, a commercial thriller, she does draw the line at doing films that link sex and violence. Sarandon has never shied away from just plain sex, however, she's always projected a powerful, take-no-prisoners sensuality.

These days, though, she's just as likely to be playing a mom as a madam. "I'm demoting myself," she says with a smile. "You start playing mothers and it's over. You don't have mothers that are sexy, and if they are sensual and have a sexual appetite, then they leave their kids. That's always the choice. I've basically ruled myself out of being sexy for now. My agents see me on a very self-destructive path. But I've always had a very unorthodox career."

Indeed she has. Sarandon, born Susan Abigail Tomahlin, grew up the oldest of nine children in Edison, New Jersey. Her father was a onetime singer who went on to produce TV shows. Because she helped her mother out with the kids, Sarandon never had, she says, a "burning desire" for parenthood. Sainthood, however, was another matter. Young Susan, educated in Catholic schools, figured the Cold War was her ticket to heaven. "They told us the Communists were coming and nailing us to a cross. So I prayed every lunch period to have the faith of a saint." But the fact that she also "had a hard time with original sin from third grade on" hardly pointed to canonization. "I was always asking questions I was made to stand in the hall for."

At Catholic University, in Washington, D.C., in the late sixties, she met Chris

Sarandon, a graduate student and an aspiring actor. They married when she was twenty, and when he took her to his audition for the John Avildsen film *Boyz n the City*, Sarandon landed a starring role opposite Peter Boyle. She and Chris eventually split up.

Sarandon admits that she over- embarked on a "privity wild, adventurous lifestyle" that included relationships with Louis L'Amour, who directed her in *Arbuthnot*, *City*, and *Prizzi's Honor*; actor Christopher Walken; British rocker David Bowie; and Amurri.

Never zealous about starting a family, Sarandon accepted the fact that she might not be able to have one when during the shooting of *The Untouchables* in the early 1980s, she began hemorrhaging. The problem: severe endometriosis.

In 1984, however, the actress found herself pregnant with Eva Maria. Her decision to have the baby was never contingent on Amurri's plans.

Sarandon happily admits she "completely lucked out" in the soul mate and father-material departments when she met Robbins on the set of *Ball in the Family* in 1987. "It's so great to have a pal, a comrade, who's not going to ask you to be his mother."

The age gap is no problem, she says. In some ways, Robbins is "older, more traditional than me. We have a great time."

If Sarandon has a technique for staying energized and young, she claims ignorance. She doesn't even have time to think about workouts. And forget about plastic surgery. "You can't come in looking bandaged up like you got hit by a car with a two-year-old at home," she says, smirking.

For their home, Sarandon and Robbins chose a double-decker loft in lower Manhattan, with a core "gathering space," the open kitchen living room. There's a piano, a stage and room enough for running bases, dancing and wrestling.

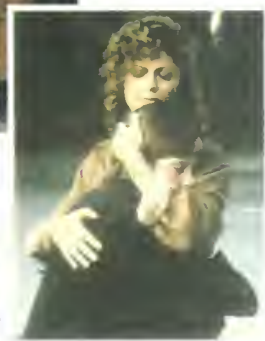
Sarandon and Robbins also avoid almost all TV save for a handful of children's programs—*Sesame Street*, not cartoons, the occasional sporting event and a few favorite videos. Because they live mostly unplugged, says the actress, "there's a lot more downtime where something has to be happening among us. In today's culture, you have to be incredibly vigilant; you're up against an enormous nightmare out there."

Sarandon's extravagances are limited, at least by Hollywood standards: Early American and Haitian art, private schools, a "tiny" weekend country home and travel.

And it's unlikely she'll be blowing a wad on a wedding anytime soon. Sarandon sees no reason to marry Robbins, "because for commitment's sake, we are married. If it causes the kids angst—or if we needed a really great party down the line—I guess we'd consider marriage." (continued)



**Modern screen stars: Sarandon and Robbins (above) with the kids; Susan (right) as lawyer Reggie Love in *The Client***





© KWI BRANDS, INC.

# GERM WARFARE

All automatics clean. But new Ty-D-Bol® is the only automatic bowl cleaner so powerful, it goes beyond clean to kill 99.9% toilet bowl germs with every flush. And it's the only automatic you can buy that's registered with the United States E.P.A.

## Only Ty-D-Bol Kills Germs

### Susan Sarandon

*continued*

Sarandon's kids have all been baptized in the Catholic Church, but the core of her spiritual life is her unflinching political activism. She says, with intended irony, that she was not blessed with "the gift of unquestioning faith." Instead, she has an irrepressible urge to improve the planet any way she can.

Asked if Saint Susan still has a shot, Sarandon laughs. "I'm no saint. There are people doing remarkable, completely selfless things—for the homeless, for Haiti, women taking their children in the middle of the night to escape domestic violence. Those people are heroes and saints. That gives me faith."

It's almost noon, and Sarandon's nanny has wheeled in beautiful, blond-haired Miles, a baby Tim. The actress picks him up, nuzzles him and prepares to meet the rest of the day. But there's still one more question to answer: What does she think about being a role model for superstars like Geena Davis who see her as the High Priestess of having it all?

"I don't see it," she says with a shrug. "I'm trying to make a life for my kids and myself that I feel is sane. I'm just finding my way." ■

*Jim Jerome frequently profiles celebrities.*

### The woman who wouldn't give up

*continued from page 106*

days after being released from the hospital, Guthrie—still weak and tired from surgery—went to the medical school library at the University of Arkansas at Little Rock. For the next several days, she and her husband pored over reports, books, indexes and medical journals, learning everything they could about her form of cancer.

Many people would feel overwhelmed by the complexity of medical texts. But Guthrie had worked for several years as a science teacher, so the technical writing was somewhat familiar. In addition, she had always enjoyed challenging research. She lived next door to a library growing up and early on developed a love of books. "I've always been inclined that way," she says. "I was the kid in high school who loved to write term papers."

But never before had research had such dramatic consequences. As Guthrie read about her type of cancer, she made a startling discovery: She realized that the treatment recommended by her oncologist was wrong.

The doctor had advised beginning radiation therapy immediately. But, after reading the medical literature, Guthrie discovered that was not the

best way to treat the type of cancer she had. "The research showed that if you compared a group of women with my type of tumor who had radiation to a group who had no treatment whatsoever, the length of life was the same for both groups," Guthrie recalls. "The only difference was one important difference: The women who had radiation had permanent side effects that caused other health problems and lowered the quality of their lives."

When Guthrie read that radiation was not the definitive treatment, her first reaction was one of disbelief: "The doctor really wrong? "I had trusted his recommendation. I just had to read up on the treatment to prepare myself for it," she says. "I expected to find out it wasn't right."

Unfortunately, what Guthrie discovered is not so unusual. In medical studies have consistently shown that doctors—who generally treat only thirty to thirty-five patients a year—rarely have time to review the medical literature for every patient. And, according to a report published in a 1992 *Bulletin of the Medical Library Association*, as many as 50 percent of physicians handle patient care differently when they have access to medical information.

Although *(continued on page 107)*

# YOUR EYEBROWS WENT UP WHEN YOU REALIZED IT WAS TURKEY.

DID YOU KNOW THAT TURKEY SAUSAGE HAS HALF THE FAT OF PORK SAUSAGE? NOW EVEN HEARTY DINNERS CAN BE GOOD FOR YOU. WE'LL SHOW YOU, WITH RECIPES THAT ARE NUTRITIOUS AND LOWER IN FAT. TRY A PACKAGE OF OUR ITALIAN TURKEY SAUSAGE; IT JUST MAY OPEN YOUR EYES.

## HOMESTYLE TURKEY SAUSAGE

1 PKG. (ABOUT 1 LB.) THE TURKEY STORE®

PREMIUM FRESH TURKEY

ITALIAN SAUSAGE, CUT IN THIRDS

1/3 CUP REDUCED-SODIUM CHICKEN BROTH

12 SMALL RED POTATOES, QUARTERED

2 RIBS CELERY, CUT IN 1-INCH CHUNKS

1 MEDIUM ONION, SLICED

1 SMALL BELL PEPPER (GREEN, RED OR YELLOW), CUT IN 2-INCH STRIPS

1 TSP. DRIED OREGANO LEAVES

**PREPARE:** SPRAY SKILLET WITH NON-STICK COOKING SPRAY. HEAT SKILLET

OVER MEDIUM-HIGH HEAT ABOUT 30

SECONDS. **COOK:** ADD TURKEY ITALIAN

SAUSAGE. COVER; COOK 14 TO 16 MINUTES OR

UNTIL LIGHTLY BROWNED AND NO LONGER PINK

IN CENTER, TURNING OCCASIONALLY. ADD

REMAINING INGREDIENTS. REDUCE HEAT TO

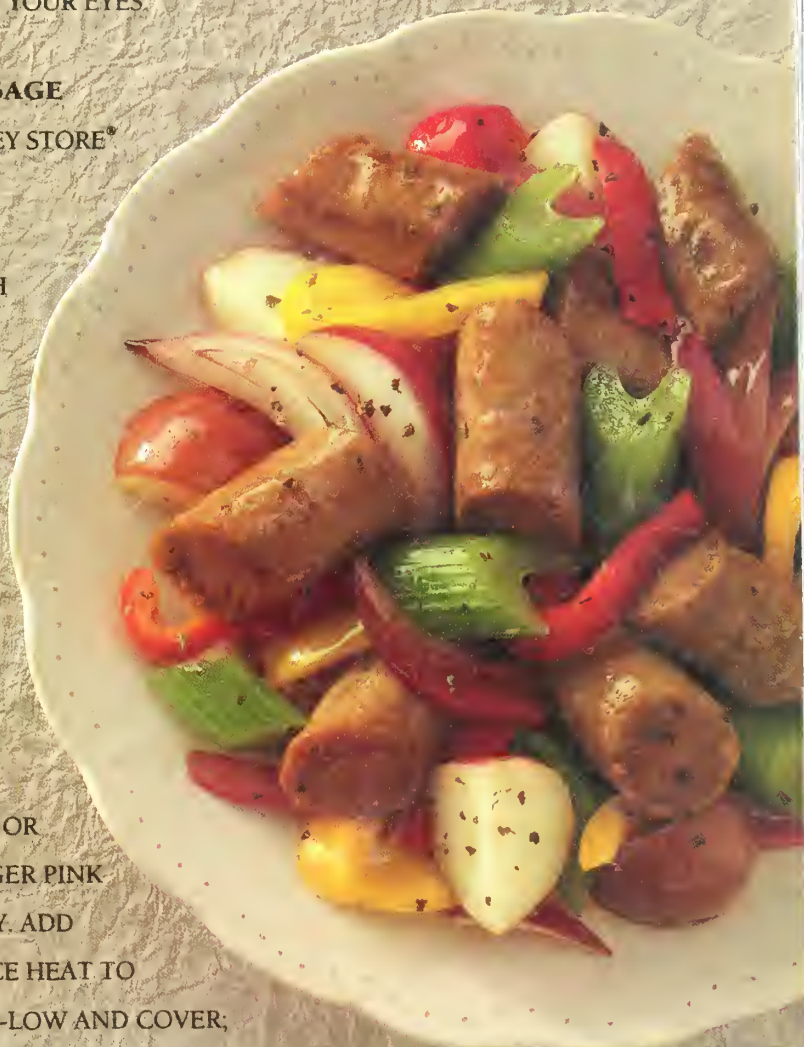
MEDIUM-LOW AND COVER;

COOK 30 TO 35 MINUTES OR UNTIL

VEGETABLES ARE TENDER. 6 SERVINGS.

NUTRITIONAL INFORMATION PER SERVING (1/6 OF RECIPE) - CALORIES 221,  
PROTEIN 16G, CARBOHYDRATE 24G, FAT 7G, CHOLESTEROL 52 MG, SODIUM 75 MG.

FOR "A FRESH APPROACH" COOKBOOK, SEND \$2.50 WITH YOUR ADDRESS TO P.O. BOX 1173-02 LORETTO, MN 55599



# Why mess with a yeast infection?

*The tip releases the Monistat.  
The rest absorbs the mess.  
Together, just one tampon per night  
cures in 5 days.*



**NEW**  
**PRESCRIPTION**  
**ONLY**

*Ask your doctor for the clean cure.*

**MONISTAT<sup>®</sup> 5**  
**MICONAZOLE NITRATE**  
**TAMPONS**

**WARNINGS:**

- Do not rely on condoms or diaphragms to prevent sexually transmitted diseases or pregnancy during the 5 days you are using Monistat<sup>®</sup> 5 (miconazole nitrate) Tampons 100 mg, because an ingredient in Monistat 5 Tampons will break down the latex.
- Please note that Monistat 5 Tampons are not recommended for use during pregnancy.
- The use of nonmedicated tampons for menstrual flow has been associated with Toxic Shock Syndrome (TSS). Although there have been no reports of TSS to date with Monistat 5 Tampons, patients who develop high fever, vomiting, or diarrhea should discontinue use and consult a physician.
- Low occurrence of side effects has included burning, itching or irritation, headache, or nausea; however, these occurred about as often as with nonmedicated tampons.

**Available only in California.**



**MONISTAT<sup>®</sup> 5**  
**miconazole nitrate**  
**Tampons 100 mg**

**DESCRIPTION:** MONISTAT<sup>®</sup> 5 Vaginal Tampons are white to off-white tampons, each coated with the antifungal agent, miconazole nitrate, 1 (2,4-dioxo-1,1-bis(4-phenyl-1H-imidazol-2-yl)oxy)phenethyl)imidazole nitrate 100 mg in a base mixture of Adeps solidus, Cerith 20, and Talcum Powder and Dicalcium Phosphate.

**INDICATIONS AND USAGE:** MONISTAT<sup>®</sup> 5 Tampons are indicated for the local treatment of vulvovaginal candidiasis (moniliasis). As MONISTAT is effective only for vulvovaginal candidiasis, the diagnosis should be confirmed by KOH smear and/or cultures. The therapeutic effect of MONISTAT<sup>®</sup> 5 (miconazole nitrate) Tampons is not affected by either oral contraceptive use or menstruation.

**CONTRAINDICATIONS:** Patients known to be hypersensitive to this drug.

**WARNINGS:** Safety and efficacy of the tampon in pregnancy have not been established; therefore, MONISTAT<sup>®</sup> 5 (miconazole nitrate) Tampons are not recommended for use during pregnancy. MONISTAT<sup>®</sup> 5 Tampons are not indicated for use in patients with tampon but are a drug delivery system for miconazole nitrate in the treatment of candidiasis.

**Re: Toxic Shock Syndrome.** The use of nonmedicated tampons in menstrual health has been associated with an increased risk of Toxic Shock Syndrome (TSS). TSS is a rare illness which can be fatal and is characterized by high fever (102° F or greater), hypotension, a characteristic rash with desquamation 1 to 2 weeks after onset. Three (3) or more other organ systems may become involved.

Patients should be advised that if, during the use of MONISTAT<sup>®</sup> 5 (miconazole nitrate) Tampons, a high fever (greater or equal to 102° F) develops and vomiting or diarrhea is experienced, the use of MONISTAT<sup>®</sup> 5 (miconazole nitrate) Tampons should be immediately discontinued and a physician contacted.

**PRECAUTIONS:**

**General:** Discontinue drug if sensitization or irritation is reported during use.

**Laboratory Tests:** If there is a lack of response to MONISTAT<sup>®</sup> 5 (miconazole nitrate) Tampons, appropriate microbiological studies should be repeated to confirm the diagnosis and exclude other pathogens.

**Carcinogenesis, mutagenesis, impairment of fertility:** Long-term animal studies to determine carcinogenic potential have not been performed.

**PREGNANCY: Pregnancy Category C.** Miconazole nitrate has been shown to be embryotoxic in animals when given by the oral route at 12 times the human dose. There are no adequate and well-controlled studies in pregnant women.

**Nursing mothers:** It is not known whether miconazole nitrate is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when miconazole nitrate is administered to nursing women.

**ADVERSE REACTIONS:** During clinical studies with miconazole nitrate tampons for up to 14 days, 33 of 535 patients (6.2%) treated with miconazole nitrate tampons reported complaints during therapy. The most frequent complaints were vulvovaginal burning, itching or irritation, headache, or nausea. In the placebo-controlled trial, the number of miconazole nitrate tampon-treated patients reporting each of these complaints was not statistically different from the number of placebo tampon-treated patients reporting them. The therapy-related dropout rate was 0.4%.

**DOSE AND ADMINISTRATION:**

**MONISTAT<sup>®</sup> 5 (miconazole nitrate) Tampons:** One tampon (100 mg miconazole nitrate) is inserted intravaginally



at bedtime, left in place overnight, and removed in the morning for each of 5 consecutive nights. During treatment, the tampon should be replaced daily as needed.

If vulvovaginal candidiasis persists or recurs, therapy may be repeated after other pathogens have been excluded by appropriate smear and cultures.

**HOW SUPPLIED:** MONISTAT<sup>®</sup> 5 (miconazole nitrate) Tampons are supplied in a tampon applicator box containing 10 tampons. Each MONISTAT<sup>®</sup> 5 Tampon applicator box contains 10 tampons with an insert for tampon use instructions.

**CAUTION:** Federal law prohibits dispensing without prescription.



There's no dog like your dog.  
 And no heartworm protection like ours.

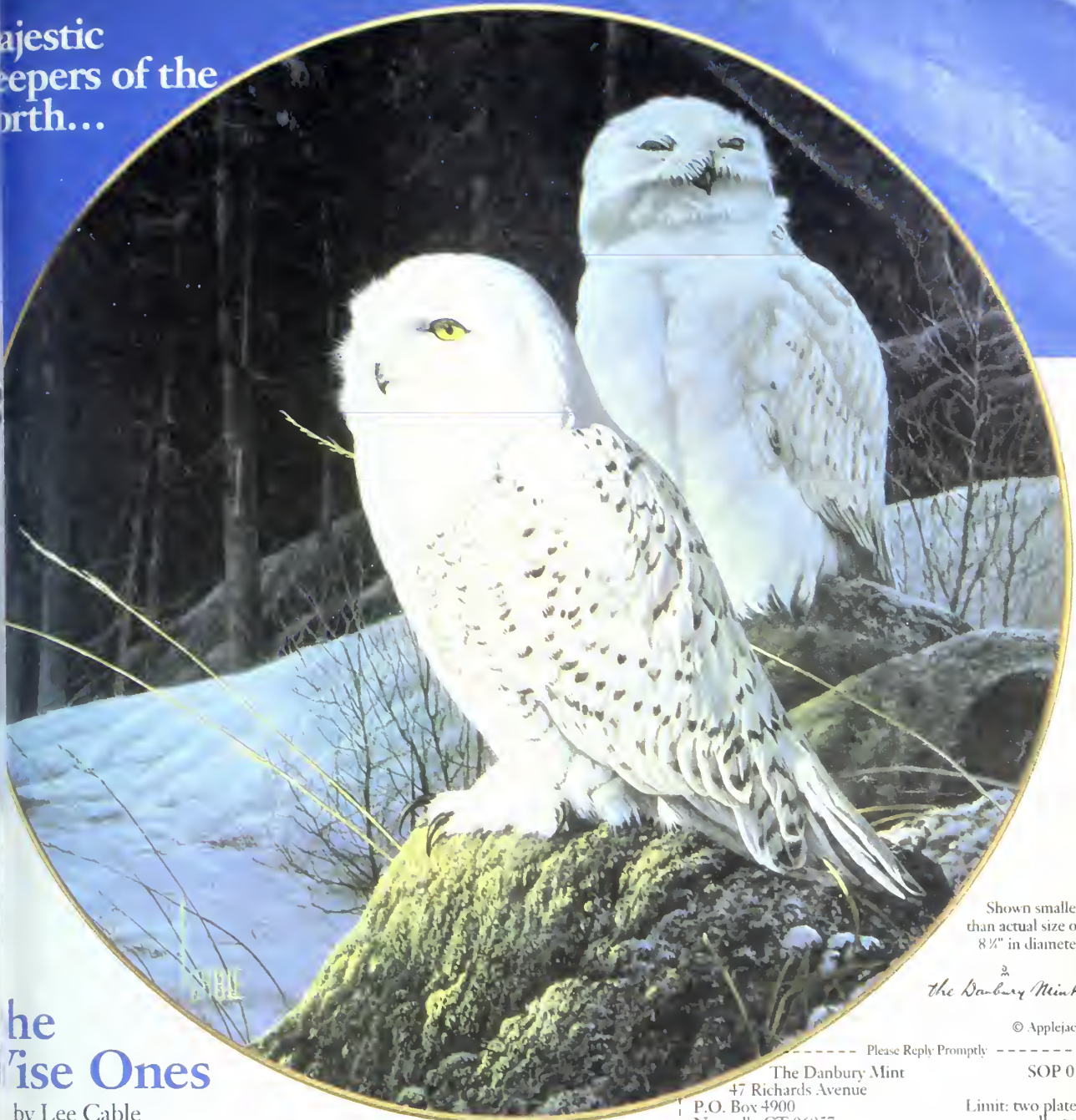
Now each beefy, chewable chunk of HEARTGARD-30 Plus combines unsurpassed heartworm protection *plus* treatment and control of more types of other worms. So ask your veterinarian for HEARTGARD-30 Plus.

Heartgard<sup>30</sup>®   
 Chewables (ivermectin/pyrantel)

Heartworm protection plus. Right from the heart.

HEARTGARD-30 Plus (ivermectin/pyrantel) is a prescription drug. It is intended for use in dogs only. It is not intended for use in cats or other animals. Keep this and all drugs out of the reach of children. Adverse Reactions: Some dogs may experience mild, transient side effects such as drowsiness, depression, or loss of appetite. These effects are usually self-limiting and resolve within 24 hours. In rare cases, dogs may experience more severe side effects such as vomiting, diarrhea, or seizures. If any of these symptoms occur, discontinue use of HEARTGARD-30 Plus and contact your veterinarian immediately. Precautions: HEARTGARD-30 Plus should not be administered to dogs that are allergic to ivermectin or pyrantel. It should also be avoided in dogs with a history of seizures or other neurological disorders. HEARTGARD-30 Plus should be used with caution in dogs with liver or kidney disease. HEARTGARD-30 Plus should not be administered to dogs that are pregnant or nursing. HEARTGARD-30 Plus should not be administered to dogs that are receiving other medications, particularly those that contain ivermectin or pyrantel. HEARTGARD-30 Plus should be stored at room temperature (20°C to 25°C) in its original container, tightly closed, and protected from moisture and light. HEARTGARD-30 Plus should be kept out of the reach of children and other animals. HEARTGARD-30 Plus is a registered trademark of Fort Dodge Animal Health, a division of Wyeth. © 2000 Fort Dodge Animal Health. All rights reserved.

Majestic  
Keepers of the  
North...



Shown smaller  
than actual size of  
8 1/2" in diameter

*the Danbury Mint*

© Applejack

## The Wise Ones

by Lee Cable

A numbered limited-edition collector plate trimmed in 23kt gold. Evicted from their tundra homeland by the scarcity of food, a pair of spectacular snowy owls keeps a hopeful eye over this new land of opportunity. The setting sun casts its diminishing rays on their rugged perch, illuminating their snowy white plumage and piercing eyes with one last flash of brilliance before night descends.

Now, internationally-acclaimed wildlife artist Lee Cable has captured the mysterious splendor of the snowy owl and the majesty of the chilled northern landscape on a dramatic porcelain collector plate. Winner of numerous wildlife art awards, Cable tells us why the snowy owl is one of the world's most precious jewels.

### A Limited Edition

The edition size of "The Wise Ones" is limited to a maximum of 75 firing days, and each numbered plate will be accompanied by a personalized Certificate of Authenticity. As a finishing touch, each plate will be trimmed with a band of 23kt gold, and the price is just \$26.95!

### No Obligation—No Risk

You can acquire "The Wise Ones" with our *Guarantee of Satisfaction*. If you are not delighted with your plate, simply return it within 30 days of receipt for a replacement or refund.

Considering Lee Cable's dedicated following among collectors of wildlife art, we anticipate an enthusiastic response to this limited-edition collector plate. To avoid delay, reserve your plate today!

Please Reply Promptly

The Danbury Mint  
47 Richards Avenue  
P.O. Box 4900  
Norwalk, CT 06857

SOP 03

Limit: two plates  
per collector

Accept my reservation for "The Wise Ones." I wish to reserve \_\_\_\_\_ (1 or 2) plate(s). I need send no money now. I will pay for each plate in two convenient installments of \$14.95\* each, with the first billed prior to shipment.

\*Includes \$2.95 per plate for shipping and handling; any applicable sales tax is additional.

Name: \_\_\_\_\_  
Please print clearly

Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Zip: \_\_\_\_\_

Signature: \_\_\_\_\_

All orders subject to acceptance.

Name for Certificate(s) of Authenticity (if different from above)

# DERMAREST DRICORT

## THE STRONGEST HYDROCORTISONE FORMULA

### THE ONLY HYDROCORTISONE THAT FEELS GREASELESS

The strongest doctor recommended formula  
you can buy without a prescription.

Dermarest® DriCort® works hard to help relieve eczema, psoriasis, or dermatitis. But that's not all. While other leading hydrocortisones can leave a greasy film on your skin, Dermarest DriCort leaves a unique, comfortable, powder-smooth feeling. No other 1.0% hydrocortisone feels better, or provides better itch and rash relief than Dermarest DriCort.



THE ONLY MAXIMUM STRENGTH HYDROCORTISONE  
THAT FEELS GREASELESS.

Use as directed. © 1994 Del Pharmaceuticals, Inc., a subsidiary of Del Laboratories, Inc.

### The woman who wouldn't give up *continued from page 146*

many patients find it difficult to start over with a new doctor. Guthrie knew she had to find someone she could trust. She had already begun to have doubts about the physician who had prescribed the radiation, and what she found in the medical journals only confirmed her fears. "I knew I had to find a doctor I could feel comfortable with—and someone who would respect the fact that I wanted to be involved in my own care," she says.

So she dug further into the journals and books and came across two articles on a surgical treatment of granulosa

cell cancer written by Felix Rutledge, M.D., who was then head of the gynecology unit at the University of Texas M.D. Anderson Cancer Center, in Houston. With the help of a friend who was a physician, she contacted Rutledge and made an appointment to see him.

Aside from leading Guthrie to a top doctor, her research taught her an important lesson that has served her well throughout her ordeal. "It made me realize that medicine is an art rather than a hard science, that it isn't all black and white," she says. "I realized I was going to have to be a partner in my own care."

When Guthrie first met Rutledge, she was impressed. "He was an older

man, very kind and caring," she says. But, even more important, the doctor seemed to appreciate the fact that Guthrie had learned about the treatment options and could intelligently discuss the pros and cons of each. Her first oncologist hadn't been receptive to her involvement. When she had raised questions about the advisability of radiation, he dismissed her concerns by saying, "You can know too much."

Rutledge, by contrast, encouraged her participation. "We agreed that neither radiation nor chemotherapy was the best treatment for my type of cancer," she says. Rather, they decided to treat her cancer by surgically removing tumors if and when they appeared. Guthrie was comfortable with the decision because of a study she had read in the course of her library work. The study showed that two women with the same type of cancer had lived for fifteen and eighteen years, respectively, simply having tumors surgically removed when they appeared.

Although Guthrie knew she faced the prospect of repeated surgeries, she recalls a feeling of relief after her first meeting with Rutledge. "Of course, I still had cancer," she recalls. "But I was positive because I had a sense of control over the course of my health."

### HOPE, THEN DISAPPOINTMENT

Six months after her initial diagnosis, Rutledge did an exploratory surgery on Guthrie to see if her cancer had come back. Remarkably, it hadn't. "I thought I was out of the woods," she says.

But about two and a half years later, Guthrie had her first recurrence. It happened as abruptly as it did before. She was at a rock concert with her then-teenage son, when she began experiencing severe abdominal pain. She tried to leave but collapsed in the lobby of the concert hall and was taken to the hospital. There, she learned she had another tumor, which had ruptured, causing internal hemorrhaging. This time, the cancer had metastasized, spreading throughout the abdominal cavity. Once again, medical experts predicted she had just a few years to live. But, once again, Guthrie defied the prognosis.

In the past years, she has been out of the hospital numerous times. Every six months she has a CAT scan, and when new tumors are found, she is scheduled for surgery. She has had several operations since 1986.

In part, Guthrie credits her success to the research she's done about the ways to take care of herself. Her regimen includes exercising regularly, eating a low-fat diet, taking vitamins and using Chinese herbal medicine. "The approach has worked well."

is always amazed because I get each year, and with the cumulative effects of these multiple surgeries I don't seem to be recovering as quickly as I would like," she says. "But I'm usually back at work in four weeks."

## MEDICAL RESEARCH BUSINESS

It's even more amazing than Guthrie's remarkable endurance—and her positive outlook on her illness—is that in the midst of it, Guthrie managed to make a career change.

When she got sick, she had been working as a university administrator. After her first surgery, she decided to leave that job and find something more suitable to her interests. So she joined The Health Resource, Inc., a national information service that provides individualized, comprehensive

research reports on specific medical conditions. Since its beginning ten years ago, The Health Resource has served roughly eight thousand people. "My research was so important in helping me regain control over my health that I decided to do similar research as a service for others," she says.

Meanwhile, Guthrie continues plugging away with characteristic optimism. Obviously, she has to accept the fact that she's likely to need more surgery or, worse, that she'll have an inoperable tumor. But she is taking one day at a time. "You learn to live with the cards you were handed and to make the best of it," she says. ■

*Ellen Perley Frank is a writer in western Massachusetts who frequently covers medical topics.*

## How to do your own medical research

Once Guthrie found, doing your own research can make you feel more in control of your health. Here's a step-by-step guide on how you can do research on the newest and best treatments:

A good place to start is to contact a national association or support group that deals with a particular ailment (for instance, the American Lung Association or the National Multiple Sclerosis Society). Such associations usually publish an informative newsletter; some have physician referrals by geographic area; and they can steer you to local support groups.

To find such an association, look in your library for *The Encyclopedia of Associations* (published annually by Gale Research, Inc.). Or contact the American Self-Help Clearinghouse, St. Clare's-Riverside Medical Center, 2500 No. Road, Denville, NJ 07834 (201-625-7101).

Head up on the condition or ailment at a medical library. Most medical schools and teaching hospitals have libraries that are open to the public. To find the institution nearest you, call the toll-free number for the National Medical Libraries system of the National Library of Medicine (800-338-7657).

Your first stop should be the librarian, who can direct you to reference books and the indexes appropriate to your particular subject. Be prepared to spend at least a day at a medical library.

Most medical libraries have access to Medline, the National Library of Medicine's computer database, which indexes close to four thousand medical journals. (If you have a home computer, you can access Medline through on-line services such as CompuServe.) If a computerized index is not available, you can find the information in *Index Medicus*.

Experts advise going back roughly five years to get a full overview. (Information older than that may be outdated.) Photocopy all articles that seem relevant and present them to your doctor.

If you're unable to do the research yourself, you can pay experts to do it for you. (Fees depend on the service you choose and the length and complexity of the topic you need researched. Costs vary from \$85 to as much as \$300 per report.) Here are several companies that provide that service:

The Health Resource, Inc., 564 Locust Street, Conway, AR 72032 (501-527-5272).

Planetree Health Resource Center, at California Pacific Medical Center, 4040 Webster Street, San Francisco, CA 94115 (415-923-3680).

MedScan, 189 Riverside Drive, Johnson City, NY 13790 (800-MED-8145).



**100% FRUIT  
JUICE  
100% FUN™**



© 1994 General Mills Inc.

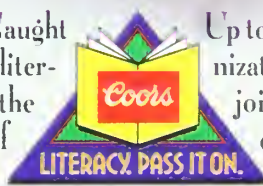
**SQUEEZIT 100™**

The only  
100% fruit juice  
in the fun  
squeezable bottles  
kids love.

# THERE ARE TWO HEROINES IN THIS NOVEL. ONE OF THEM IS YOU.



In her latest thrilling novel, *Perfect*, Judith McNaught weaves the story of a woman who overcomes her illiteracy to find love and success. Now, when you buy the paperback version, you'll be helping the one out of five women in America who are illiterate today.



Up to \$50,000 will be donated to women's literacy organizations, based on the number of books sold. So, join Judith McNaught and Coors and read so that others may learn. Literacy. Pass it on. To get involved, call 1-800-626-4601.

## Don't talk to strangers"

*Continued from page 109*

s solution: Teach kids to use their instincts and their intelligence to recognize and avoid molesters instead of relying on nket responses.

Today, when most parents hear the word abduction, they think of Pollyanna, the twelve-year-old California girl who was kidnapped from her home last year and murdered. However, while such notorious crimes are relatively rare, according to the most recent U.S. Department of Justice statistics, approximately 3,200 to 4,600 children listed as missing each year are seized by non-family members; and some 350,000 youngsters are abducted by family members involved in custody disputes. Though procedures for tracking missing children have certainly improved in the last decade, even Ernie Cullen, president of the National Center for Missing & Exploited Children, admits: "It is easier in this country to trace a missing car than a missing child."

If even one child is abducted, it's too many. And the question in every parent's mind is: "Have I done absolutely everything to protect my kids?"

Which brings us to the park on a warm April afternoon. The *Journal* wanted to know whether kids who had been warned repeatedly about strangers and safety in general were still vulnerable. In the process,

we hoped to teach our kids, and ourselves, as much as we could about playing safe.

Besides my son, Michael, and his friend Tahlor, both five, we rounded up the children of another editor, Elizabeth, eleven, and David, nine, and told them we were having an impromptu after-school picnic. We moms arranged ourselves on a bench while the kids played in the field and playground about one hundred feet away. Ken Wooden watched from a distance. Dressed in a white sweater, khakis and running shoes, his gray hair combed neatly, he could have been anybody's grandfather. In his hand was a dog leash and two Polaroid photos of his "lost" puppy. He approached each child with his sad story: He had just taken his puppy off the leash for a minute when she jumped over the stone wall and disappeared. Could they help him look for her? Occasionally he would add that he had a \$20 reward for the finder.

Though we pretended to chat among ourselves, our eyes were glued to our kids. (And that, as any parent must admit, is not always the case. Even the most vigilant mom stops to tie a shoe, fetch another child from the top of the slide, or simply to talk to a friend.) So, how did our children react?

Elizabeth, the worldly wise preteen, listened sympathetically to Wooden's story and asked questions. No, she hadn't seen the dog, she said, but if he

could give her his phone number, she'd be happy to call him if she did. Ah, Elizabeth, we sighed happily—though, in spite of her response, she did step outside the park gate with Wooden for a minute, leaving herself vulnerable to being grabbed and shoved into a car.

Nine-year-old David, balancing admirably on his new skates, was also appropriately cautious: He listened and asked questions, then came back to report that a man had lost a puppy—could he help him look for her? When his mother pretended to be too preoccupied to hear, David made his own decision: Skating back to Wooden, he volunteered to help and walked with him up the hill and toward the underbrush, taking Wooden's hand as he did so.

But Michael and Tahlor threw all caution to the wind. Instantly attracted by this nice man's plight, worried sick about the poor lost dog—and no doubt lusting after the Mighty Morphin Power Rangers they could buy with their \$20 windfall—they marched with Wooden across the open field and disappeared over the hill. Not once did they even glance back at their moms, sitting in silent panic on the bench.

### THE MYTH OF THE DIRTY OLD MAN

We learned a lot that afternoon, not the least of which is that there is no reason to live in fear that your child will be abducted. In fact, many *(continued)*

## WHAT IF . . .

### Child molesters' most common tricks, plus tactics for staying safe, from Ken Wooden

*Would your child know what to do in the following situations? Read the scenarios together and talk about how you can make the safety strategies a part of your daily life*

#### **Situation #1: A man carrying an armload of packages asks you to help bring a bag to his car.**

Tell your child: Adults should ask other adults, not kids, for help. Like the lost-puppy lure that Ken Wooden used in the park, such requests for assistance are common ploys. Explain that it's not impolite to say no to such requests, since, in general, a trustworthy adult would not ask. Also tell your child to report any such requests to you.

#### **Situation #2: Someone you don't know pulls his car over and asks you for directions to the town library.**

Tell your child: Be wary, too, of any adult asking for directions. Take two giant steps back from the car and shout the information. If the stranger tries to grab you, be ready to run very fast in the opposite direction from the way the car is going. Tell your child that even if someone knows your name it doesn't mean he knows you. *(Editor's note: Be sure to put name tags or labels on clothing, backpacks or lunch boxes in a place that is not visible to strangers.)*

#### **Situation #3: You're playing in the backyard when a neighbor strolls by and asks if you would like to play a new Sega Genesis game.**

Tell your child: Never go anyplace with anyone unless you check with a parent or a caregiver first, even if you're sure it's okay.

#### **Situation #4: You're home alone and someone phones to say he's doing a survey for your school. Can he ask you a few questions?**

Tell your child: Never give out any information to anyone who calls. Say, "You'll have to speak to my mom or dad. One

second, please . . ." Pretend to call a parent, wait a minute, then say, "My mom is busy right now. Can I take a message?"

#### **Situation #5: Your teenage baby-sitter says he'll give you \$5 if you play a secret game with him.**

Tell your child: Say no, and tell a parent as soon as you can. Be wary of anyone who tries to bribe you with money, gifts, candy, alcohol or drugs. Parents must pay attention to anyone who gives children unexplained toys, gifts or money. Find out where they came from and why they were given.

#### **Situation #6: You lost track of your mom at the shopping center. A nice man finds you and says, "Come with me; I'll help you find your mom."**

Tell your child: If you're lost, go to a store clerk behind the counter or at the register, or to a uniformed security guard, and tell her you're lost. To stay safe, remember to use the buddy system in stores or at the mall. That means never wander by yourself or go to the rest room or children's play areas alone.

#### **Situation #7: A man comes up to you and your friends in the park. He shows you his business card and tells you he represents a modeling agency and that you're one of the prettiest young ladies he's seen in a long time. Can he take your picture for the agency?**

Tell your child: Molesters often use flattery, compliments and promises of fame to lure children. Fake business cards can be made cheaply and quickly, and a harmless photo session easily escalates into more. Never go with anyone under these circumstances. Tell a parent so he or she can check out the situation.

## SUBSCRIBER SERVICES

**Change of Address:** Please attach mailing label from this magazine and write in your new address below. 6-8 weeks advance notice is needed.

**Mailing List Name Removal:** We occasionally make our mailing list available to organizations whose offer we believe might be of interest. If you do not wish to receive any mailings from companies not affiliated with Meredith Publications, Inc., please check the box below and attach your mailing label.

**Complaints:** For duplicate issues, late delivery or any problems, attach mailing label and send details to the address below.

**Change of address**

Please remove my name from your rental list

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Mail to: LHJ, P.O. Box 53940, Boulder, CO 80322-3940

ATTACH MAILING LABEL HERE

**"Don't talk to strangers"**

*continued*

child-safety pros such as Ernie Allen believe parents need context and perspective on the issue. "Parents shouldn't panic, but they do need to use common sense and be prepared," Allen says.

Unfortunately, many well-meaning parents inadvertently make kids more vulnerable to sexual offenders, as I did. As Wooden points out, the first bit of advice we ingrain in them is that they should never talk to strangers. Of course they shouldn't—but to stop there ignores some psychology.

For example, to a preschool- or even school-age child, a stranger is a slovenly, scary man. On the other hand, someone they've spoken to, albeit for only a few minutes, is in their minds no longer a stranger. In fact, when we later explained the experiment to our children, the first question Wooden asked them was, "Am I a stranger?" Michael and Tahlor replied in unison: "No, you're a nice man!"

"They don't perceive an engaging stranger as a threat," Wooden explains, "and child molesters are notoriously charming and flattering." What's more, since the majority of crimes against youngsters are committed by people they know, they are caught off-guard when a scout leader, an uncle, a member of the

clergy, a neighbor or a friend of Daddy's makes advances.

Interestingly, while Elizabeth was more street-smart than the others, statistics show that girls twelve to fourteen years old are prime targets for abduction. The reason: Most parents tend to give preteens and adolescents more freedom, and the kids themselves have a cloak of invulnerability about them. They think: This could never happen to me; I'm too smart, too cool. Unfortunately, most school-based self-protection programs end at sixth grade.

But clearly, kids this age still need guidance. Child molesters use every available medium to lure unsuspecting youngsters. Even the vast information highway of computer bulletin boards has become a tool. According to recent news reports, the arrest of a twenty-three-year-old Massachusetts man for trying to hire a teenager who logged onto his computer bulletin board to kidnap another child is but one of several cases involving high-tech pedophilia in the past few years.

"Just as any conscientious parent will from time to time check to see what their children are reading, they must also check what interests and connections they are pursuing on their on-line computers," Wooden advises.

**WHAT THEY MUST KNOW . . . AND WHEN THEY SHOULD KNOW IT**

Many parents are afraid that talking about sexual assault and abduction with youngsters will frighten them, but experts contend just the opposite is true. "We teach our kids all kinds of safety rules from the time they can crawl," notes Wooden. "We tell them not to touch electrical outlets and always to swim with a buddy. This is no different." In fact, when kids have prevention strategies and rules concerning how to act, even at a young age, they feel stronger and more confident.

For instance, in the same matter-of-fact way you told your preschoolers to be careful near a hot stove, teach them to be wary of actions or situations, not only of strangers. Reassure them that most adults are well meaning, but give them the self-confidence they need to trust their instincts and use their brains to judge each situation accordingly. Ken Wooden tells children, "Tune into the siren in your stomach, that funny feeling you get when a situation or person makes you feel

uncomfortable." Also, since preschoolers are curious and receptive to discussion about their bodies and are not yet self-conscious, teach them to use the correct names for body parts. By talking candidly, you send a message of respect for them and their bodies.

Caution all children never to go places alone or without checking with you, the regular caregiver or another trusted adult. Remind them, over and over again, that they have the right to say no to anyone who tries to touch their private parts—and don't forget to explain what this is: a part normally covered by a bathing suit. Explain that it is against the law to do this, and they should always report to someone who does or says something else that makes them feel uncomfortable or scared.

Child molesters often gain a child's confidence by gradually befriending him, encouraging harmless secrets that lay the foundation for future secretive sexual acts. Molesters may also threaten children by saying: "If you tell what we do, you'll go to jail, too" or "I'll hurt your parents if you tell." Reassure them that you will believe them—and love them no matter what happens.

For my part, while it was both frightening and humbling to discover how vulnerable my children are, I feel more confident now. I know exactly what to tell them to do and not do. And though my five-year-old is now rolling his eyes just like his big sister, I plan to keep on telling them.

They'll just have to learn to put up with me.

*Margery Rosen is a contributing editor of Ladies' Home Journal.*

**FOR MORE INFORMATION**

To find out more about the Child Lures education program as well as seminars and information for parents, contact The Wooden Publishing House, 2119 Shelburne Road, Shelburne, VT 05488. You can order the twenty-page "Child Lures Family Guide" (\$4) and the Child Lures School Program (\$346.50).

The National Center for Missing and Exploited Children offers a school-based curriculum on safety and protection. Contact them at 2101 Wilson Boulevard, Suite 550, Arlington, VA 22201-3052. Their hot line missing children is 800-THE-LOST.

**COMING IN SEPTEMBER**

The biggest back-to-school lesson this year is how to **teach your kids values**—our guide has everything a parent needs to know. . . . Discover a houseful of decorating ideas on a tour of this year's winning rooms from our **room makeover contest**. . . .

Indulge your **passion for fashion**, and sneak a peek at the best of the new fall clothes. . . . And don't miss our recipes for **cooking the low-fat way** without sacrificing taste. Plus interviews with your favorite celebs and lots, lots more!

**ON SALE AUGUST 11**

**THANK YOU FOR BUYING THIS ISSUE. WE HOPE YOU ENJOYED IT. SEE YOU NEXT MONTH!**



# JOURNAL STORE

## ENJOY WRITING POETRY?

Compete for over \$12,000 in prizes and possible publication in a deluxe, hardbound anthology. Enter the National Library of Poetry's amateur poetry contest. No entry fee or purchase required. Send poem, any subject, any style, twenty lines or less, to the National Library of Poetry, 11419 Cronridge P.O. Box 704-U, Owings Mills, MD 21117.

**TON-DRAKE GAL-ES** brings you heir-quality dolls, hand-crafted in porcelain and painted, at prices you'll love. Send for our catalog today. Mid-West Lists & Medio, Dept. 01 Milwaukee Ave., IL 60714.



## HOW TO PUBLISH

## OUR BOOK

Join our successful authors in a complete and reliable publishing program. Send for a free manuscript report and copy of "Publish Your Book": Carlton Press, Dept. LHH, 11 West 32 Street, New York, NY 10001.

Send us your favorite photo for FREE 5"x 7" color enlargement and FOUR jumbo sized (2 1/2" x 3 1/2"). End in this offer with photo or instant print (4" or smaller). Please include \$1 for postage and send to: RELIANCE COLOR LABS, Inc., 51 FLH, P.O. Box #1000, Swonsea, MA 02777.



The Noritoke Service Center specializes in helping you get pieces in patterns the stores no longer carry. We have items available in all active and dozens of discontinued Noritoke patterns. Write: Noritoke Service Center, 2635 Clearbrook Drive, Arlington Heights, IL 60005. Phone TOLL FREE: 800-562-... Have your pattern name ready!



## LIVE PERSONAL PSYCHIC

Numerology • Tarot • Astrology  
Clairvoyant

Love • Success • Money \$ • Difficult Decisions  
**LOOK INTO YOUR FUTURE!**  
Sensational Results with Rare Gifted Psychics

**1-900-933-7333**

24 Hrs. Call Now OR MC/VISA & CUST. SERV. \$297 Per Min.  
**1-800-972-1117**  
Mile-Hi Psychics • Must be 18 +  
Also Spanish, French & German Speaking Psychics



SAVE UP TO 75 PERCENT OR MORE ON ALL NAME-BRAND CONTACT LENSES! Get the same lenses your doctor ordered at wholesale prices. Twenty-four-hour delivery, and money-back guarantee. Free cleaning kit and UV sunglasses. Have your prescription and credit card ready when you call 800-333-LENS. Ext. LHJ or fax your order to 800-285-LENS.

## MAKE MONEY AT HOME

Be a Medical Transcriptionist full or part-time...we train you at home in your spare time. No previous experience necessary. If you type, or are willing to learn, you can make up to \$25,000 a year and more at home typing medical histories from audio cassettes dictated by doctors. Get free facts! No obligation! Call toll-free... 1-800-475-0100...or write At-Home Professions, 2001 Lowe St., Dept. WJM74, Fort Collins, CO 80525.

## High School At Home DIPLOMA AWARDED

Without obligation, get free info on low cost home study method, accreditation, Diploma. No salesman will call on you.  
American School®, Dept. 204 CALL FREE ANYTIME  
850 E. 58th St. 1-800-228-5600  
Chicago, IL 60637

## classified

**1-800-322-5850. HOUSE DRESSING FURNITURE.** Save up to 60% (300 brands) Nationwide in-home delivery. FREE BROCHURE. 3608 W. Wendover, Greensboro, North Carolina 27407.

**AMAZING RECORDED MESSAGE REVEALS** Hot Tips On How To Decorate Your Home Like A Pro For Peanuts. Call Now 1-800-456-6262.

**BARGAIN HOMES - Foreclosed.** HUD, VA, S&L. Bailout properties. Low Down. Fantastic savings. Call 1-800-513-4343 Ext. H-2901 for list.

**BECOME A PARALEGAL.** Lawyer instructed home study. Join America's fastest growing profession. P.C.D.I., Atlanta, Georgia. Free catalogue 1-800-362-7070 Dept. LLJ203

**BEEN ABUSED?** Troubled marriage? Dynamic Workbook can help. Send \$12.00 to Expressions, Suite 186, 9965 Miramar Pkwy. Miramar, FL 33025.

### ORDER FAT FREE SNACKS/FOODS!

Chips, dips, cookies, sauces, more! Catalog \$1.00 (Creditable to order.) FATWISE, Box 25LHJ, Colonia, NJ 07067-0025.

**EARN MONEY** Reading books! \$30,000/yr Income potential. Details. (1) 805-962-8000 Ext. Y-2901

**EVELYN TOWERS** Mystic Psychic. Reveals future. Brngs back lover 214-272-6778

**FURNITURE FROM HIGH POINT.** 1-800-695-4814 Discount prices. Major manufacturers, Hekman, Pearson, Lexington. Visit or call showroom for great buys on market samples

**GET PAID FOR READING BOOKS!** \$100 per book. Send name, address to Calco Publishing (Dept. C-649), 500 South Broad, Menden CT 06450.

**"GOLDEN VALLEY LIGHTING.** Savings to 50% on Lighting Fixtures and Lamps. (800) 735-3377 for Pricing or Order Our Color Lighting or

## BOSOM BUDDY™



### External Breast Form

One of the most comfortable prostheses a mastectomee can wear

### Free Brochure

Women who wear the Bosom Buddy breast form enjoy cool comfort at a modest cost. Doctors are telling their patients about this alternative to silicone prostheses. No need for special bra...fits inside regular bra...all fabric and weight adjustable. Prompt, confidential service

MONEY BACK GUARANTEE MEDICARE APPROVED  
1-800-262-2789  
**B & B COMPANY, INC.** Dept. LO42  
2417 Bank Drive - PO Box 5731  
Boise, Idaho 83705-0731



### Live Psychic Advisors Personal Readings \$1.95 Min.

See Why OUR Clients

Refer Us to Their Friends!

1-800-982-5041 Visa/MC & Cherks  
PSYCHICS 1-900-884-3292 \$1.95 MIN.

24 HRS New Insights 18+

### Tan At Home!



### Don't You Love To Be Tan!

SunQuest  
WOLFF  
TANNING BEDS

Buy Direct and Save Up To 50%

Call for a FREE Color Catalog and Wholesale Pricing!

1-800-462-9197

## BE A MEDICAL TRANSCRIPTIONIST!

Home study. Experienced transcriptionists can make up to \$25,000—and more. Work in MD's offices or at home. Free career literature: 800-223-4542

Name \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
The School of Medical Transcription, PCDI  
Dept. YYJ203, 6065 Roswell Rd., Atlanta, GA 30328

WORK AT HOME

**Classified Lady Rates:**  
\$25.50 a word - 10 word min.  
MC/Visa Accepted  
Call Diane - Media People, Inc.  
1-800-542-5585

## lady

**GREAT EXTRA INCOME!** Work from home assembling products from National companies. Fun/easy! As seen on T V! Guaranteed! 1-800-377-6000 ex6140

**HOME TYPISTS.** PC users needed \$35,000 potential. Details. Call (1) 805 962-8000 Ext. B-2901

**LEARN BOOKKEEPING/ACCOUNTING.** Home study for career advancement or your own business. P.C.D.I. Atlanta, Georgia. Free literature. 800-362-7070 Dept. AAJ203

**LIVE PSYCHIC** Confused, Lonely, Unhappy Reuntes Lovers, Removes Others, Obstacles, Negatives. Reveals Love, Career, Marriage. Law-suits 512-385-5803.

**PARALEGAL TRAINING BY BLACKSTONE SCHOOL OF LAW.** Approved legal training since 1890. Affordable. Comprehensive. Free catalog call 800-826-9228 Dept. LH.

**PAY ALL YOUR BILLS WITH LESS MONEY!** FREE Information 1-800-369-4539

**RUTH GARFIELD CALIFORNIA PSYCHIC** Seen on T V. 2 On The Town. Heard on Radio KFI & KPWB. Telephone Readings Reveals Future "SPECIALTY LOVE PROBLEMS?" 818-791-4586. 800-736-2717 VISA/MC/DIS/AMEX

**TELEPHONE RECORDER.** Silently tapes incoming outgoing calls automatically. For information SASE EDE, POB 337LJ, Buffalo, NY 14226 (716) 691-3476.

**THIGH CREAM!** You've seen it on TV. Now it is here! 1-800-280-LEGS

**"WHY ARE YOU POISONING YOUR FAMILY?"** 40 page book exposes truth about toxic household products. \$1. Kare, BOX 86036-L, Madison, Wis. 53780

advertising information, call Media People Inc. (800) 542-5585 or FAX: (203) 542-6904

# R-E-S-P-E-C-T

What do the sophisticated kids of today really need? The answer isn't as difficult as most people think. By Teryl Zarnow

**M**om, will you ask for me?" My son, Zachary, wanted an adult to do the talking for him, and I knew exactly why. It wasn't just that we were walking into a high-class coin collectors' store where we were asking for free advice. It is also that sometimes adults do not take children seriously.

At ten years old Zachary is tall for his age, but many times when he is waiting in line in front of a counter, the person behind it seems to look right over him. But when I step in, I manage to get the clerk's attention immediately.

Before I became a mother, I have to admit, I, too, did not routinely bend down to acknowledge children with a personal greeting if I was talking to their parents. I probably drove too fast down residential streets and sighed if the child buying candy ahead of me paid for it with pennies. Now, as the mother of three, I have suitably reformed. I am not only more aware of children, but I am annoyed by the behavior of others who aren't.

One summer at the pool, Zachary had difficulty saving his chaise longue.

"What am I? Invisible?" he exploded one day, after he lost his chair again. "I leave my clothes and my towel piled on the top of the chair and some mother comes along and moves it off. But if a mother puts only a suntan lotion bottle on her chair, nobody takes it!"

So, when we walked into the coin store, Zachary did not expect to be taken seriously. It was obvious we were not going to spend any money. But for weeks now my son had wanted to take his fledgling collection of liras and sucres into the shop to find out more about them. I hoped the clerks had the time to dispense a little free advice. The store was empty.

"Can I help you?" the saleslady asked, looking glamorous and looking straight at me.

My son was stricken mute as I explained our request.

"You'll need to speak to Randy," she said, placing the coins upon a black velvet square, where they looked as out

of place as I felt. And so we waited.

Another salesman came over and told us what we already knew. I wondered if he expected us to leave, but my son remained planted against the counter. And so we waited.

Not until Randy came over and started to speak did I realize that I had been holding my breath. As soon as he smiled, looked straight at Zachary and started to talk, I released it in a relieved sigh. It would be all right; my son was going to be treated like a human being.

As the man behind the counter explained the origin and worth of each coin, I realized it was going to be better than all right.

"You have the makings of a great coin collection," he said. "That's how I got started. Every time someone in my family took a trip, I would ask them to bring back some change for me."

My son was silent as the man advised him what metals the coins were made from and how my son should take care of them.

"Now, wait a second," he said. "I have something for you."

Then he disappeared behind the counter. I nudged my son, who was so intimidated he could not bring himself to smile. "Say thank you," I mouthed.

"Here are two more coins for you," said Randy, bringing over a coin from Vietnam and one from France. Then he explained when and how the two coins were made, and what would make them valuable. Even I felt a thrill of history as I touched a Vietnamese dong dated 1968 and wondered who else had held and lost that coin.

Periodically, Randy made eye contact with me. Obviously he was as delighted to be explaining about coins as my son was to be learning.

Zachary beamed. I knew that already the worth of those coins far exceeded their cost. That night, at dinner, he recounted verbatim the entire one-sided conversation.

Randy said his interest in coins began as a child. I'll bet it endured because some adult took him seriously. ■



*Teryl Zarnow is the family columnist for the Orange County Register, in California, and author of "The Mother Side of Midnight" (Addison-Wesley, 1992).*

LADIES' HOME

How To  
Raise Good Kids

# Journal

**Tactics To Zap  
Killer Germs**

**OPRAH!  
Low-Fat Recipes  
BETTER THAN ROSIE'S**

**To Protect Your  
Eyes From STRESS**

**Bill & Hillary  
THE STATE OF  
THEIR UNION**

**Union & Beauty  
BEST FALL BUYS**

**Wife Of The Year  
Three Babies,  
Two Sisters,  
One Miracle!**

**Why Women Need To  
Stop Blaming Themselves**

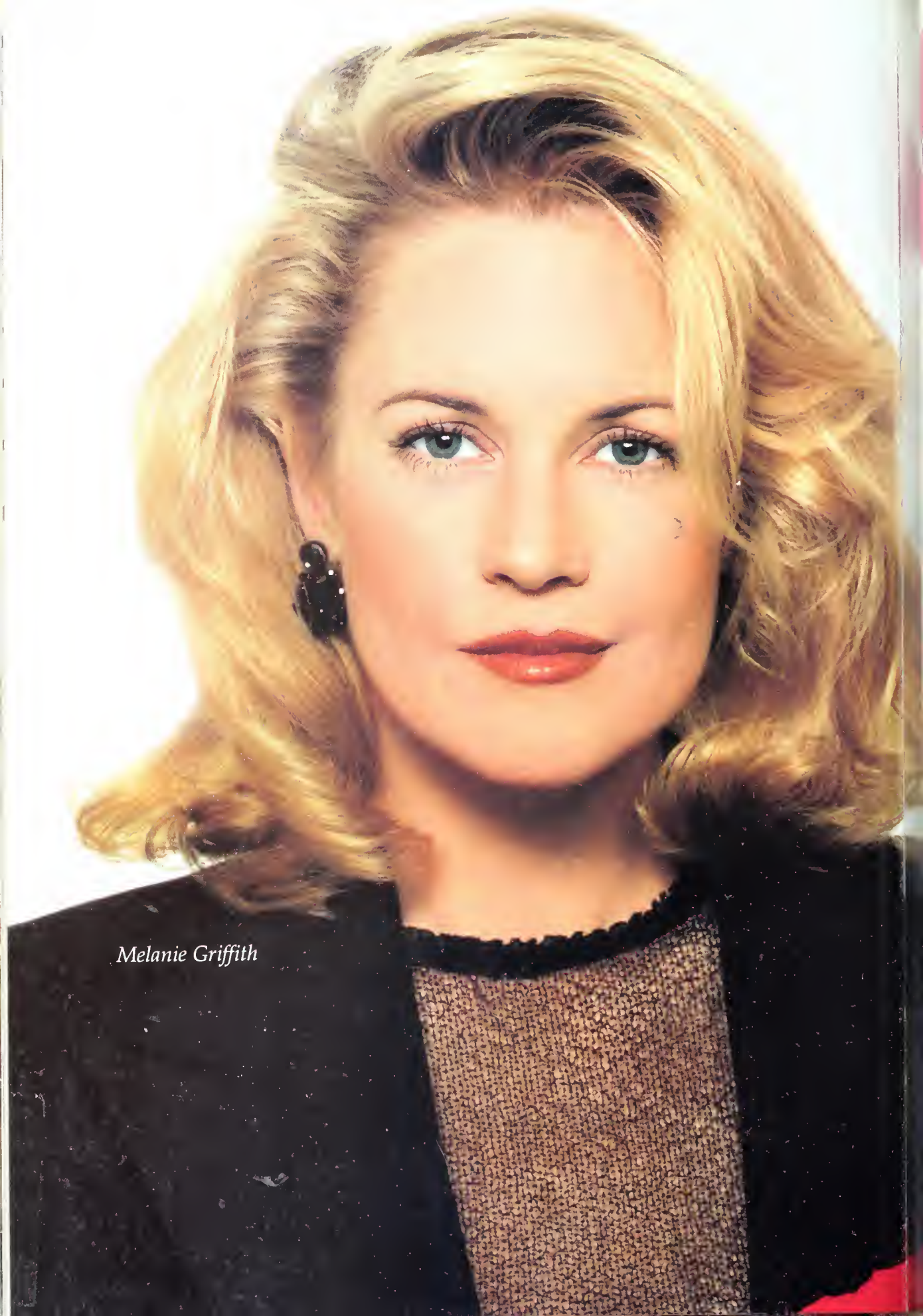


**Kathie  
Lee  
Gifford**

**Her Advice On  
Liking Yourself,  
Having More Energy,  
And Improving  
Married Sex**

BURLINGAME  
EASTON BRANCH  
AUG 9 - 1994  
LIBRARY ✓

#BXBCHFS\*\*\*\*CAR-RT SORT\*\*CR30  
#LBRLP00009T 1#302496 EF  
APR 95  
BURLINGAME PUB LIB BAJA  
480 PRIMROSE RD #UK09  
BURLINGAME CA 94010-4010



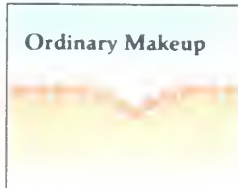
*Melanie Griffith*

Don't Lie About Your Age. DEFY IT  
(With Makeup That Acts Like Skincare)

## NEW REVLON AGE DEFYING MAKEUP

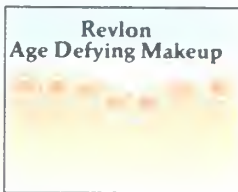
**PROBLEM:**  
MAKEUP CAN MAKE  
YOUR SKIN LOOK OLDER.

Ordinary makeup can settle into the fine lines on skin's surface, making them more noticeable. It can even rob your skin of moisture!



**SOLUTION:**  
NEW AGE DEFYING MAKEUP.

Unique color particles are wrapped in moisturizers so the coverage floats above fine lines – makes them seem to disappear.



Your makeup stays virtually line-free all day.  
You stay beautifully younger-looking!



©1994 Revlon

# REVLON

*Revolutionary*



# R E V I T A L I Z I N G

*Her eyes say everything. Except her age.*

## THE REVITALIZING EYE COLLECTION

The first and only collection of its kind.  
Expressly created to give you the look of younger eyes.  
Only by Maybelline.

**NEW REVITALIZING MASCARA.** Sable-soft brush actually finds lashes you didn't think you had.  
Makes even the wispy ones count. Vitamin E formula fills them out and nourishes.

**NEW REVITALIZING SHADOW & POWDER LINER.** Duet of subtle matte shadows enhances.  
Softens flaws. Powder liner defines naturally. Gently.

Also available: eye lining and brow pencils, and individual shadow compacts.

All are vitamin enriched. Safe for sensitive eyes. Hypoallergenic.

MAYBE SHE'S  
BORN WITH

MAYBELLINE  
REVITALIZING MASCARA

REVITALIZING™



REVITALIZING BROW PENCIL

REVITALIZING EYE PENCIL

MAYBE IT'S  
MAYBELLINE.™

# Bring your Color back to life between color treatments!

Revlon's Colorsilk®  
Color Enhancing Conditioner  
adds a touch of brilliant new  
color—awakens shimmering  
highlights—banishes  
dullness, fading, brassiness.  
And leaves your hair  
beautifully conditioned.  
In 5 perfect-match colors.



# REVLON



September 1994 • VOL. CXI NO. 9

## in the news

**40 CNN NEWSLINE REPORT** LHJ teams up with the world's news leader to bring you the latest stories. This month: fighting osteoporosis; eco-sensitive hospital products; and more.

**102 THE STATE OF THEIR UNION** The Clintons seem to have a complicated—yet fascinating—relationship. Do they share a passion for politics, each other or both? *By Diana McLellan*

**112 DOING WELL BY DOING GOOD** Meet four women entrepreneurs who are making money—and making the world a better place at the same time. *By Paula Lyons*

**168 "I CAUGHT MY RAPIST"** The man who attacked her was eluding police and still stalking her. So she became her own detective—and helped take a dangerous man off the streets. *By Kathryn Casey*

**172 LABOR OF LOVE** Find out how two sisters gave birth to one set of triplets in two different cities, in two different years. *By Deborah Diamond*

## personalities

**70 LADIES' MAN** Superstardom and a Best Actor nomination haven't changed Liam Neeson much. He still loves his mum, his Irish roots—and his new wife, Natasha Richardson. *By Gil Gibson and Hunton Downs*

**82 BASIC SUPERSTAR** Once she got used to life in the limelight, Sharon Stone relied on instinct to manage her career and gain clout in Hollywood. *By Simon Banner*

**COVER STORY 164 THE MANY FACES OF KATHIE LEE** Kathie Lee Gifford is one busy woman. Here, she reveals her secrets for keeping her energy high and her marriage romantic. *By Jim Jerome*

## body and mind

**42 "WHEN WILL I FEEL GROWN-UP?"** You've bought a house, you own two cars, you have three kids, so how come, deep down, you still feel like a kid yourself? *By Carol Lynn Mithers*

**52 THE NEW GERMS YOU MUST KNOW ABOUT** How can we protect ourselves from life-threatening forms of strep and other illnesses that our most common drugs no longer combat? Learn how with these ten germ-fighting tactics. *By Sherry Helms*

**58 DON'T BE SORRY** Why do women blame themselves and apologize when they're not really at fault? If you always seem to be saying "I'm sorry," here's how to break the habit. *By Carol Lynn Mithers*

**77 THE WAY WE LOVE** Take part in an LHJ landmark survey on marriage in the nineties.



**LIAM'S  
LOVE**  
PAGE 70

**FASHION  
PASSION**  
PAGE 176



photos: from left: nary/outline, mark abraham



L

O

R

É

A

L'  
PARIS

NEW

# DUALITÉ

Perfectly Flawless Compact Makeup

A FLAWLESS  
FINISH NOW FINDS ITS  
PERFECT MATCH.

## ONE FINISH, TWO FINISH

DRY, coverage is light with a refined  
powder finish  
WET, it becomes flawless makeup coverage  
with a soft, matte finish.

## OIL-FREE DEFENSE

L'Oréal's advanced oil-free formula now defends  
against shine to extend wear and keep skin fresh.

## SO COMPLETE, SO DISCREET

So discreet it goes anywhere. So complete,  
its smooth, gentle finish diminishes time's effects  
to reveal a natural beauty.

## L'ORÉAL

More  
Beautiful  
By  
Design



# VIRGINIA SLIMS

YOU'VE COME A LONG WAY, BABY

“Beauty without brains is just window dressing.”



© Philip Morris Inc. 1994  
8 mg "tar," 0.7 mg nicotine av. per cigarette by FTC method

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

**FIRST-PRIZE FOODS**

PAGE 198



**92 DRUGS THAT CAN RUIN YOUR SEX LIFE**  
If your lovelife just isn't what it used to be, your medicine cabinet may be to blame. *By Amy Linn*

**families today**

**134 A DAY IN THE LIFE OF A PEDIATRICIAN**  
Seven doctors show you how they handle childhood illnesses and share their expert tips for keeping kids healthy. *By Sharlene Johnson*

**142 HOW TO TEACH CHILDREN VALUES** Advice from the author of *The Book of Virtues* on how to raise kids with strong character. *By William J. Bennett*

**156 KNOW YOUR CHILDREN'S RIGHTS** Can a child really divorce his parents? Is a minor entitled to a lawyer? How far does the American legal system go to protect kids? *By Katherine Barrett and Richard Green*

**style**

**29 BEAUTY & FASHION JOURNAL** Best fall makeup buys, skin-care tips from the Oil of Olay contest winners, eight great ways to accessorize, and more.

**118 THE CLUTTER COP** An expert organizer tackles those out-of-control closets and drawers.

Cover: photo, Francesco Scavullo, hair, Bryant Rentroe Designs, Inc.; makeup, Andrea Paoletti for OZ NY, Almay (Time-Off Smoothing Makeup in Cream Beige; Cheek Color in Rose; Longlasting EyeColor in Moody Mauves; Kohl Formula Eyeliner Pencil in Ebony Kohl, One Coat Mascara in Blackest Black; Color Protective Lipstick in Raspberry Sorbet); skirt and sweater, Adrienne Vittadini Photos, this page from top: Rita Maas, Janice Dickinson/Syigma, Francesco Scavullo.

**176 FASHION PASSION** The hunk in those soft-drink commercials, Lucky Vanous, and his wife show off fall's best warm and cozy looks. *By Lois Joy Johnson*

**182 UNSOLVED BEAUTY MYSTERIES** Find out how to protect your looks from stress and deal with other tough beauty problems.

**188 1994 ROOM MAKEOVER WINNERS** Meet the winners of LHJ's annual decorating contest and take a tour of their gorgeous rooms. Plus, how you can enter next year's contest. *By Leslie Lampert*

**food**

**197 FOOD JOURNAL**  
What's cooking in September.

**198 BLUE RIBBON RECIPES** First-prize foods from America's most popular cook-offs and state fairs.

**206 HARVEST PIES**  
Perfect autumn treats destined to become your new family favorites. *By Lisa Brainerd*

**214 BETTER THAN**

**ROSIE'S** A challenge to Oprah's chef: Even better low-fat versions of lasagne, "fried" chicken and more.

**220 THE LATEST DISH** Apples—varieties beyond Delicious; shaking the salt habit; and more.

**224 INSIDE THE JOURNAL KITCHEN/RECIPE INDEX**

**regular features**

**10 EDITOR'S JOURNAL**

**12 CAN THIS MARRIAGE BE SAVED?** "He's shut me out of his life" *By Shirley J. Longshore*

**22 A WOMAN TODAY** "The toughest decision" Without undergoing potentially disabling brain surgery, her son would die *By Phyllis Leber, as told to Marilyn Neibergall*

**148 PET NEWS**

**162 BACKTALK**

**219 LHJ TRAVEL PLANNER**

**234 WISE WORDS** "Out of the night" A tender lesson for a grieving mother. *By Melody Beattie*



**BASIC SUPERSTAR**  
PAGE 82



**KATHIE LE'S NEW STRENGTH**  
PAGE 164

**Jeffrey Saks** Art Director

**Jane Farrell** Articles and Fiction Editor **Carolyn Noyes** Managing Editor

**Lois Joy Johnson** Beauty & Fashion Director **Jan Turner Hazard** Food Editor

**Mary Mohler** Senior Editor **Linda Fears** Senior Writer

## ARTICLES

**Pamela Guthrie O'Brien** features and books editor

**Margery D. Rosen** family and child-care editor

**Mary C. Hickey** senior editor

**Shana Aborn** associate editor

**Karyn Dabaghian** assistant editor **Katherine Lee** researcher

**Christine Urgola**

## BEAUTY AND FASHION

**Gwen Flamberg** assistant editor

## FOOD

**Susan Sarao** Westmoreland associate editor

**Lisa Brainerd** **Margot Abel**

## LIFESTYLE

**Leslie Lampert** editor

**Sharlene King Johnson** associate editor

**Kimberlie A. Waugh** assistant editor

## EDITORIAL PRODUCTION

**Stephanie Makrias** copy editor **Julie A. Mettenburg** copy editor

**Mandana Massiha** assistant editor

## PUBLIC AFFAIRS

**Margaret Hickey**

## READER SERVICE

**Jill Benz**

## ART DEPARTMENT

**Stacy Marchelos** associate art director

**Kimberly Ann Koppel** designer

**Peter Cober** studio manager

**Ayesha Hakki**

## PRODUCTION

**Lawrence P. Bracken** manager

**Doreen Yip Hackett** type director

**Kin Quon** type assistant

**Alberta Harbutt** assistant to the editor-in-chief

**Donna Ortiz** editorial business associate

## Contributing Editors

**Lawrence Balter, Ph.D.** **Katherine Barrett** **Kathryn Casey**  
**Deborah Diamond** **Ellen Galinsky** **Jeanne P. Goldberg, R.D., Ph.D.**  
**Andrea Gross** **Mary Lou Mullen Hall** **Dean Lamanna** **Paula Lyons**  
**Sofia Marchant** **Diana McLellan** **Carol Lynn Mithers**  
**Evelyn Firestone Moschetta, D.S.W.** **Paul Moschetta, D.S.W.**  
**Andrea Rock** **Michael J. Weiss (Washington, D.C.)** **Rosalind Wright**

## DONNA GALOTTI

*Publisher*

**Michael L. Brownstein** Advertising Director

**Esther Laufer** Promotion-Marketing Director

**Vicki Dreyer-Fischer** Sales Development Director

**Robin Billie** Midwest Manager

**Mindy Picon** Eastern Manager **Paul Bode** West Coast Manager

**Jeannine Shao** New York Manager **Leslie A. Light** Associate New York Manager

**Sharon Rogers** San Francisco Manager **Christi Neill** Home Journal Manager

**Nancy Hall** Beauty & Fashion Manager **Terry Giella** Sales Administration Manager

**John Condit** VP/Operations/Manufacturing

**Michael C. Senior** Newsstand Sales Director

**Wanda Ziembinski** Production Director

**Michael I. Cook** Business Manager

**Tricia Gonzalez** assistant to the publisher

## A Meredith Publication

**E.T. Meredith, III** Chairman of the Executive Committee

**Jack D. Rehm** Chairman & CEO

**William T. Kerr** President & COO

**Christopher M. Little** President, Magazine Group

The Journal cannot process unsolicited manuscripts or art material, and the Publisher assumes no responsibility whatsoever for their return. Postmaster: Send address changes to Ladies' Home Journal, P.O. Box 53940, Boulder, CO 80322-3940.

© 1994 Meredith Corporation. All rights reserved. "Never Underestimate the Power of a Woman." "Can this marriage last?" and "LHJ" are trademarks of Meredith Corporation, registered at U.S. Patent Office. Title "Ladies' Home Journal" registered at U.S. Patent Office and foreign countries.

## CUSTOMER SERVICE INFORMATION

For service on your subscription, including change of address, write to Ladies' Home Journal Customer Service, P.O. Box 53940, Boulder, CO 80322-3940. Please enclose your address label from a recent issue. If you wish to phone, call toll-free 800-374-4545. Send all other correspondence Ladies' Home Journal, 100 Park Avenue, New York, NY 10017.

Printed in the US

# THANKS FOR CARING



Last month I reported that over forty thousand readers had responded to our petition that asked you to help us say no to the cynicism, the sleaze and the violence that have permeated so much of our society. Since then, one hundred thousand more readers have signed our petition and written us letters and postcards. Yes, nearly one hundred fifty thousand of you have responded, and the mail is still coming in. Frankly,

I have found your interest extremely heartening. I have sent some of your letters as well as a report on your enthusiastic response to the President, all members of Congress, the heads of the TV networks, and many other executives in the entertainment industry and media community.

Moreover, I have made a commitment to keep writing about this problem in the pages of the Journal. This month, William J. Bennett, the former

**Myrna Blyth and Reader Service Editor Jill Benz with your letters. Right, William J. Bennett, author of The Book of Virtues**



Secretary of Education, has written a very special piece for us called "How to teach children values."

In his article he makes many good points. One that I found especially important: People today can have different political points of view, can be conservative or liberal, yet still agree that parents must instill in their children morals and ethics.

As always, this issue of LHJ is chock-full of interesting articles, helpful advice and plenty of fun features. But, as you know, we are not shy about discussing some of the more complex issues of the day. So thanks again for responding to our petition. And know that at the Journal we always want to be responsive to your thoughts, concerns and needs.

*Myrna Blyth*



This one told me wake up

to how soft, smooth and  
(yes) young my skin can feel  
everywhere. With light Olay  
moisture and an uncanny  
ability to help hold

moisture in.

(It's that different  
from soap).

I'm definitely getting  
the message.

Priced like  
other  
beauty bars.

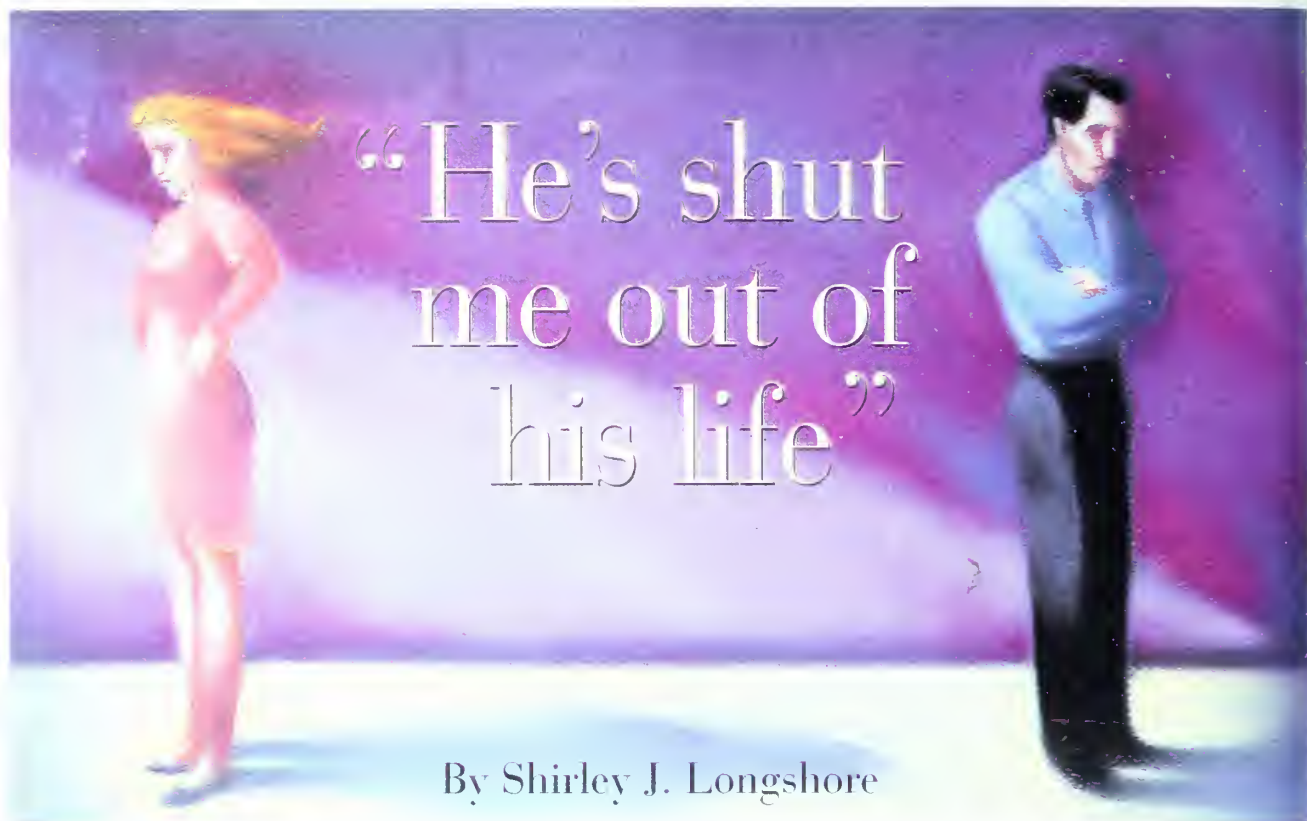


**OLAY**  
Oil of  
OLAY  
ENRICHED WITH MOISTURIZING

*Hold on to young skin.*

# CAN THIS MARRIAGE BE SAVED?

The most popular, most enduring women's magazine feature in the world



“He’s shut  
me out of  
his life”

By Shirley J. Longshore

**JESSICA'S TURN** “I’m moving out,” thirty-four-year-old Jessica announced. “Curt has frozen me out of his life completely, and I can’t stand it anymore. Day after day, night after night, he comes home from work at the department store, eats his dinner, says absolutely nothing to me and disappears for the evening—down to the basement, to his beloved computer.

“Actually, I take that back about not talking. Does yelling at me for the last six months count as talking? I walk on eggshells because I never know what will set him off. I’m exhausted from scrambling to have everything straightened up before he gets home, have his dinner ready and make sure the kids—Jenny, Curt’s child from his first marriage, is twelve, and our son, Justin, is almost two—are quiet so he can concentrate on whatever it is that’s so important.

“Nothing helps. He erupts in rage at the slightest thing. When I try to defend myself or suggest talking about it, he yells even louder. Can’t he see how hard I’m trying?”

“Sometimes I wish he wouldn’t come home at all. I can see he’s very unhappy, but I don’t know why. I keep thinking that one night he’ll come in the door and be his old self, so I try to be cheerful in spite of the fact that my marriage is dying before my eyes. But, you know, it’s getting harder and harder. I don’t have the heart or the energy to try anymore.

“It’s so sad. We’ve been married four years, but we have no family life at all these days, and that’s very important to me. I thought it was important to Curt, too. But we have no dinnertime conversation, no outings, not even a walk in the park. There’s a couch in the basement, and lately he’s been sleeping

down there. Needless to say, we haven’t had sex for longer than I care to say, but at least for a while there, we were still snuggling with each other. Now that’s history, too.

“The irony is that, when our relationship began, we were able to talk to each other about just about anything. I met Curt when I started working at the same retail store where he had worked since his discharge from the Marines. We discovered that we enjoyed each other’s company, and we had this easygoing, comfortable friendship for two years before we actually began dating. It made going to work a pleasure.

“In those days, we had so much fun together and were a real team. We planned our wedding together, even renovated our house together—just the two of us. Now those days seem so far away. I realized last week *(continued on page 18)*

**THIS MONTH'S CASE IS BASED ON INTERVIEWS FROM THE FILES OF THOMAS LOZINSKI, PH.D., CHIEF PSYCHOLOGIST AT JERSEY SHORE MEDICAL CENTER, WHO HAS A PRIVATE PRACTICE IN MANASQUAN, NEW JERSEY. THE STORY TOLD HERE IS TRUE, THOUGH NAMES AND OTHER DETAILS HAVE BEEN CHANGED TO CONCEAL IDENTITIES.**





*It's thick.*  
*It's rich.*  
*It's **creme**.*  
*It's hair*  
*color.*



Now, the first *creme* haircolor.  
It actually *protects* as it colors.

L  
O  
R  
É  
A  
L  
PARIS



Toneya is wearing Excellence 6G Light Golden Brown.  
© 1994 Cosmair, Inc.

New  
**EXCELLENCE**  
*Crème*

Introducing the first creme haircolor.\* As thick and ultra-rich as a moisturizer, this gentle creme smooths on, enveloping every hair strand completely, easily. No dripping, no mess.



*protects*  
*hair's strength*

This breakthrough formula has a patented molecule that works with hair's own structure to protect while coloring. So hair keeps its strength, its silkiness. And since the protection is built-in, fragile hair is cared for even better than before.



for  
*superior*  
*gray coverage*

This new creme haircolor covers gray better than before. It penetrates each strand so even the most resistant gray is covered from roots to ends. And the color lasts and lasts. It's color that's truly healthy, so rich and shining. Available in 26 rich shades.

**PROTECTIVE CREME COLORANT**  
 for Rich, Healthy Color

- Superior gray coverage
- Protects hair's strength
- Gently treats even fragile hair

**PROTECTIVE CREME COLORANT**  
 for Rich, Healthy Color

- Gray coverage
- Protects hair's strength
- Gently treats even fragile hair

L'ORÉAL  
**EXCELLENCE**  
*Crème*  
 Caring and Protecting Color.



# Revolutionary Color!

## SUPER LUSTROUS<sup>®</sup> LIPSTICK

All the super colors.  
All the stay-true wear.  
For all the ways you want  
to look right now!

Super Lustrous, in more of Fall's  
most wearable, most fashion-right shades  
than any other lipstick! Super Lustrous is the  
color that won't change color on your lips.

It stays silky, stays shining, stays true  
for up to 6 hours. Revolutionary color:  
It's a lot more than just red!



# REVLON

*Revolutionary*

## Can this marriage be saved?

continued from page 12

that one of the things I remember most about those early days was his warm smile. I haven't seen that smile for months.

"Another thing that impressed me was the way he took responsibility for his daughter, Jenny. One day, not too long after we had become involved romantically, his ex-wife just dropped her off, saying—are you ready for this?—'Here, you keep her.' You know what? He did keep her, even though his ex-wife had custody.

"It makes me so frustrated to remember how he was there for his daughter, but now he's not there for our son. He just ignores Justin. He isn't here at all. His body may be, but his heart sure isn't.

"We have no social life either. We have no other couples to be with, and we never even go out together for dinner. If I even bring it up, Curt grunts disinterestedly. Forget anything outrageous like a vacation. The word's not in his vocabulary.

"I come from a family in which everyone pitches in. I'm the oldest of seven,

meals, the child care, everything! I'm falling apart.

"Things came to a head recently when Curt had an operation and had to be home recuperating for three weeks. He was livid because there's not much peace and quiet here during the day. There's Justin, and at the time, I babysat for three other kids to try to bring in some income. Curt made me quit; he hated the noise and the toys all over.

"It still shocks me to hear Curt yell. In my family, we never argued in an angry way. I don't want Justin to grow up in such an atmosphere.

"You know, before we got married, I remember thinking how Curt was the kind of person who would work hard for something he really wanted—and I thought what he wanted was a good home and a family. I don't think we're really important to him anymore. I'd rather be on my own again than live with a man who doesn't want me."

**CURT'S TURN** "Why would Jessica spring this on me now? Things seem all right," said Curt, forty, with a bewildered expression on his face. "Okay, so maybe our marriage hasn't been idyllic, but I had no idea she was so unhappy. She's

doing customized computer programs for small businesses so I could quit my dead-end job. Can't Jessica see how much we'd all benefit from that someday? I can't just quit my job when I have no other prospects, can I? But if I can make this computer thing work, maybe our future will be brighter.

"But I'm having a lot of trouble concentrating and a lot of trouble sleeping, too. I do manage to catch catnaps on the couch at night, but I haven't had a full night's sleep in weeks. Lots of days I see the sun come up from the basement window, and I know I have to get up with a full day's work on practically no sleep. That doesn't help the situation."

"Jessica used to understand me well. She was the only person I've ever bared my soul to, and when I was with her—at a real low point in my life—my spirits soared.

"I was drafted right out of high school and sent to Vietnam. I spent months there—long enough, believe me—and then they sent for me to come back home because my father was dying. He was a big guy, and I watched him shrink down to nothing. He's been my friend, not just my parent, and I still miss him every day.

"Not long after that, my best friend was killed in a car accident. And I married a woman I had been dating before he left. The only good thing that came out of that union was my daughter, Jenny. We divorced when Jenny was three.

"I was pretty uneasy about having another woman in my life, but Jenny was something else. We have very different personalities—she's a get-right-to-the-nitty-gritty person, and I have to take my time. It really impressed me the way she treated Jenny. She really honored me as her parent. A lot of women would have said, 'Hey, this is not my kid, I made you choose. I couldn't have managed it without Jessica's help. And even in spite of everything, she's still doing it. She is putting up with Jenny as she enters adolescence, even, which is nearly impossible.

"But I always wanted a family. I had a terrific childhood, lots of wonderful memories of huge family gatherings. I want that now, too, though Jessica doesn't believe me. But maybe this marriage was never meant to be. Jessica has always done fine on her own. She doesn't need me to help her take care of Justin either. She knows what to do.

**THE COUNSELOR'S TURN** "Although Jessica said she was at the end of her rope, it was clear to me in our first meeting that Curt was suffering from clinical depression that had long gone unrecognized," said the counselor. "Clearly, Jessica had tolerated an unbearable situation for (cont.)

## "SHE'S RIGHT," SAID CURT. "ONCE I GET GOING ON THE COMPUTER, THE WORLD COULD BLOW UP AND I WOULDN'T KNOW IT."

all born within ten years, and I'm used to everyone working together. Curt told me his family was like that, too, when he was growing up. You'd never know it, though, from how little time he spends with us. It doesn't even cross his mind to suggest activities. Forget about me. Justin needs a dad who will pay some attention to him.

"What really hurts is when he says I'm trying to run his life. Now, you tell me, if I don't do the organizing, who will? He doesn't offer to make any decisions. How can I be faulted for doing things my way?

"You'd think I live alone the way I have to handle everything. We have two doors that will hardly shut, and the paint is peeling on the outside of the house. I can't get Curt to do a thing. Somehow, maybe because I'm at home—I worked as a salesgirl in a department store, and, until I had Justin, I thought I might like to be a buyer someday—I've ended up in charge of the checkbook, the yard, the housework, the

always so cheerful and full of energy. That's what keeps me going. Otherwise, I think I'd be a goner by now.

"It figures that my marriage would go as badly as everything else in my life. Jessica thinks I don't care about my family, but she's wrong. I'd be crushed not to see Justin's smiling face when I got home. Home is the only sanctuary I have. I hate my job, and it gets worse every day. I don't know what to do about it. It's very frustrating.

"Believe me, I have no idea why I start arguments with Jessica. It's not like me. I hate myself afterward. She's right about my going down to the basement to work on the computer whenever I can. Once I get going on it, the world could blow up and I wouldn't know it. I lose track of time completely.

"I picked this computer up cheap so we could all play the computer games, but after a while, I got really fascinated with how it worked and what it could do. I taught myself to program. I had hopes of forging some other career path,

# WHITE DIAMONDS

LIZABETH TAYLOR



*The fragrance  
dreams are made of*

LORD & TAYLOR • FOLEY'S • ROBINSON'S • MAY • HECHT'S  
KAUFMANN'S • FILENE'S • FAMOUS BARR • LS AYRES • MEIER & FRANK

## Can this marriage be saved?

continued

some time. But while she was aware of her husband's frustration—indeed, was sympathetic to it—she misread his expression of it as anger, and worse, anger directed at her.

"Curt was not angry at Jessica; he was mad at the world, angry and frustrated with his work situation, devastated by the losses he had experienced when he first returned from Vietnam. He had retreated into his own world, isolating himself and avoiding life as much as he could. His change in sleep patterns, his feelings of hopelessness, his loss of self-esteem, even his angry outbursts were all significant indicators of his mental state.

"This couple were caught in a web spun tighter and tighter by Curt's illness. My first step was to refer him to a colleague, a psychiatrist who, after talking with Curt, prescribed an antidepressant. Once Curt began to feel some relief, we could begin couples counseling.

"Curt and Jessica had lost the ability to communicate with each other, which had brought them together in the first place. Jessica, an outgoing, dynamic woman, dominated the discussion. Curt, on the other hand, had little to say, partly because Jessica overwhelmed him, and partly because his verbal skills weren't as good. He simply did not know how to express his feelings.

"My task was to get Jessica talking less and Curt talking more. I asked Jessica to allow Curt to speak, even if it tried her patience, and to really listen to him. When Jessica followed my instructions, Curt opened up more. The more he practiced his verbal skills and Jessica her listening ones, in the safety of our sessions, the more they were able to utilize them at home.

"I also suggested they set aside time on a daily basis that would be solely for talking to each other without kids or other distractions. I wanted them to do this unfailingly so they could retrieve that easy communication they once had.

"My second goal was to right the balance in their relationship so that they could become a team once more. Jessica, the oldest in a large family, was expected to take on responsibility. She had assumed the role of the 'doer'—the 'fixer'—in her marriage. Curt was deeply insecure about his ability as a husband, father and provider. With such a take-charge wife, he became an expert at avoiding any problem-solving or responsibility. Indeed, the more Jessica took control, the more Curt let her. Despite her air of confidence, however, she was getting frantic.

"To end this vicious circle and empower Curt as a husband and father

again, I told him that he needed to take the initiative and plan family time, schedule outings, begin working on home repairs—anything to show Jessica that he cared about his family and wanted to spend time with them. At the same time, I told Jessica she would have to be patient about this and let Curt

### SKILL BUILDER

#### Recognizing depression

Sometimes what appears to be a marital issue really has its source in a problem that "belongs" to one spouse. Real marital difficulties develop around it, but these cannot be resolved until the root problem has been taken care of. For example, the extraordinary amount of time Curt spent with his computer masked his growing depression. Had Jessica known this, her responses to him would have been different.

Recognizing depression is a first step in keeping one person's problem from becoming a marriage problem. "Fixing" the problems that will arise from depression and affect your married life is beyond the scope of any couple's ability. Here are common behavioral clues that indicate the need for professional help:

- changes in sleeping and eating patterns
- withdrawal from your family and friends
- lack of interest in activities or events that once gave pleasure
- reduction in sexual activity or intimacy between you
- talk of a despairing nature, saying things like: "It's no use," or "Things will never get better"
- inability to find anything pleasurable
- general irritability.

If you notice even two of these warning signs lasting more than several weeks, talk to your spouse about the fact that you think the problem is bigger than both of you, and seek help. Be careful not to try to change how he or she feels by yourself. You will be frustrated when the response is not what you expect, and further difficulties are then likely to develop.

learn, through trial and error and in his own way, how to do it.

"The first outing that Curt planned—a picnic—could have been a disaster. It rained, but Jessica's natural optimism was buoyed just to see her husband going, and she pronounced it a huge success. 'We all raced to the car and ate lunch there while it poured,' she replied, 'but we had a great time.' Pleased with himself, Curt has also begun to spend more time with Justin, whom he adores, as well as with Jenny. And, because of his increased communication with Jessica, he is better able to deal with Jenny's rebelliousness.

"During one session, Jessica said she wanted to go back to school to study fashion merchandising, and I encouraged her to do that. Curt was initially reluctant because he felt that he should be the primary breadwinner. As we talked, however, he was able to see that if Jessica was working, he would have time to explore other job options.

"Curt, too, needed to branch out and develop his socialization skills. I suggested he join a counseling group I run. He was resistant at first, afraid to open up, but eventually he tried it. As he began to connect with the group, he learned more about himself and practiced his communication skills.

"At one session, Jessica reported that they had had a big blow up that week and to her surprise, Curt had held her afterward and gently patted her back, telling her, 'We'll get through it. We always do.' 'He hadn't touched me about ten months,' Jessica said. 'I meant the world to me.' As the generation tension eased, their sex life improved.

"I saw Curt and Jessica for two years. Though Curt still has periods of doubt—he stopped taking the antidepressant after a year—they are no longer in deep bouts of depression he used to suffer. More important, he is able to tell his wife when he is feeling bad, and she can talk about it. He recently accepted, and was offered, a position in retail management at a much larger department store in a nearby town, and after talking about it with Jessica, he was excited about making a move. He is still passionate about his computer, but he spent more time working on it is more advanced—he's installed several programs for Justin, and the two spend many wonderful afternoons using it. Jessica's schooling is almost complete, and she's starting to go on interviews.

"'The best news is, we feel like a team again,' Jessica said. 'Curt wants my input, and I don't even mind when he gets lost in his computer. I know he cares about us most of all.' "

CAN THIS MARRIAGE BE SAVED? is a registered trademark of Meredith Corporation.



ARMSTRONG PUTS THE HEIGHT OF FASHION RIGHT AT YOUR FEET



**Armstrong**

It's the look you're looking for.  
Your own unique style.

Visions' Solarian' allows  
you to combine color to  
create borders, stripes,  
insets, accents.

Unlimited options can  
make your room brighter, more  
colorful, more interesting,  
more personal.

See for yourself.  
Call 1-800-233-3823 for your  
nearest Armstrong Floor  
Fashion Center' retailer.

# “The toughest decision”

By Phyllis Leber, as told to Marilyn Neibergall

**A**t dinner, my two-year-old son, Zachary, makes a silly popping sound as he pokes an empty fork into his mouth and pretends to eat. He glances up, his blue eyes dancing, to see if any of us are watching, then feeds himself with his fingers. If his brothers or sister start laughing at his antics, he giggles and does it again and again. Zachary thinks he's pretty funny. I think he's a miracle.

Just months after Zachary was born, my husband, Dan, and I had to make a heart-breaking decision. The seizures Zachary had been suffering for months would surely kill him unless we agreed to let his neurosurgeon perform a radical—and highly unusual—operation. It was a decision any parent would dread.

We never expected to have to face this dilemma at all. Our other children—twins Jared and Jason, then five, and Rachel, then two—were healthy and active, so there was no reason to worry when, at thirty, I learned I was carrying our fourth child. My pregnancy was normal, and Zachary arrived without complications on March 8, 1992.

But Dan and I noticed something odd right from the start. Instead of wailing at birth like most babies, Zachary was strangely quiet, his only noise a little cough. It made me feel uneasy. Thirty minutes

later, we were aghast to see our baby trembling involuntarily. Within five hours, he was jerking



Drastic surgery might disable our baby son completely—but without it, he would die. How could we choose?

and shaking, in the throes of a major seizure. Dan and I were beside ourselves with worry.

Doctors admitted Zachary the next day to Arizona's Phoenix

Children's Hospital, which has a major pediatric neuroscience center. The news was bad: An electroencephalogram showed seizure activity all over his brain. The brain is a complex labyrinth of one hundred billion neurons—cells that continually fire out electrical impulses, signaling the body to think, respond, feel and move. But Zachary's neurons were misfiring, causing the convulsions.

Further tests revealed that Zachary had a rare, non-genetic condition called *hemimegalencephaly*, which occurs in only a handful of births in the U.S. every year. The right side (hemisphere) of his brain was abnormally large, and the neuron connections in that area were improperly formed, hindering the brain function as a whole. No one could say at this point what Zachary's chances were. That news really devastated me; I never want to feel that awful again as long as I live. I cried for hours.

A pediatric neurologist at the hospital put Zachary on antiseizure medication, and four days later our baby was ready to come home. But our anxiety was far from over. After a few days, the medication stopped working, and the seizures began again. No matter how much the doctor increased the dosage, nothing seemed to help.

Dan and I could *(continued)*

**NEW**  
**For Patients Who Take ZANTAC**  
**ZANTAC® WITH**

**FIZZ**



**Effervescent  
Tablets**



**Effervescent  
Granules**

### **Two effervescent choices**

Now, in addition to tablets, syrup, and soft gelatin capsules, you can take your ZANTAC as an effervescent liquid.

- **Available as 150-mg effervescent tablets and granules.**
- **Just dissolve in water.**

Ask your doctor or pharmacist about ZANTAC EFFERdose Tablets and Granules... the effervescent alternatives. Or call today, toll-free, **1-800-GLAXO RX (452-9679)**, for more information.

Phenylketonurics: contains phenylalanine 16.84 mg per 150 mg.

ZANTAC EFFERdose Tablets and Granules are available by prescription only.

*New*  
**Zantac® EFFERdose**  
*ranitidine HCl/Glaxo* 150 mg **TABLETS AND GRANULES**

**The Alternative With Fizz**

**Glaxo/**  **Roche**

Research Triangle Park, NC 27709

**CERENEX™**  
PHARMACEUTICAL  
DIVISION OF GLAXO INC.

**Rit® can save  
your old  
nightie.  
The slippers are  
beyond help.**



Nobody should have to live with a dingy nightie. **Rit White-Wash** is perfect for the delicate whites you can't trust to bleach. And the results will make you happy or you get your money back. And that goes for all Rit® fabric treatment products. Got a laundry problem? Head for the Rit® Rack.

**Rit. One less worry.™**

LIMITED WARRANTY TO CONSUMER  
★  
**Good Housekeeping**  
PROMISES  
REPLENISHMENT OR REFUND IF DEFECTIVE



© 1994 CPC International Inc.

## A woman today

*continued*

only stand by helplessly as our tiny son was overtaken by the relentless convulsions. Some were minor episodes, the kind called petit mal, during which he would stare into space for a minute or two before regaining awareness. Other times, Zachary suffered grand mal seizures, a more severe form. His body in spasm, he would arch his back, become rigid and gasp for air. These episodes were as unpredictable as they were frightening. Sometimes he would go for nearly a day with only one seizure; at other times, he'd have five every hour.

Zachary's condition was different from epilepsy. Most epileptics have seizures only occasionally, after which the brain quickly recovers its function. Zachary, on the other hand, was having so many seizures that his brain couldn't adjust. He wasn't able to process all the information vital to infant development, so he couldn't roll over, make sounds or even take much interest in his family or his surroundings.

As the next several months passed, we were devastated for our son and depressed at the way his condition was controlling our lives. It seemed he had a seizure every time the family sat down to eat or read a bedtime story, and a full night's sleep was a rarity. It was almost impossible to leave him at home with a sitter, so Dan and I couldn't go out.

Fortunately, the support of our families and our love for each other sustained us through the anguish and gave us the courage to face each day.

We had one period of hope when Zachary was about four months old. His seizures mysteriously disappeared, and he began to smile, roll over and babble. But our joy didn't last long. Three weeks later, Zachary's grand mal convulsions came back more frequently than ever—about twelve an hour.

Our son's doctors continued to give him anticonvulsive drugs. His neurologist, Dr. Saunder Bernes, mentioned to us once that brain surgery might one day be an option, but he wanted to wait until all other possibilities had been exhausted.

The episodes intensified. Zachary stopped smiling, eating, reaching for our fingers and following movements with his eyes. Now I began to worry about the future. How much longer could he live this way? I loved my son so much, but I was on the verge of giving up hope.

That October, seven-and-a-half-month-old Zachary was showing no signs of improvement. Dr. Bernes readmitted him to Phoenix Children's Hospital and called in Dr. S. David Moss, a pediatric neurosurgeon. After running

further tests, Dr. Moss sat down with us and explained that our son's entire right hemisphere wasn't developing normally because all it had learned to do was produce seizures. If the seizures couldn't be controlled, they might trigger a heart attack or stroke, or the brain tissue could deteriorate entirely. In any case, Zachary would not live to see his first birthday.

Now the doctor brought up the option of surgery again. Zachary's only chance would be to undergo a hemispherectomy: literally, removal of the right half of his brain. Though this procedure has been used to treat seizures since 1938, hemispherectomies are rarely performed—roughly ten to twenty are done in this country each year.

Because Zachary was so young, his brain not yet fully developed, there was a good chance that the healthy brain would assume the right brain's functions, thus leaving most of his intelligence and motor skills intact. (Brain fluid would fill the empty space in the skull.)

However, there were many risks. If the left hemisphere was inadvertently injured during the surgery, Zachary would be badly brain-damaged or paralyzed. He might not live through the procedure at all. And while the majority of the seizures would stop once the right brain was removed, Zachary might still have occasional episodes.

People have since asked us, "How could you let them do this to your baby?" But Dan and I knew we'd try it, whatever the odds. Yes, it was frightening to think about the possible consequences of this strange surgery—not to mention the thought of Zachary living with only half a brain—but the prospect of watching him die in pain was worse. We didn't need to talk about it at length; to us, the hemispherectomy meant hope. Two days later, we gave Dr. Moss our permission to proceed.

On the morning of October 19, 1994, and I watched as our tiny son was wheeled toward the operating room. He hadn't had many seizures that morning and was lying quietly. Suddenly pausing one last look at him, I asked the nurse to stop the gurney for a moment. Zachary looked up at me and smiled. I prayed that when this was all over he'd still be able to recognize his mother and dad on sight.

During the four-hour procedure, neurosurgeons made an incision at the top of Zachary's forehead and cut back of his skull to expose the right side of the brain. Detaching the right hemisphere from the left, they then removed the diseased right lobes. Zachary needed one blood transfusion, but otherwise the surgery went smoothly.

As Dan and I paid

(cont.)

POND'S  
INSTITUTE

ONCE IN A GENERATION  
A DISCOVERY LIKE THIS IS BORN  
AND TESTS LIKE THESE PERFORMED



## AGE DEFYING COMPLEX

CREATED THE MOST DRAMATIC DECREASE IN LINES  
AND WRINKLES WE'VE EVER RECORDED

*At the Ponds Institute, women took part in the most extensive skincare tests we've ever conducted. They used Age Defying Complex with Alpha Nutrium every day for six months. This is their story.*

THE FACE TO FACE TEST utilized a highly sophisticated piece of technology—the human eye.

We scrutinized each woman's complexion, "mapping" each face into eight key areas. For the next six months, we watched those areas for any signs of change.

Defying Complex had gently removed dry, tired surface skin to reveal the healthy skin beneath.

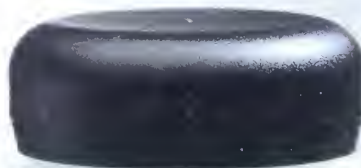
Women were impressed. So were we.

But there's more to looking younger than fading lines and wrinkles.

◀ OVER TIME, UP TO A SEVENTY-SEVEN PERCENT REDUCTION IN FINE LINES was measured.

Women said their wrinkles were fading away. They witnessed the texture of their skin improving; it felt dramatically smoother. Age

PONDS  
INSTITUTE



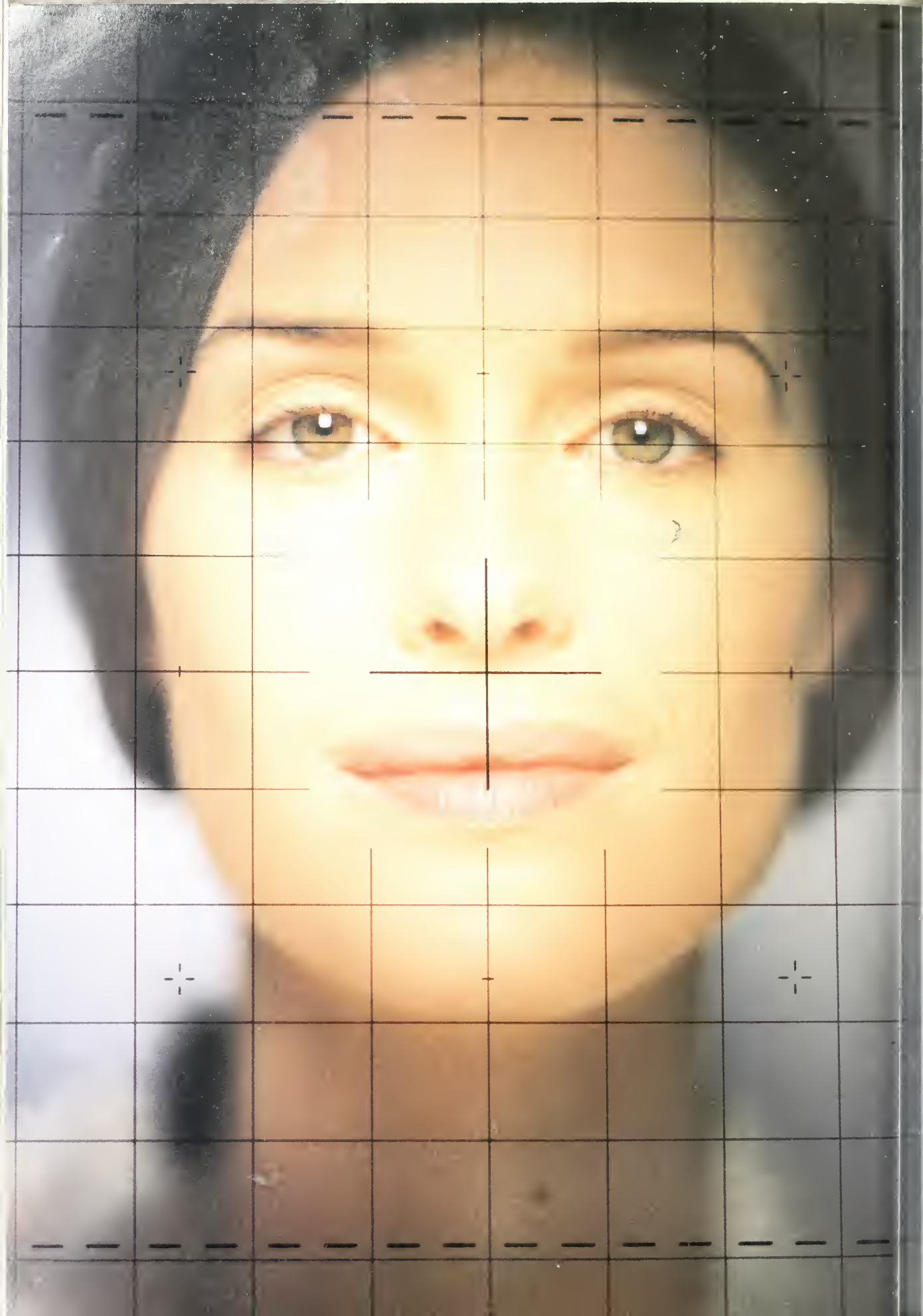
### THE BREAKTHROUGH: ALPHA NUTRIUM<sup>®</sup>

*This unique, oil-free complex delivers vitamins and three Alpha Hydroxy acids (found naturally in fruits and plants). Age Defying Complex with Alpha Nutrium helps restore younger-looking skin.*

POND'S



AGE DEFYING  
COMPLEX





## AGE DEFYING COMPLEX

REVIVED OVERALL RADIANCE, EXCEEDING  
OUR HIGHEST EXPECTATIONS

THE CAMERA NEVER LIES TEST used polarized photography to help us monitor the changes that occurred in each woman's complexion.

After using Age Defying Complex with Alpha Nutrium, women noticed dramatic improvements.

◀ IN JUST TWO WEEKS, A HEALTHY, ROSY GLOW was experienced by sixty percent of the women tested.

Older cells that were clouding the complexion disappeared, revealing a renewed radiance and beautiful luminosity. Women felt their

skin looked healthier. They noted a new smoothness and firmness. They felt they looked younger. And even more impressive, they spoke of feeling younger. Some stopped using make-up. Some got new hair cuts.

Age Defying Complex had, in fact, restored more than younger-looking skin.

POND'S  
INSTITUTE™

### LOOK AT YOUR DAUGHTER.

*Or anyone under 20. You'll notice a healthy glow. Younger skin is relatively undamaged. Reflecting light more evenly.*

*That's what we mean by radiance.*

POND'S  
  
AGE DEFYING  
COMPLEX





## AGE DEFYING COMPLEX

### SUCCEEDED IN THE MOST IMPORTANT TEST OF ALL

THE SEEING IS BELIEVING TEST is what women witnessed for themselves.

And while we have thousands of clinical charts, graphs, and photographs that prove Age Defying Complex with Alpha Nutrium really works, we believe these women say it best.

*"My skin has the healthier look I always wanted. People ask me if I've had a face lift. I swear."*

SHELLEY LEVINSON, salon coordinator

*"I noticed the pinkness, the glowing. It takes away the fine lines. I'm very pleased."*

CAROL KELLY, teacher

*"Of course, I'm not 20 again, but my skin looks alive and I feel better about myself."*

JANET JACOPIAN, child care provider

*"The way my skin feels is just like velvet. I love it."*

MARYE McCORMICK, secretary

*"My rosy color came back. It's terrific. I'd buy this in a heartbeat."*

SUSAN BERGERS, receptionist

*"The little lines went away. My face is so soft. I'm 48 years old and a 30 year old just asked me out. Too bad I'm married."*

SHIRLEY SCHEPP, homemaker

PONDS  
INSTITUTE



POND'S  
AGE DEFYING  
COMPLEX



HUNDREDS OF WOMEN HAVE  
EXPERIENCED YOUNGER-LOOKING SKIN

WE INVITE YOU TO JOIN THEM

*If you'd like to know more about  
Age Defying Complex with Alpha Nutrium,  
please call The Institute at 1-800-34-PONDS.*

**NEW**

POND'S®



AGE DEFYING COMPLEX



FOR YOUNGER LOOKING SKIN

DRAMATIC RESULTS®  
with Alpha Nutrium™

MANUFACTURER'S COUPON EXPIRES 12-31-94

SAVE \$2

ON THE PURCHASE OF

POND'S AGE DEFYING COMPLEX

4207



00521 23082

AFE# 1-4-48-32

ALSO GOOD ON POND'S SKIN SMOOTHING CAPSULES AND SELF-FOAMING FACIAL CLEANSER.

CONSUMER: Limit one coupon per purchase on product specified. Void if reproduced or transferred or where prohibited, regulated by law. You pay sales tax. RETAILER: Chesebrough-Pond's USA Co., CMS, Dept. 00521, 1 Fawcett Drive, Del Rio, Texas 78840, will redeem this coupon per our redemption policy, available on request. One coupon per purchase. Cash value 1/100¢.



THE RAZOR IS SAFE.  
THE LEGS WILL BE KILLER.

PRESENTING SILK EFFECTS™ FROM SCHICK. *The first razor with silky-fine wires wrapped around pivoting twin blades to protect you from nicks and cuts. What's more, the handle is sculpted into sleek curves that fit naturally in your hand. So you'll get a remarkably close shave even around those hard to reach places. In fact, Silk Effects™ gets so close, it leaves your legs soft, smooth and, most importantly, totally dangerous. SHAVE SAFELY.*



our first visit to Zachary's room, I was almost afraid to look at him, dreading the thought of seeing him go through another convulsion. Our baby was pasty pale, his head shaved, with seventy staples marking the incision and a long drainage tube protruding from his scalp. Yet for the first time in many months, he was sleeping peacefully, without a single seizure! Just half an hour later, Zachary was awake and

development is still delayed; he's only just beginning to walk, and he can't stay upright unless he holds on to the furniture. The left side of Zachary's body is weak because the right brain normally controls that side. He prefers to reach with his right hand and puts up a fight when his therapists try to make him use the left one. And the peripheral vision in the left side of both eyes is impaired. He undergoes speech, physical and occupational therapy once a week.

But that all seems a small sacrifice compared to the improvements we've seen. Zachary is a happy, outgoing toddler who loves to play with his big sister. His blond hair has grown out, covering the scar on his head, so you'd never know he'd been through such a major ordeal. It's so wonderful to see him laugh and play.

Dr. Moss attributes Zachary's amazing recovery both to his young age and exceptional intelligence. He's already starting to speak simple words, and as he grows, his motor skills should continue to improve. He should be able to begin school at the appropriate age, though he may need some special-education classes. As an adult, the chances are good that he will be able to live a full and independent life.

And while we're delighted that this radical surgery was so successful, Dan and I agree that we would have had no regrets even if Zachary hadn't lived through the operation. It was the only opportunity for him to live any sort of normal life, and we had to take that risk.

Last October, our family celebrated the first anniversary of Zachary's operation at Disneyland. I think I'll always consider that date to be his true birthday, because it was the day we had our little boy back with us again. ■

### Share your story

*The Journal will pay \$750 for each article accepted for publication in the "A woman today" column. Manuscripts must be first-person accounts for actual dramatic events and should be 1,500 words, typed double-spaced and accompanied by a self-addressed, stamped envelope for return of the work. Include your address and daytime phone number on the manuscript. Send stories to Box WT, Ladies' Home Journal, 100 Park Avenue, New York, NY 10017.*



**From top, Dan and Rachel; Phyllis and Zachary; Jared (in purple) and Jason**

recognized us right away. Seven days later, he was ready to go home.

If Zachary's health had showed merely a little improvement after the surgery, we would have been grateful beyond words—but what has happened in the past two years has been nothing short of miraculous. Our son has not had a single seizure since the hemispherectomy. And he never suffered complications or needed to be rehospitalized.

There is still a 50 percent chance that excess spinal fluid will collect in his skull, causing dangerous pressure on the brain. If that happens, he'll need a permanent shunt inserted to drain off the fluid. But he sees his neurologists every six months, and they say that the odds against his needing another operation will improve with time.

As Dr. Moss warned, the surgery has had some lasting effects. Zachary's

## How to make tough medical decisions

The Lebers were faced with an agonizing choice that would affect their child's life forever: Should they agree to a risky operation or allow nature to take its course? "There's no easy way to answer these questions," acknowledges Michael A. Grodin, M.D., director of the Program in Bioethics at Boston University's Schools of Medicine and Public Health. "It's important to realize that they are difficult. One has to do the best one can without all the information."

How can a parent decide how—or whether—to treat a gravely ill child? Here's what experts in medicine, ethics and law suggest.

**Get all the facts.** Some questions parents and doctors should discuss before selecting a surgery or drug option: Is this proposed treatment invasive or painful? What are the risks and success rates? What will our child's prognosis be without the procedure? Is this treatment experimental or standard for the particular illness?

**Take as much time as possible.** If it is not an emergency situation, parents could ask about postponing the central decision in favor of less invasive measures.

**Talk to others.** Discussing the options with doctors and loved ones can help parents make the choice and prepare for all possible outcomes. Most hospitals also have social workers and risk managers available for consultation on practical matters, says Michelle Oberman, J.D., M.P.H., professor at DePaul University College of Law, in Chicago.

**Realize that the best treatment may be no treatment.** The gray area that clouds difficult medical decisions can "crudely be broken down into quantity versus quality," says Ezekiel Emanuel, M.D., Ph.D., an oncologist and medical ethicist at Harvard Medical School. Parents must consider whether a treatment might improve a child's life or simply prolong it—perhaps with great suffering.

Deciding not to treat does not necessarily mean that parents are giving up on their child. "Some aggressive treatments can not only not help, but can hurt," says Grodin. "One shouldn't assume that medicine is always going to do good."

—LYNN C. HARRIS

# Introducing Jergens® Refreshing Body Shampoo: the new non-soap shower system.



**IMAGINE FRESH, HEALTHY SKIN...**

**WITHOUT SOAP FILM OR DRYNESS.**

Jergens combines an invigorating

**dual-textured sponge** and a special



cleanser made with  
**non-soap M.A.P.**

You get mountains of  
rich, creamy lather  
that rinse away easily.

Unlike soap, this new formula actually helps  
your skin **retain more of its moisture.**

It's advanced. It's pH-balanced. It's a  
refreshing clean without soap film or  
dryness. And your skin is left

**feeling touchingly fresh and healthy.**

Also available in  
Deodorant Formula



**Jergens®**

# OSCAR



*Oscar de la Renta*

PARFUM

DILLARD'S

1-800-345-5273





Accessory news, skin-care tips from the Oil of Olay contest winners, and more

## BEST FALL MAKEUP BUYS

After testing all that's new we discovered that the best colors and formulations are bargains: Our picks? All under \$8—which makes a makeup update worth every penny!



### PRO SHADOW/ LINER KITS

Eye-shadow compacts now offer such great complementary neutrals you'll use each color (a big difference from the kits that offered only one wearable shade). Look for trios or quads of browns or grays that contain a dark shadow to use the way the pros do—as a soft liner instead of a pencil. Two top sets, above: Max Factor International High Definition Eyeshadow Quartet in Kohl Collection (\$4.95); Maybelline Revitalizing Shadow & Powder Liner Collection in Earthtones (\$5.85).



### BERRY-BROWN LIPSTICK

"The most-wanted shades right now are rich neutrals," says Tanya Mandor, vice president of marketing for Revlon. What to buy? Earthy brown lipsticks with rich berry or spicy undertones. Five perfect shades, from left: Revlon's Super Lustrous Lipstick in Toast of New York (\$6.50); Cover Girl Continuous Color Lipstick in Rum Raisin (\$4.25); L'Oréal Colour Riche Lipcolour in Cranapple (\$6.50); Maybelline Revitalizing Matte Lipcolor in Matte Raisin (\$4.95); Max Factor International Lasting Color Lipstick in Persian Plum (\$5.50).

### REAL-LOOKING BLUSH

Finally, blushers in colors that mimic healthy, glowing cheeks. Another plus: They come with wide, chunky brushes (or sponges or powder-creams) for the most natural-looking application. Bye-bye to skinny brushes that leave harsh, streaky lines! Natural blushers, from left: Max Factor International Natural Brush-On Satin Blush in Sienna (\$6.25); Maybelline Revitalizing Blush in Rose Amber (\$6.50); Cover Girl Ultimate Finish PowderSilk Blush in Chestnut (\$5.50); L'Oréal Blushesse Endless Colour Powder Blush in Mauvelous (\$7.25).



## skirt of the moment P L A I D

They may remind you of junior high and knee socks, but plaid skirts happen to be the newest fall basic for grown-ups. These three represent the best looks: sleek fringed, blanket wrap skirts (by J.G. Hook and Karen Kane) and flirty pleats (by Express). Wear with a ribbed poorboy or a big, chunky sweater.

# 8 FAST FINISHES

The best-dressed women know that the secret to style is wearing the right accessories. Well, we did the shopping for you and came up with a quick list of essentials: eight easy pieces that will make every item in your closet look new

**1** If you buy one new scarf, make it chenille: Layer it over a suit now, a winter coat later. Scarf, Liz Claiborne.

**2** High-cut black suede pumps with a chunky heel add freshness to any skirt that's knee-length or shorter. Pumps, Liz Claiborne.

**3** Elegant as a tailored handbag, roomy as a tote, the leather satchel is a most sophisticated carryall. Satchel, Liz Claiborne.

**4** Collect a drawerful of light opaque hose in solids and subtle textures to match your shoes and skirts. From left: Liz Claiborne, CK Calvin Klein, Calvin Klein Collection, Hot Sox (last two pairs).

**5** Love flats? Choose suede loafer, ballet or moccasin styles. From left: Unisa, Jaclyn Smith for Kmart, Calico, Separate Issue for Kmart, Nine West.

**6** The skinny leather belt cinches all your boxy jackets into a shapelier silhouette. Belt, Liz Claiborne.

**7** A suede mini backpack is the casual bag to wear with everything. Backpack, Liz Claiborne.

**8** Add fast class to trousers with short lace-up boots in black or brown. Boots, Calico.



1. chenille scarf

2. high-cut pump



3. satchel bag

7. suede mini backpack

8. lace-up shoe boot



4. toned hose



5. suede flats

6. skinny belt

## F A B R I C D I C T I O N A R Y

"Consumers are still cocooning, and they want to wrap themselves in warm, fuzzy fabrics," says Ingrid Johnson, chairwoman of the Textile Development and Marketing Department at New York's Fashion Institute of Technology. Cuddle up in:

**CHENILLE** • (shah'-neel): A cushy fabric that feels like velour but has the sophistication of cashmere. Look for scarves and long tunic sweaters with ballerina or

turtle necklines to wear with short skirts or jeans.

**BOUCLÉ** • (boo-'clay): A poodle-textured fabric characterized by bumps, loops and curls in the yarn. It's

turning up in soft jackets in both solids and tweeds.

**MOHAIR** • (mow'-hair): A fluffy wool from the fleece of angora goats. It creates super-lightweight sweaters.



H Y D R O X Y

Now find clearer, younger looking skin.  
Right beneath the skin you have.

Discover Oil of Olay Hydroxy Renewal Cream,

Oil of Olay Dual-Action Hydroxy Complex.

Exfoliating: Our hydroxy compound  
exfoliates dull, dry surface skin that can  
make you look older. Uncovering  
smoother, more radiant skin.

Hydrating: Olay moisture  
hydrates newly revealed skin.

Visible Results: **Improved skin  
firmness and elasticity. The look of fine  
lines and wrinkles  
visibly reduced.**



D I S C O V E R Y



MAYBE SHE'S  
BORN WITH IT

*She's in the mood for a change.*

It's Fall.

Time to step out  
from the ordinary.

Be more colorful. More imaginative.

Add some dash, panache, and lots  
of smoooooth moves.

Start the music, maestro.



# REVITALIZING™



*High-performance color.*

Revitalizing Lip and Nail Color.

Only from Maybelline.

A color collection  
to satisfy your fancy in cream,  
matte and frost finishes.  
All lip and nail nurturing.

**MAYBE IT'S  
MAYBELLINE.™**

# OIL OF OLAY/LHJ CONTEST WINNERS



**Congratulations to this year's stunning winners of the Oil of Olay/LHJ "I Keep Getting Better" contest! These five women would be beautiful at any age, but the fact that they're all over thirty-five just goes to show that a commitment to good skin-care habits (and good health in general) is the key. The group, clockwise from top left: Carrie Pospichal, Kathy Brothers, Nancy Donovan, Alice D'Antoni and grand-prize winner June Gunther. On these pages, their tried-and-true beauty and style advice for better-than-ever looks**

## • WINNING • TIPS FOR • BEAUTIFUL, • AGELESS SKIN

• These five  
• women have  
• the kind of  
• flawless skin  
• that every  
• woman en-  
• vies. Here,  
• their favorite skin-savers.



• ■ "I swear by one old  
• family secret and one  
• new one: I remove my  
• eye makeup with pet-  
• roleum jelly, and I  
• love Oil of Olay's  
• new Revitalizing Eye  
• Gel for overnight  
• moisturizing."

—June Gunther

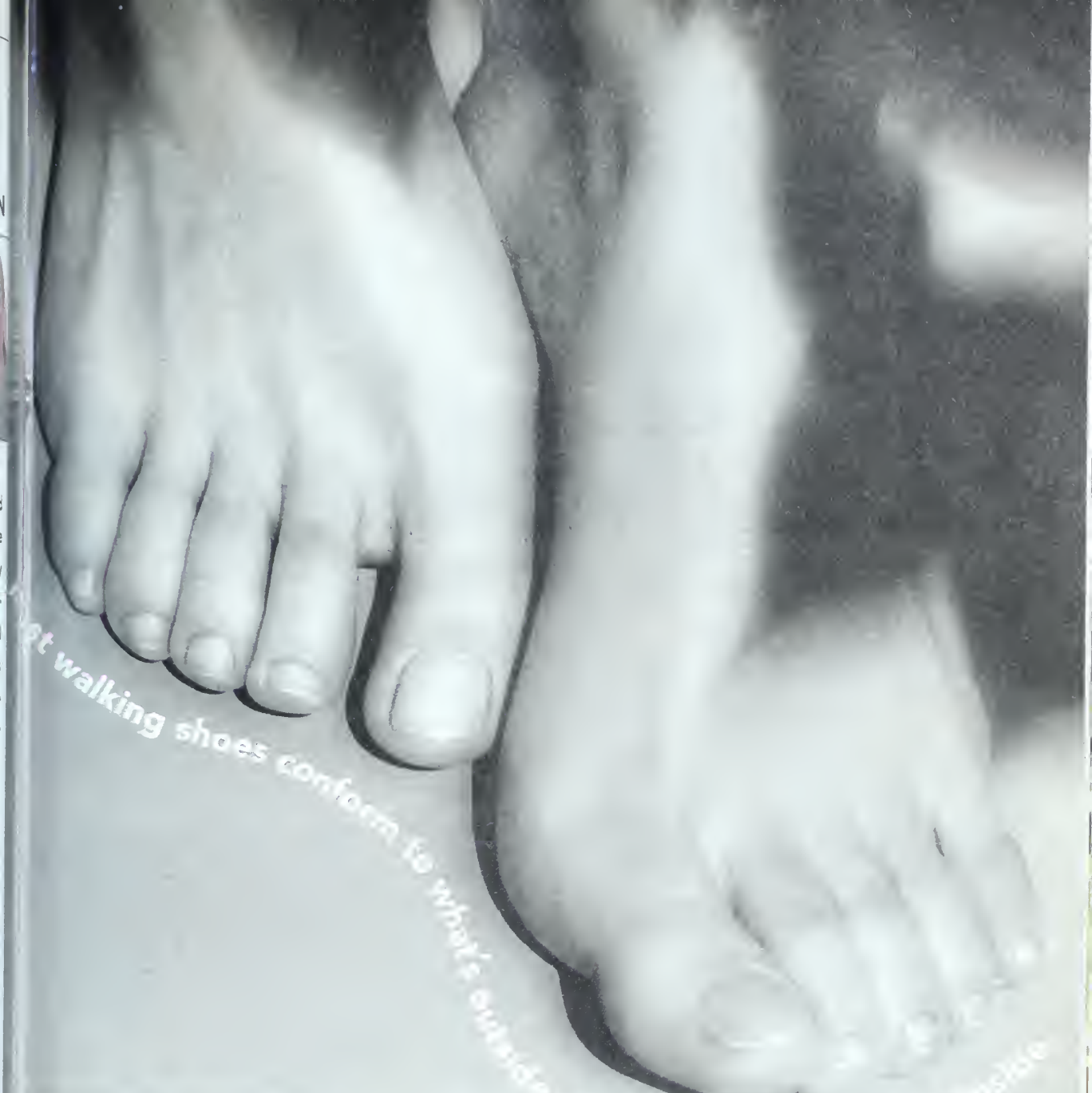
• ■ "Gently exfoliate your face  
• once a week to remove flakes  
• and make skin radiant. I apply  
• a mild masque, leave it on for  
• twenty minutes and then re-  
• move it with a warm, wet  
• washcloth." —June Gunther

• ■ "Don't neglect your neck  
• and hands—they give  
• away your age instantly.  
• Every morning when you  
• apply sunscreen to your  
• face, protect your neck and  
• hands, too." —Carrie

• Pospichal (FYI: Oil of  
• Olay's Daily UV Protectant  
• Beauty Fluid  
• with SPF 15 is  
• a moisturizer  
• and sunscreen  
• in one.)

• (continued)





Let walking shoes conform to what's outside. Ours conform to what's inside.

**EasySPIRIT**

Easy Spirit shoes have a unique design that conforms to your foot. The Easy Spirit Flex System uses a special material that molds to your foot in 30 days and you only pay for it once. It's the most comfortable shoe you've ever worn.

**Inside's your own personal walking shoe. Outside there's a whole world.**

a retailer near you  
1.800.EASY.242



"I went in for a TV."





*"And walked out with a whole new image."*

*Come see the softer side of* **SEARS**

## Getting better all the time

**G**rand-prize winner June Gunther, thirty-eight, lives with her husband and nine-year-old son in Charlotte, North Carolina, where she does part-time volunteer work for the community.

What's essential to her always-young look?

"Soft bangs are the latest addition to my shoulder-length hair—they definitely make me look younger.

So do highlights—as long as they're placed randomly for a natural look. Makeup should look fresh and real, too. My trick is mixing foundation with a drop of mineral water to give it a sheerer look, which makes lines and wrinkles less noticeable."

**F**orty-two-year-old Nancy Donovan, of Nashville, is the best-looking *grandma* we've seen in a long time (her grandson is two). When she's not working at her job as a sales manager for MCI, she's taking great care of herself. "I walk three times a week and do fifty sit-ups every other day—it's a simple routine, but it works. I don't try to dress young, but wearing feminine,

classic clothing looks ageless."

**F**orty-four-year-old Alice D'Antoni, of Surfside Beach, South Carolina, a school psychologist and mother of

three teenage sons, says, "Long hair is younger, more versatile and easier to manage. I have highlights applied

to cover the gray every three to four months, and I have it trimmed and permed every three months. I leave it loose during the day and slick it back into a chignon at night."

**C**arrie Pospichal, thirty-six, of Youngstown, Ohio, shares a great style trick: "Big, chunky clip-on pearls and a short, bold pearl necklace give anything a dressed-up look and add light to the face. They're my favorite pick-me-up when I'm tired."

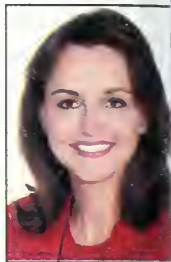
**F**ifty-one-year-old Kathy Brothers is a technical writer and mother of two from Austin, Texas, who has this advice: "Surround yourself with younger people and get *involved*. Think less about your age, more about your life."

## WINNING TIPS FOR BEAUTIFUL, AGELESS SKIN

(CONTINUED)

■ "Drinking lots of water and getting plenty of sleep at night do improve

the appearance of your skin. When you're tired and dehydrated, every little line will be more obvious. When your skin does look dry, apply moisturizer while your



skin is still damp. This seals in the moisture for a dewier look."

—Nancy Donovan

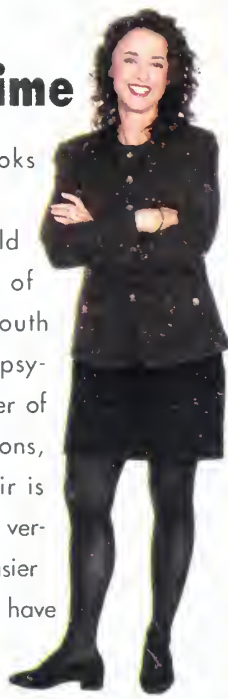
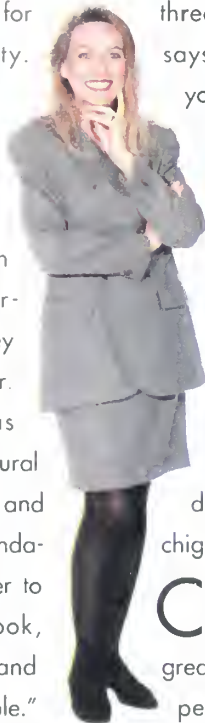
■ "Be gentle when applying makeup. Use your fingers to softly blend, and avoid tugging or stretching the skin."

—Kathy Brothers

■ "Anyone can have good skin. These are the most important rules to follow: Eat well—a poor diet makes skin look awful—don't smoke, avoid the sun and pay attention to your mental health.

Happiness gives skin a healthy glow."

—Alice D'Antoni



REVEAL YOUR SKIN'S *Inner Beauty*

**NIVEA**<sup>®</sup>  
VISAGE



NEW  
AHA

cover softer, younger-looking skin with Nivea Visage's new Inner Beauty treatments, enriched with alpha hydroxy acids. The light daytime gel-creme and the richer night creme work around the clock to help clear away dead surface skin, revealing the more beautiful you. The difference is night and day.

EUROPE'S #1 MOISTURIZER. NIVEA

## A new weapon against osteoporosis?

Potassium bicarbonate, an important nutrient, may be the latest weapon in the fight against osteoporosis, the debilitating bone disease that affects millions of American women. In a recent study at the University of California at San Francisco, researchers added potassium bicarbonate to the diets of eighteen women with osteoporosis. After a few weeks, there was evidence that the rate of bone loss had slowed down and that more bone was building up in the women than before they were put on the supplement. Then, when the supplement was taken out of the participants' diets, bone loss began again. Potassium bicarbonate supplements are not available in stores yet, but they may be if further tests prove that the nutrient is an effective osteoporosis fighter.

—ELIZABETH SCHWARTZ, *ON THE MENU*

## Dissolve; don't dispose

A manufacturer of products for health-care facilities has come up with an ingenious solution to the problem of disposing of the many pounds of infectious waste that hospitals amass daily. Their revolutionary line of hospital products dissolves completely in very hot water. Isolyser Company, Inc., in Norcross, Georgia, has produced gowns, surgical sponges, towels and even mop tops and basins that break down when run through high-temperature, washing machine-like processors; and the germs that may have been on them become noninfectious. The water is then released into municipal waste-treatment centers, where it ends up in a "degraded," safe form. Eliminating the need to transport, dump or burn hospital waste saves money as well as the environment. The products are currently making their way into hospitals across the country.

—BRUCE BURKHARDT, *EARTH SMART*

## A herpes vaccine

There's new hope for the estimated twenty-five million to forty million Americans who suffer from genital herpes, the sexually transmitted disease that, though treatable, stays in the body permanently and can cause chronic, painful outbreaks. Doctors at the National Institutes of Health, along with a California-based company, have developed a vaccine that may be a first step in the search for a drug that may stop recurring outbreaks and prevent new infections. Tests have found that patients who are given the drug have one third the number of outbreaks experienced by those not on the vaccine.

—JEFF LEVINE, *HEALTHWORKS*

## QUOTE OF THE MONTH

**We get more activist and radical and rebellious as we get older, whereas many men are rebellious when they are young and get more conservative when they get older.**

—GLORIA STEINEM, WHILE APPEARING ON *LARRY KING LIVE*



THE WORLD'S  
NEWS LEADER,  
AND  
LADIES' HOME JOURNAL  
PRESENT  
UP-TO-THE-MINUTE  
FACTS AND FINDINGS  
ABOUT THE  
WORLD TODAY

## Getting girls to play video games

Why do adolescent boys seem to be better than girls at computer and video games? It could be that the industry has been ignoring its young female consumers. Studies show that boys and girls tend to be equally interested in computers until about age eleven or twelve, when girls begin losing interest. Eventually, this can put girls at a tremendous disadvantage, especially in today's computer age. Child-education experts think that part of the problem may be that most of the computer and video software on the market emphasizes violence, competition and action—themes popular with boys but not with girls, who tend to prefer games that emphasize a story line, cooperation and character development. Manufacturers, recognizing that girls are an untapped market, are now working to produce games for them. Educators hope that the new software and games will keep girls interested in computer technology long after they stop playing games.

—MILES O'BRIEN, *SCIENCE & TECHNOLOGY WEEK*

Tune in to *TalkBack Live*, CNN's new live, interactive town meeting, weekdays at 1:00 P.M. E.T., beginning August 22. Each day, *TalkBack Live*'s host, Susan Rook, will provide you with the opportunity to voice your opinion and speak to other Americans about issues that affect your life.

# Chicks, Wildlife, Primitive Locations And Lots Of Babes.

*Fulvous whistling chicks.*

*Least-tern babies. Birds aren't the usual subjects of an advertisement.*

*But then again, we're not talking*

*about just any environmental program. It's one that Amoco designed to give*

*endangered species and other birds a place to feed, breed and nest. These wildlife*

*habitats are monitored by Amoco employees themselves, working together with*



## No, This Is Not Another Swimsuit Issue.

*conservation groups. From North Dakota to South Carolina, Amoco employee volunteers are spending time in swampy marshes and mosquito-ridden woods to help preserve all kinds of wildlife for future generations. These wetlands wildlife habitats are part of an overall environmental program at Amoco. One that includes clean-burning natural gas for cars and trucks at selected stations as well as our Crystal Clear Amoco Ultimate gasoline which is refined an extra step to reduce*



*hydrocarbon exhaust emissions. Together, these environmental efforts will be good for all living things both today and down the road.*



*You Expect More From A Leader.*

*If you would like more information please contact us at Amoco Oil Company, Customer Relations 1-800-333-3991*

## “When will I feel GROWN-UP?”

Officially, we're adults. We have a husband, kids, a house and a job to prove it. Then why do we feel so young and uncertain? By Carol Lynn Mithers

Just over two years ago, my husband and I bought a house. It was something I'd dreamed of, but instead of being exhilarated, I found myself scared to death. Not only were we using every penny of our savings and borrowing a huge sum, we were picking a community in which we might live for years, committing to a school district for an as-yet-unconceived child. It all seemed terrifyingly adult.

That shouldn't have been a big deal; I was a woman in her thirties with a career, bank account, retirement plan and credit cards—by any objective standard, I was an adult. But I didn't feel like one. The very word “grown-up” brought a specific picture to my mind: a woman in hose and heels, her short, bouffant hairdo sprayed firmly in place, mouth outlined in bright red lipstick, and a man in suit and tie, both leaving the house at seven-thirty A.M. to go to work. These people were crisp and no-nonsense; they could manage a household, balance a budget, get what they wanted out of surly salesclerks.

The image bore no resemblance to me or my life: I never used hair-spray or red lipstick, and I'd been working at home for thirteen years, usually wearing a T-shirt and jeans.

My husband, a professor, spent most of his work time at home, too, and owned one suit, which he wore twice a year. Our housework and checkbook balancing were erratic, our control over life's minutiae precarious. While filling out the loan application for our mortgage, I found myself alternately giggling at the ludicrousness of what I was doing and paralyzed with the certainty that I was in way over my head. How could I be doing this? I was just a kid!

I've found that I'm not the only one who has felt this way. Ask any dozen women—all of them outwardly responsible, mature human beings—whether they feel like grown-ups, and almost all will tell you no. Long after we can drive, vote, drink, have children, after teenagers start calling us ma'am, gray hairs sprout and gravity starts taking its toll on our bodies—many of us still feel as if we're barely out of adolescence. And it bugs us. When, we wonder, will we become

that mythical person who deserves the title “grown-up”?

### OUR PARENTS, OURSELVES

Why don't women feel like adults? Everyone seems to have a different reason. For Dolores, forty, a part-time florist's assistant and the mother of three-year-old twins, the problem is that she doesn't have what she calls “a real career. I've drifted from one job to another since I was in my twenties,” she says. “Grown-ups have something specific they do for a living. I've never really known what that is for me.”

Carrie, thirty-eight and married, has an extremely successful career as a freelance business consultant but complains *(continued on page 46)*



**If this is your idea of  
decorating the bathroom,**



Venezia  
Wallpaper Borders



More Than Terry™ Bath Mat



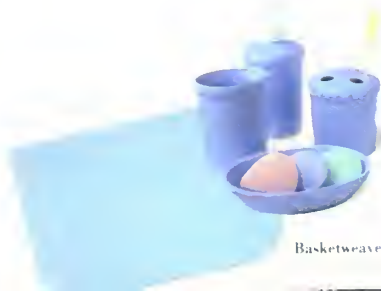
Napoli

Country Cottage



## maybe it's time to look at things

Collage offers you a new collection of beautiful shower curtains, bath seats and dozens of other bath accessories you can enjoy with a minimum investment of \$100. you can decorate your bathroom with many pretty things



Basketweave



Venezia



Palm Are  
Shower Curtain



# From a slightly different angle.

...s. towels, tumblers. More Than Terry™ bath mats, toilet  
...matching and color-coordinating. So now for well under  
...don't get flushed down the toilet.

## Collage™

**Don't just sit there. Do something.**



Victorian



Olympia



Sorrento



FOR RETAILER INFORMATION, CALL 1-800-805-BATH.  
© 1994 DAWSON HOME FASHIONS, INC. ALL ITEMS ARE NOT YET AVAILABLE AT ALL STORES.

## "When will I feel grown-up?"

*continued from page 42*

that she can't be an adult because she's childless. "It sounds ridiculous, but biologically, what's the difference between being fourteen and being forty if you haven't had a child?" she asks. "I've always had a notion of motherhood as a coming of age."

And Barbara, thirty-four, a store buyer with a career and two kids, says she couldn't possibly be an adult yet because she's too roiled by inner doubt. "I still wake up in the middle of the night, worrying about what I'm doing with my life," she says. "Half the time I feel like I'm losing control of everything and am on the verge of catastrophe. I just don't think grown-ups feel this way."

Beneath these differing reasons, however, lies one common denominator: The image of "grown-up" that we want to match looks an awful lot like our mothers. Dolores's mother worked; Carrie's had several children. "And," says Barbara, "my mother always had everything under control."

Of course, equating being grown-up with being like your parents is a natural impulse; watching Mom and Dad is

a relationship in which there's a blurring of gender roles, you get the sense that you're not a grown-up. If you enjoy your work, you're not a grown-up."

Certainly, the differences between their parents' lives and their own contributes to many women's feelings that they're not "real" adults. "So many of the things my mother did that seemed grown-up to me are things I just don't do," says Kit. "I don't get my hair done every week. I don't wear high heels. I don't have cocktail parties. It wasn't this way for my mother. Women of her generation stepped into the world of their own mothers in a way we haven't. My mother and grandmother went to the same beauty parlor. My mom and I don't go to the same anything."

### **BREAKING THE TIES THAT BIND**

But the I-don't-feel-like-an-adult syndrome may also signify that there are deeper issues at work than simply trying to step into the roles of our parents. For instance, when important needs go unmet in childhood, people can become "frozen" in that time. "I'm seeing one man who was greatly deprived as a child, and when he sees his wife give to his granddaughter, he becomes angry,

this strong emotional response but I don't have to act on it."

Those with a bigger, more negative sense of never having grown up may be trying to separate emotionally from their parents. "There's a difference between leaving home physically and doing so emotionally or psychologically," says Donald Williamson, Ph.D., senior faculty at Leadership Institute of Seattle, a graduate training program in applied behavioral science, and a therapist in private practice. In fact, he says, throughout our twenties, thirties, and into our forties, many of us continue to have a deep dependence on those who raised us. Long after we're on our own, we look to our parents for advice and fear their judgment of us.

Not surprisingly, the solution in this case is to learn to stand up for yourself to be responsible for your actions. Above all, says Williamson, you need to find a way to humanize and demythologize your parents, turning your relationship into one of equals.

Some women find that to be a natural process. "What's changed the way I feel is my parents getting older," says Robin, thirty-two, a bank manager. "I don't call on them anymore for help; they call me. For others, the balance of family power is altered suddenly by a major event like the death of a parent or the birth of a child.

Finally, many women need to rework out images of adulthood that are unmodeled or overly idealized. "I've been waiting for some magical event that would signal I'd crossed the line into adulthood," says Lee, thirty-four, a homemaker and mother of two. "But I don't know how to define being grown up anymore. I still haven't gotten it figured out, but I'm feeling increasingly comfortable with that fact. If I'm loved and I don't know what I'm doing, it must mean that my parents often didn't know what they were doing either. That's kind of consoling."

### **TAKING CHARGE**

It is, finally, our own perception of ourselves—and our willingness to act as grown-ups—that determines when we begin to feel like adults. "Today, I feel different than I used to," Robin says. "It's like having a different perspective, an awareness of being something other than I was when I was in my twenties. And I like it a lot. I think I wasted a lot of time thinking I'd feel grown-up if I only had X or Y or became someone else. That's not being grown-up! Being grown is accepting responsibility. It's accepting what you are and making peace with yourself."

*Carol Lynn Mithers is a contributing editor to Ladies' Home Journal.*

**"I STILL WAKE UP IN THE MIDDLE OF THE NIGHT, WORRYING ABOUT WHAT I'M DOING WITH MY LIFE," SAYS BARBARA. "I JUST DON'T THINK GROWN-UPS FEEL THIS WAY."**

what gives every child her first—and most enduring—notion of how adults act, think and feel. But it's also problematic. Ideas of adulthood formed early are skewed because children inevitably see their parents as strong, all-powerful and all-knowing. Nor do many parents disabuse them of that idea. "If a parent doesn't talk about conflicts, frustrations and insecurities, a child gets an idealized image of how grown-ups are supposed to be—strong and controlled," says John Barron, M.S.W., a psychotherapist in private practice in Encino, California.

Moreover, those of us in our thirties and forties grew up with a very particular—and no longer relevant—model of what constitutes adulthood. "During the fifties and into the sixties, you saw men making money and women taking care of the house," says Barbara Zheutlin, M.F.C.C., a therapist in Santa Monica, California. "You saw that it was children's jobs to play and parents' jobs to work hard. So, now, if you're in

just like a child getting jealous that his brother or sister is getting more attention than he is," says John Barron. According to experts, people who are still reliving past wrongs won't feel adultlike until they resolve those old problems.

Others feel "split"—sometimes they behave in an intensely mature way, and other times they act like children. "The qualities that make you a success in one area of your life give you trouble in another," says Barbara Zheutlin. "Perhaps you're very goal-oriented, not too aware of your own emotional processes. That can make you extremely effective in business and let you feel very adult, but when you are confronted with deep emotions like frustration, neediness and anger, you feel out of control. And feeling out of control means feeling powerless—like a child.

"Having intense, irrational responses is part of being a human being," adds Zheutlin. "The challenge, if you're going to be an adult, is to say, 'I'm having

# 5<sup>th</sup> Anniversary Barbie®

Finally, a  
second chance  
to own the  
first Barbie.

It's the Barbie doll  
everyone remembers. And  
few people own.

Introduced in 1959, she  
immediately stole  
America's heart. Today,  
she's more popular than  
ever. She's been

photographed, analyzed  
and adored by people  
around the world. Avid  
collectors pay as much as  
\$5,000 for an original  
Barbie in mint condition.


Now, with the intro-  
duction of this Special  
Edition reproduction,  
you can own the doll that  
started it all. The 35th  
Anniversary Barbie.  
An American original  
returns.

Available where Barbie dolls  
are sold.

The Barbie logo, featuring the word "Barbie" in a white, cursive script font, set against a pink rectangular background.

©1994 Mattel, Inc. All Rights Reserved.

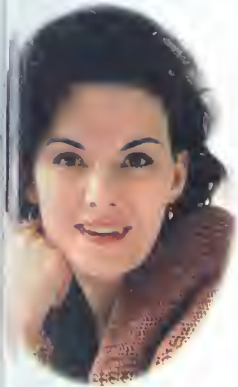
on  
act  
rtu  
a  
s  
p  
ry  
on  
me  
wer  
at  
a  
to  
ard  
I've  
ren  
line  
y-f  
o.  
g  
ten  
crea  
m  
dot  
ten  
g  
on  
to  
wh  
day  
obin  
ersp  
hing  
y  
w  
astel  
w  
soma  
-up  
bilit  
ad  
m



**"It's not exactly a spoonful of sugar, but getting my prescriptions filled at Kmart does help the medicine go down."**

**"It's not every day I need a prescription filled at my Kmart pharmacy. But every time I'm there, I fill my shopping cart too. You can't beat the convenience of having your pharmacist in a**

Kmart, that's for sure. So many health and beauty aids, so little time. And before it's time to check on my prescription, I always find time to get my blood pressure checked. Of course, I check out the sales, too. By then, I'm ready. And if my prescription isn't ready when my Kmart pharmacist said it would be, it's free. It's an experience that can really make a person's medicine a lot easier to take."



Some questions you have for a Kmart pharmacist may be answered over the phone. Call 1-800-866-0086 for the location and phone number of your nearest Kmart store or Pharmacy. \*See store for details. ©1994 Kmart Corporation.





## YOU MUST KNOW ABOUT

A life-threatening strain of strep. A form of pneumonia that resists antibiotics. These and other killers are baffling medical researchers. But you can take steps to protect yourself and your family. By Sherry Helms

**I**n Connecticut, a twenty-two-year-old woman comes to the emergency room complaining of inflamed red patches of raw skin. She's stunned to learn that she has a life-threatening form of a strep infection, caused by the same bacteria that give most people a sore throat.

In Florida, a thirty-three-year-old mechanic develops a mysterious illness that begins like the flu but soon leaves him unconscious and suffocating, his lungs filling with fluid. The man is shocked to hear that he's the state's first known victim of the hantavirus, a rodent-borne disease that keeps researchers baffled as it haphazardly strikes victims around the country. Luckily, he survives.

In New York, a grandfather automatically thinks cancer when an X ray shows a huge spot on his lung. The man is floored when he

hears the diagnosis: He has a full-blown case of tuberculosis, a contagious disease he had thought was wiped out in this country decades ago.

These stories may seem unrelated, but each is a tiny piece of a big and disconcerting picture that is slowly coming into focus for public-health experts: They're beginning to see a startling rise in the number of new infectious diseases and the reemergence of contagious killers from the past.

Once considered well within management by drugs and vaccines, life-threatening germs had been shoved to the back burner. But now we may be paying a price for letting down our collective guard. Experts admit that we no longer have the threat of infectious diseases in check. "The range of diseases is increasing, and an alarming number of these germs are resilient," says Ralph Bryan, M.D., project coordinator at the National Center for Infectious Diseases, at the Centers for Disease Control and Prevention (CDC), in Atlanta.

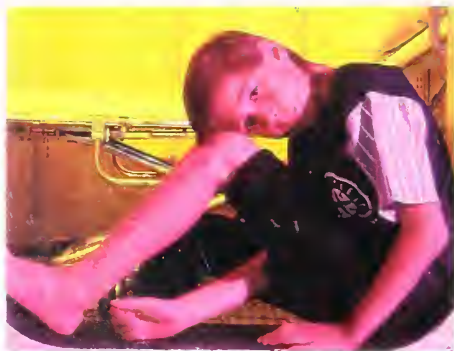
So here in the age of highest technology, we find ourselves faced with a menu of "new" diseases that recall an earlier era: an incurable illness carried by rodents, a return of life-threatening tuberculosis, lethal forms of hepatitis and strains of bacterial infections

that antibiotics can't kill.

Scientists report that this situation isn't happenstance. Some facts of American life today make us newly vulnerable. Increased air travel and immigration are helping dangerous germs move around at jet speed. The prevalence of child-care centers is playing a role in spreading contagious microorganisms to susceptible children, who in turn bring them home to their families.

Then there's the fact that our aging arsenal of antibiotics is losing its once dependable punch. "We're leaving the comfortable era when there was always a pill to take," Alexander Tomasz, Ph.D., a microbiologist at Rockefeller University, in New York City, told a gathering of American scientists earlier this year.

Experts also theorize that global warming may make it easier for disease-carrying *(continued)*



Vince Kibby, of Buren, Washington, who suffers from a little-known form of Group-A strep called necrotizing fasciitis, had to have a large portion of tissue amputated from his leg



## The same thing happens to your body.

It's hard to believe, but the same thing that rusts the paint off your car may also wear down your body.

It's called oxidation and it happens every time you take a breath.

Simply explained, whenever oxygen enters your system, so-called "free radicals" can be formed.

Many scientists believe these unstable particles are a leading cause of cell damage.

In fact, recent studies suggest that free radicals may play a significant role in the development of heart disease and cancer.



*Oxidation, the process that breaks down an apple and turns it brown, may also cause cell damage in your body.*

Studies also suggest that foods rich in antioxidant vitamins, like C, E and Beta Carotene, may neutralize many of the free radicals in your body.

Unfortunately, we don't always eat the way we should. This is where an intelligent regimen of vitamins may be able to help.

While studies haven't proven that vitamin supplements offer the same protection as foods rich in antioxidants, we at Nature Made\* have combined high levels of C, E and Beta Carotene into one easy to swallow softgel.

Introducing our new Antioxidant Formula. Just like all our vitamins, our new formula contains no artificial colors, flavors or preservatives.

Since different people have different needs, Nature Made offers a complete line of over 120 vitamin and mineral supplements—including our latest formula that may help fight the destructive effects of oxidation.

Too bad we can't do the same for your car.



Nature Made. The more you know, the better you'll feel.™

## The new germs

*continued*

insects and animals, who thrive in warm climates, to migrate to new areas. So humans may be exposed to microorganisms never before encountered in this part of the world. And public-health officials know enough to be worried: The rapid spread of Acquired Immune Deficiency Syndrome (AIDS) taught us just how quickly germs that were once confined to a small area can become global threats.

So, what does all this mean to the average American family? Short of locking everyone up at home and doling out surgical masks and gloves, what can we do to keep our families safe? Plenty, say the experts.

"For the vast number of infectious diseases, we know what causes them and can tell people how to protect themselves," says Richard J. Duma, M.D., Ph.D., head of the National Foundation for Infectious Diseases, a nonprofit foundation in Bethesda, Maryland. "There are common pieces of knowledge that can prevent an enormous amount of disease and death."

Here's what you need to know about some of the most dangerous new germs:

### INVASIVE GROUP-A STREP

This is a highly virulent type of streptococcus, a form of the same bacteria that cause common strep throat. This particular germ is far more dangerous: It can cause a fatal drop in blood pressure, toxic shock and organ failure. In some cases, invasive Group-A strep can also cause necrotizing fasciitis, a secondary infection that eats away at muscles and fat tissue. The first signs of the skin infection are inflamed skin with localized redness, sometimes with blisters. An important clue can be rapidly expanding borders of the reddened area. Vomiting, diarrhea, pain, fever and weakness may accompany the skin symptoms.

**Prevalence:** Despite widespread publicity about deaths and emergency amputations in Great Britain and the

United States earlier this year, the flesh-eating form of this disease is believed to be quite rare. CDC officials estimate that between 500 and 1,500 necrotizing fasciitis cases occur in the United States each year. Invasive strep A itself, though, is more common, with 10,000 to 15,000 cases yearly. Between 10 and 20 percent of those are fatal.

**Method of transmission:** Group-A strep can be transmitted in the same

wound appears to be infected or if you have a rapidly expanding reddening area that is hot to the touch.

### THE HANTAVIRUS

When this mysterious illness spread in the Southwest in May 1993, doctors were completely baffled. Since then, they have identified at least four strains of the virus—all of them potentially fatal. After initial testing done in the Southwest, experts have discovered that the germ is carried by as many as 15 percent of all deer mice, as well as other rodents. Still, much about the disease remains a mystery.

Because the infection moves so quickly, the hantavirus is difficult to treat. Hard to identify in its early stages, it's usually detected only when it affects the lungs, causing them to fill with fluid and potentially to suffocate the victim. Unlike other illnesses that take the greatest toll on people with weakened immune systems,

the hantavirus has primarily hit strong and otherwise healthy individuals. No one knows for sure why that's the case, but it may be due to an overreaction of a strong immune system that fills the lungs with fluid as a defensive measure.

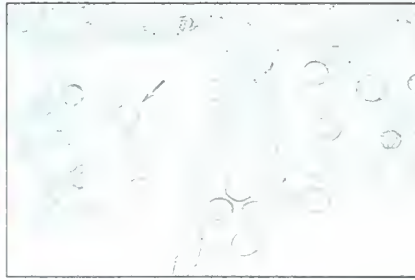
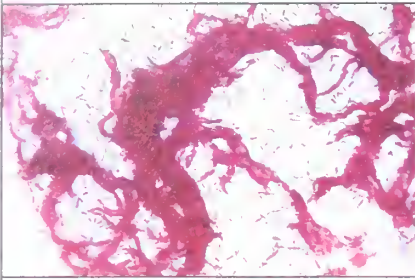
**Prevalence:** So far, there have been eighty cases in the United States. Victims have been stricken in eighteen states, though most of the cases have been in Colorado, Arizona and New Mexico. Forty-four people have died from the disease.

**Method of transmission:** The virus is believed to infect people who breathe tiny particles of infected rodent urine, feces and saliva that get into the air. Other suspected routes of transmission: rodent bites, open wounds and ingestion of contaminated food.

The killer virus may remain long after the rodents are gone. "It's an extremely sturdy virus," says Bob Howard, a CDC spokesperson who closely follows the hantavirus. Unlike other viruses that don't linger outside their host for more than several days, the hantavirus can live in the environment for weeks or possibly months.

**Treatment:** Patients *(continued)*

## Viruses and bacteria: What's the difference?



**INFECTIONS AND ILLNESSES** are usually caused by microorganisms that are either bacteria or viruses. Bacteria, left, are free-living organisms within your body that can multiply and destroy tissues or produce toxins. By contrast, viruses are smaller microorganisms that can invade a host cell. (They usually do not live on their own.) The viruses can change the cell's genetic makeup, causing harmful cells to grow in place of healthy ones. Others may take over a cell and eventually kill it. Bacteria can be killed by antibiotics, but a person must be immunized against a particular virus, usually by vaccine. (Antiviral drugs inhibit the virus from growing and decrease the symptoms viruses can cause.)

way as common flus and germs: by coughing, kissing, sharing drinking cups and eating utensils. Necrotizing fasciitis, however, is not thought to be highly communicable, says Edward J. Septimus, M.D., an infectious-disease specialist at the University of Texas Health Science Center, in Houston. "Transmission usually requires direct or intimate contact with patients who have the disease or are carriers of it," he says. "Casual contact rarely leads to infection."

**Treatment:** In the early stages, strep infections can be treated with common antibiotics, such as penicillin. The same can be used for necrotizing fasciitis, but they must be administered quickly and in much higher doses. In some cases, patients must have affected limbs amputated or large chunks of their flesh removed.

**Preventive measures:** Anyone with a sore throat accompanied by a high fever (above 102°F.) should see a doctor to get a throat culture to detect strep infection. Be on guard particularly if you have a bruise or an open wound that might be vulnerable to infection. Keep all wounds clean, Septimus says. See a doctor right away if a





Are office buildings bad for your skin?

No, we're not talking about mysterious fumes and windows that don't open. We're talking about all the time it takes to get to work, be at work, think about work. Is there any time left for your skin?

So we give you PURPOSE Gentle Cleansing Wash, from Johnson & Johnson. It removes dirt and oil, won't irritate your skin like soap, has no color, is dermatologist recommended and takes exactly 15 seconds out of your day. **You will be beautiful. Time's up.**

Have a life. And beautiful skin, too.

**PURPOSE** from Johnson & Johnson



## The new germs

*continued*

have the best chance of survival when they are quickly placed on a respirator and other life-support systems. Doctors are experimenting with various antiviral drugs, such as ribavirin.

**Preventive measures:** Since all rodents are potential carriers of the disease, even household mice should be suspect. Rodent-proof your home by sealing up any cracks or openings. Store all foods in tightly sealed plastic or metal containers.

If you see evidence of mice or rats, carefully clean any area that may have been infected by droppings. To keep from sending germs into the air while cleaning, wet down surfaces with a disinfectant or with a bleach solution (one and a half cups per gallon of water).

If you trap any rodents, pour the cleaning solution over them before handling. Pick them up (trap and all) with a shovel and sturdy rubber gloves. Place in a sealed, heavy plastic bag for disposal.

## TUBERCULOSIS

The number-one killer at the turn of the century, tuberculosis (TB) was almost eradicated from this country. But in the past decade, TB—a bacterial infection that lodges in the lungs—has made a strong comeback. From 1985 to 1992, there was a 20 percent jump in the number of overall cases reported in the U.S., with a 35 percent jump among children. (There was a slight downturn in 1993.)

Immigration is believed to play a

role in the disease's spread: TB is still widespread in Asia, Africa, and Central and South America, and many of this nation's new immigrants are from those areas. (About 30 percent of active TB cases are reported in foreign-born persons, the CDC says.)

Of greatest concern are the most virulent strains of the infection. The CDC reports that one in seven cases is resistant to traditional antibiotic treatment. Experts believe that may be because in some countries where TB is widespread, antibiotics are available over the counter, allowing patients to treat themselves until they feel better, rather than until the germs are killed. As a result, the hardiest bacteria survive and are then passed along.

**Prevalence:** More than twenty-five thousand new cases of active TB were reported to the CDC in 1993. (It's possible to carry an inactive form of the bacteria, which doesn't always develop into an active disease and is not contagious. There are no figures on how many people carry the inactive germ.)

**Method of transmission:** TB is spread by breathing air contaminated when someone with an active case of the disease coughs or speaks. Still, because the expelled bacteria have to be the right size and settle in the right part of the lungs, it is not readily contagious. Most often, those who catch it are people who have spent a lot of time breathing TB-contaminated air, such as those who live or work around a person or people who have the disease.

**Treatment:** Patients with active TB are typically put on a course of various antibiotics, used in combination.

Those who carry an inactive germ are typically given the antibiotic isoniazid to kill the germ and prevent it from developing into a full-blown case.

**Preventive measures:** Doctors advise getting tested if you're at risk (if you're a health-care worker, if you live or work with a new immigrant or with an indigent population or AIDS patients, if you live in a neighborhood with a high rate of TB or if you have a family history of TB). A simple skin test can detect the presence of the infection. Also ask your pediatrician if your children should be tested. Some doctors recommend periodic testing for children, who are at greater risk of developing the disease because of their vulnerable immune systems.

Offer testing for at-risk employees, such as foreign-born housekeepers and nannies, who work in your home. If your children are in day care, find out if its employees have been screened for TB. (Only twelve states require such testing, according to the CDC.)

## HEPATITIS B AND C

Hepatitis, a viral infection that causes inflammation of the liver, is not a "new" disease. But one form of it, Hepatitis B, appears to be on the rise. And another equally dangerous strain, Hepatitis C, was first detected in 1975. A person may carry the virus in his bloodstream and have no symptoms—and yet he can spread the virus. In other cases, the virus can cause chronic liver disease and cirrhosis. "Both of these viruses put patients at a major increased risk of liver cancer," says Emmet B. Keeffe, M.D., medical

*(continued on page 90)*

## TOP GERM-FIGHTING TACTICS

**T**he best way to safeguard your health is to protect yourself and your family as best you can from all germs. Even the most common variety can become potentially dangerous, and any bug at all can weaken your immune system and diminish your ability to fight more serious germs. Here are some things you can do to stay germ-free:

■ Eat right and get regular exercise. A vitamin-deficient body and poorly conditioned lungs can make you an easy target for germs.

■ Wash your hands before eating, when preparing food, when you've been touching garbage, after handling babies and being around sick people. When washing, use warm water and mild soap. Harsher soaps can cause skin irritations and rashes, giving infections a place to grow.

■ Don't share both or hand towels. When entering, disposable paper hand towels are a considerate touch.

■ Never share drinking glasses or eating utensils with anyone, even family.

■ Beware of germs at the

sink. Handles of rest-room faucets get dirty easily. In public facilities, use a paper towel to cover the faucet handles when you turn them on or off. At home, keep fixtures clean.

■ Keep your distance from people who are sneezing, coughing and talking in hoarse voices. People in the early stages of respiratory infections may be particularly contagious. Remind family members to cover their mouths when they sneeze or cough.

■ Schedule doctors' appointments when the waiting room is least crowded—

usually very early in the morning, right after lunch or at the end of the day.

■ If you know your resistance is low (i.e., if you've been sick or if you're taking medications containing steroids), avoid large gatherings, particularly where there are young children.

■ Don't let both or pool water get into your mouth. There are a lot of pesky germs chlorine can't kill.

■ Keep your home clean. But don't rely only on disinfectants. Sunlight and fresh air help kill and dissipate many disease-causing organisms.



## New Dr. Scholl's Advanced Pain Relief Corn And Callus Cushions. For Pain Relief, The Solution Is Clear.

To every corn or callus sufferer, freedom from painful shoes has always been a thing of the future. But no longer. With new Advanced Pain Relief Corn and Callus Products from Dr. Scholl's, the future is here today.



NEW ADVANCED PAIN RELIEF CORN CUSHION

Advanced Pain Relief Corn Cushions and Callus Cushions are made of a breakthrough material we call Cushlin™, refined over years of laboratory research at Dr. Scholl's. Cushlin™ gives you

immediate and all-day pain relief, by softly

conforming to your corn or callus, while it absorbs painful shoe pressure and friction.

And new Dr. Scholl's Advanced Pain Relief Corn Removers also include clinically-proven medicated discs that completely remove your corn in five

applications or

less, thanks to the most effective removal ingredient available.

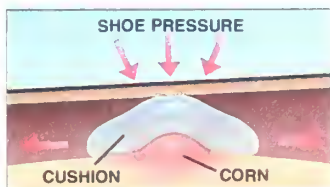
So buy new Dr. Scholl's Advanced Pain Relief Corn and

Callus Products with Cushlin™. And step up to a whole new

world of pain relief.



NEW ADVANCED PAIN RELIEF CALLUS CUSHION



NEW **CUSHLIN™** TECHNOLOGY  
FOR SUPERIOR PAIN RELIEF



Make life in your shoes more comfortable.



## DON'T BE SORRY

Do you apologize to your husband, your boss and your kids whenever something goes wrong—even if it's not your fault? Here's how to say "I'm sorry" only when you *really* mean it. By Carol Lynn Mithers

**W**hen her boss asked that an important file be left on his desk before the end of the day, Andrea, a thirty-six-year-old junior executive at a food-service corporation, did as he instructed. The next morning, however, she got an irate call. "Where's that file I wanted?" her boss demanded.

Andrea immediately went to his office and searched the corner of the desk where she'd left the file. It was covered by the morning newspaper, telephone messages, and several legal pads her boss had brought from home. She lifted them, and there was the file. "It was covered up," her boss said, irritation in his voice.

"Yes," Andrea replied. "I'm sorry."

"Okay, okay," he answered, still sounding peeved.

Andrea went back to her own office. Why is he mad at me? she thought. He's the one whose stuff was all over the place so he couldn't find what he was looking for. Suddenly, she got angry. That's right! This was his fault! So, how come I was the one who apologized?

*I'm sorry.* Every day, those words are said by millions of women—far more often, research shows, than they're said by men. We apologize to our husbands, kids and friends, to bosses and colleagues, to people who bump into us in the supermarket. The apologies we make are so automatic that

sometimes we don't even realize what we're saying—and too often they're in response to situations that aren't our fault. Why does being a woman always mean having to say you're sorry?

### WHAT SHE SAYS, WHAT HE SAYS

In part, says Deborah Tannen, Ph.D., professor of linguistics at Georgetown University, in Washington, D.C., and author of *You Just Don't Understand* (Ballantine, 1991) and the forthcoming *Talking From 9 to 5* (Morrow), women's excess apologizing is simply a matter of speaking style. Conversation, she says, "is basically a ritual. We say things because we've learned they're the right things to say in certain" (continued on page 62)

# NEW COLORS



# NEW RULES™



TO KEEP TODAY'S COLORS LOOKING NEWER LONGER,  
YOU NEED TODAY'S COLOR SAFE BLEACH. NEW ULTRA VIVID.

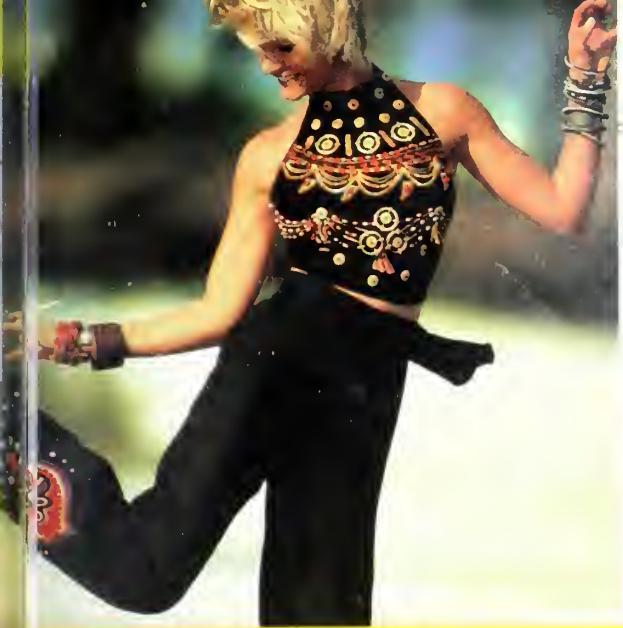


There's a  
Capri  
styled  
with  
you in  
mind.



SURGEON GENERAL'S WARNING: Cigarette  
Smoke Contains Carbon Monoxide.

Ultra Lights, 6 mg. "tar", 0.5 mg. nicotine;  
100's, 9 mg. "tar", 0.7 mg. nicotine;  
Filter 120's, 14 mg. "tar", 1.0 mg. nicotine;  
av. per cigarette by FTC method. © 1994 B&W T Co.



HERE IS NO SLIMMER WAY TO SMOKE.

# capri

U P E R S L I M S





WISH-BONE.

# WISH-BONE DRESSING CITRUS SHRIMP KABOB MARINADE.

- 1/2 medium oranges
- 1/2 cup Wish-Bone Italian Dressing
- 2 tablespoons snipped fresh dill\*
- 1 pound large shrimp, peeled and deveined

Grate 1 teaspoon peel from 1 orange, then squeeze out 1/2 cup juice. Cut remaining 2 oranges into 16 wedges; set aside.

In large shallow baking dish, combine orange peel, 1/2 cup orange juice, Italian dressing and dill. Add shrimp; turn to coat. Cover and marinate in refrigerator, turning occasionally, 30 minutes. Remove shrimp, reserving marinade.

On 8 skewers, alternately thread shrimp and orange wedges. Grill or broil, turning until shrimp turn pink. If desired, bring reserved marinade to a boil and serve over kabobs or toss with hot cooked rice. Makes 1 servings.

\*Substitution: Use 1 teaspoon dried dill weed.



## Don't be sorry *continued from page 58*

situations. A lot of the rituals that women use have the function of taking the other person's feelings into account. Apologizing works like that. Many women will say 'I'm sorry' not as a literal apology but as a way of acknowledging that something may have been difficult for the other person." She cites an example from her research—a teacher telling her principal she was sorry that a difficult student had been suspended. The teacher, Tannen says, was not taking blame for what had happened but was trying to tell her supervisor, "I feel as bad as you must about this."

But even literal apologies—when a person says I'm sorry because she's done, or believes she's done, something wrong—are offered far more often by women than men. Many men learn early to act strong, independent and self-assured, and to always save

and tired and we were *both* at fault acting like jerks," she recalls. "Michael almost never apologized. He didn't want to get into a big scene, took the blame. And now that I think about it, that happens a lot."

However, women's incessant apologizing isn't always a problem. I apologize to someone as part of what Tannen calls our "conversational politeness"—in other words, to be polite and considerate—and the other person shares this conversational trait. It smooths the relationship. For instance, recently a woman from whom I requested some business information asked if she could return my call that day, and I said I'd be there. I was, as expected, I had to go out, and when I returned, she'd left a message. When I tried to call her back the next day, she'd left for the day. The next morning when I reached her at her office, she immediately apologized. "I'm sorry I wasn't there when you called. I

## "WOMEN HAVE A TERRIBLE FEAR OF CONFLICT IN ORDER TO DEFUSE A SITUATION, A WOMAN WILL SIMPLY APOLOGIZE."

face by not admitting fault. But women, says Rona Kurtz, Ph.D., a psychologist in New York City, "tend to look at many aspects of life in an interpersonal way. And if a problem isn't solved, if a difficulty arises, we feel guilty that we didn't participate better, that somehow it's *our* fault. For example, there's been research demonstrating that in a work situation where something goes wrong, men are more likely to blame the situation and women will blame themselves. So it follows we will apologize more readily."

Not only that, says Lisa Frankel, Ph.D., a marriage and family therapist in Los Angeles, "one of the major complaints I get from women is of having low self-esteem." And that often translates into a woman who constantly feels apologetic—"I'm sorry my body looks the way it does; I'm sorry for being who I am; I'm sorry for not being enough"—and who frequently takes the blame for things that aren't her fault. "Women also have a terrible fear of conflict," Frankel adds. "In order to avoid conflict, to defuse a situation and stave off or end a fight, a woman will simply apologize."

That point resonates with Lee, thirty, a social worker, whose apology stopped a potentially enormous blowup with her husband one night when there was no dinner because each thought the other was stopping at the supermarket on the way home from work. "We were hungry

back but you'd already left."

"I'm sorry, too," she answered. "I had to leave early." The conversation that followed was especially polite and friendly.

"When apologizing is [such] an ancient ritual," says Deborah Tannen, "neither of you ends up in a less powerful position."

But if the person to whom you apologize does *not* understand that you're being polite and considerate, an automatic "I'm sorry" can have a very different effect. "Any time you don't share a particular conversational [style], you're inclined to take [a person's words] literally," points out Tannen. "Because men are less likely than women to apologize as an automatic way of being considerate, they may interpret what a woman says as an actual apology." And that may leave a woman in a less powerful position: She may be seen as weak, bumbling, or she may be assigned blame for things that aren't her fault. When a woman constantly uses ritual apology in a business setting, Tannen says, she may be seen as incompetent."

A woman who continually says I'm sorry to her husband can have similar problems, adds Rona Kurtz. While she offers her apology expecting to get forgiveness in return, instead her mate may simply come to see her as always wrong. And a woman who habitually takes (or is given) more than her share of blame



hip may eventually find herself  
e of constant rage. "Women tell  
a willing to take some responsi-  
hen there's a problem, but I  
ant to take it all," Kurtz says.  
r traditional man-woman rela-  
what happens is that the wom-  
lly erupts. And then she's  
ed as hysterical, irrational and  
ting—and the substance of her  
at is lost."

## BE SORRY

is mean women should simply  
ir apologizing? Not at all, says  
Tannen. "There's no harm in  
a ritual apology to people who  
nd. But you need to be aware of  
e effect of [your] conversational  
to understand how it works, the  
f responses you can get. You  
eed to be flexible—people have  
t conversational styles, contexts  
d nothing will work well with ev-  
on. There may be situations in  
ou catch yourself apologizing and  
o stop. But you also might have  
-male or female—who gets ex-  
ir irritated with someone who  
st say, 'It was my mistake, and  
ry.' And there's a double-bind  
omen who behave in ways ex-  
ct of men may be seen as more  
nt, but also as more unfeminine  
those negative words, right up to  
bitch."

A woman who has always been the  
apologize at home can't simply  
overnight, says Kurtz. "But she  
ome aware of what she's doing,  
think about why she's apologiz-  
much. She needs to ask herself  
e's really feeling—whether she's  
'I'm sorry' when what she means  
furious.' Also, she must ask her-  
f that she's trying to accomplish by  
zing—and whether this is the  
y to accomplish it."

ome women, adds Lisa Frankel,  
ery or an assertiveness-training  
can help: "Many women don't  
y have the right to set limits,"  
s. "It's a skill to be able to take  
responsibility for something—to  
es, I'm at fault for A or B, but  
C."

orry. In the end, no one wants to  
y with those two words, only to  
tem said in equal numbers of  
ad female voices. "I don't think  
uld necessarily be a better world  
omen stopped all apologizing,"  
borah Tannen. "In fact, I can't  
inking how much nicer the work  
ome environment would be if  
y learned to say they were sorry—  
move on." ■

ymn Mithers is a contributing editor  
es' Home Journal.

# Does Your Garage Door Opener Have A Weak Link?



If you're stuck with a chain drive opener, you know the answer. Chain drives rely on a noisy, greasy, slack chain with hundreds of little links that can stretch or even break.

Consider the advantages of installing a Genie<sup>®</sup> Screw Drive Opener:

**Increased Strength.** Unlike most chain drive openers, Genie's solid ten-foot steel screw and direct-drive technology deliver more lifting force to your door.

**Maximum Power, Quiet and Durability.** Genie's reliable transfer of power, from motor to screw to door, delivers a quieter, smoother lift and close. Time after time, year after year.

**"Tighter" Security.** Chains flex, wobble and give. But Genie's exclusive solid-steel screw twists down tight and resists forced, manual operation.

**The Standard for Safety.** Every Genie opener meets or exceeds the strict mandates of The Consumer Products Safety Act\* and has earned the UL Mark of Safety.

**Easy Installation.** Follow the step-by-step illustrated instructions. We even have a how-to home video and a toll-free HELP hotline. Or you can just call an authorized Genie Professional to do the job.

For the name of your nearest Genie Dealer or Professional Installer, call 1-800-82-GENIE. In Canada, call 1-800-654-3643.

Effective January 1, 1993.

**GENIE**  
Built For A Lifetime.™



**LIFETIME  
PRO-TECH<sup>®</sup>**  
LIMITED  
WARRANTY

GXL Series

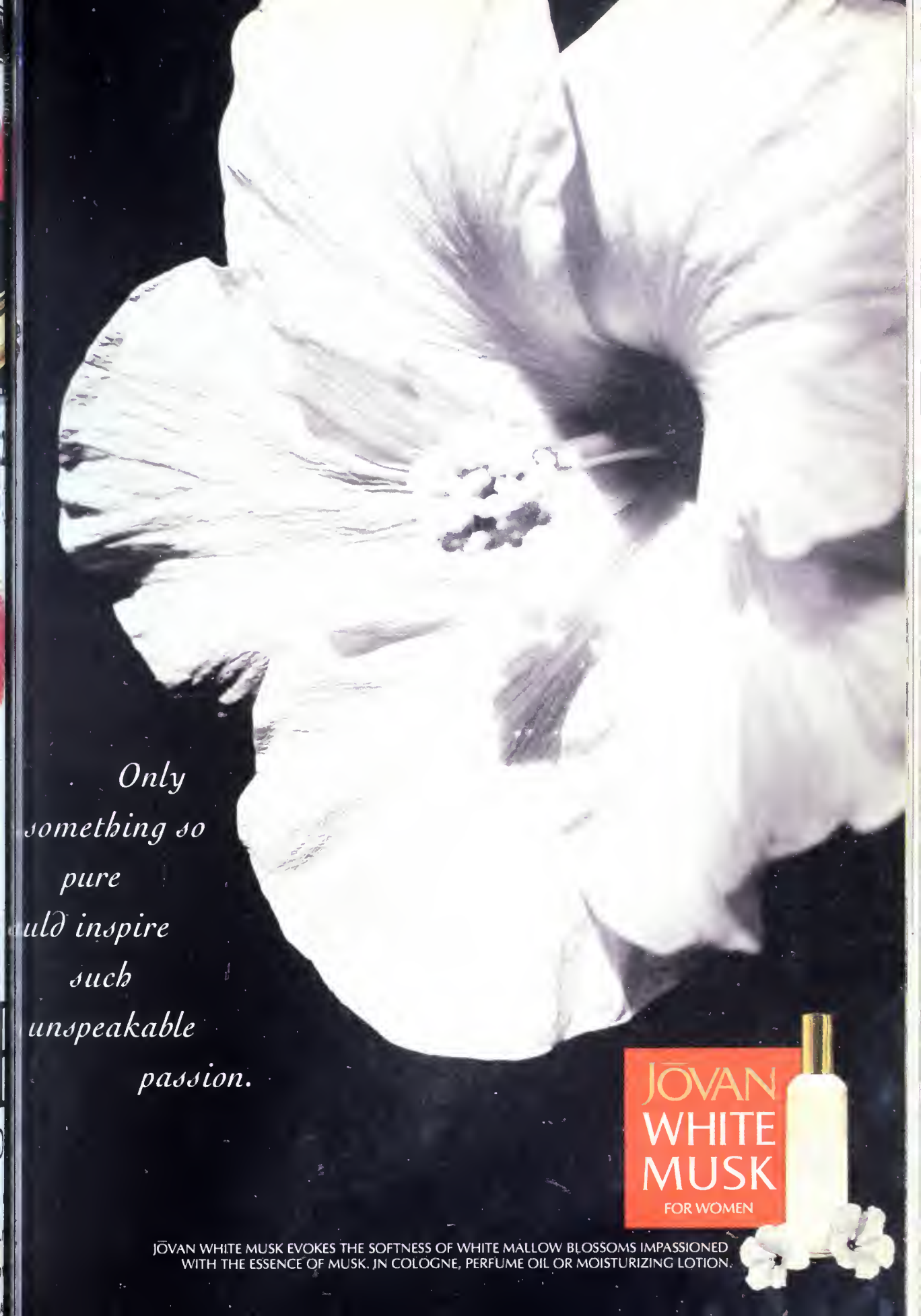
COTY



COTY '24  
LIPSTICK

HAVE YOUR  
**CAKE**  
AND EAT IT, TOO

YOUR LIPSTICK WILL STILL BE  
COTY '24' LIPSTICK. WON'T SLIP, SLIP  
TRIP YOU UP OR LET YOU DOWN  
WITH COTY '24' IT'S A PIECE OF CAKE

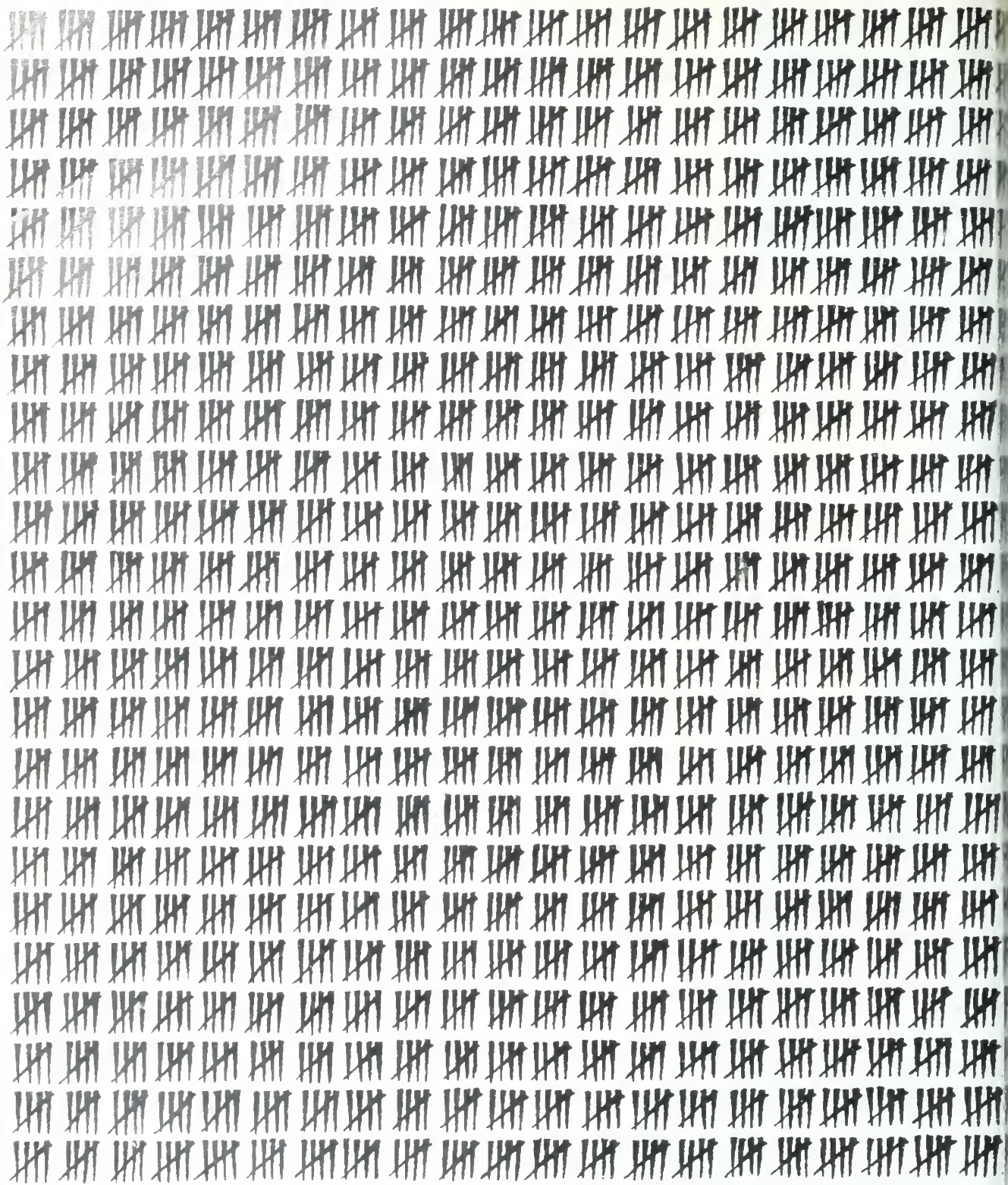


*Only  
something so  
pure  
could inspire  
such  
unspeakable  
passion.*

**JÖVAN  
WHITE  
MUSK**  
FOR WOMEN

JÖVAN WHITE MUSK EVOKES THE SOFTNESS OF WHITE MALLOW BLOSSOMS IMPASSIONED WITH THE ESSENCE OF MUSK. IN COLOGNE, PERFUME OIL OR MOISTURIZING LOTION.





# We've Made Literacy Really Count

For the past five years, Coors has committed millions of dollars throughout the country, more than 250,000 women to help fight illiteracy in America. And the results have added received literacy services. Make your efforts count. up. Thanks to our partnerships with literacy organizations



1-800-626-4601 for information on how you can

# HOME JOURNAL

A kitchen scene featuring a chandelier, a window with potted plants, a sink, and a table with baskets of produce.

WHAT'S NEW IN THE  
HEART OF THE HOME?  
WE SPOKE TO TOP  
INTERIOR DESIGNERS  
FROM ALL OVER THE  
COUNTRY AND  
DISCOVERED NINE  
GREAT-LOOKING,  
PRACTICAL TRENDS  
THAT MAKE THE MOST  
IMPACT RIGHT NOW

*In the  
Kitchen*

FOR THOSE WHO BELIEVE WHERE ONE COOKS  
IS AS IMPORTANT AS WHAT ONE COOKS.



*Breakfast brightened by a smiling sun. Afternoon tea refreshed by a gentle breeze. Dinner warmed with a golden glow. With Andersen® Feature Windows, spending the day in the kitchen is no longer what it used to be.*

*Gone are the dim, drab, lifeless rooms where*

*cooking was considered nothing more than a dull chore. Our feature windows transform kitchen into welcoming places of light, beauty and comfort. And our reputation for reliability creates windows that last, whatever the weather cooks up.*

*To learn more, see your Andersen® Window*



Visit an Andersen Window Center® store. To find out how near they are, call 1-800-426-4261 and the coupon.

Let Andersen Feature Windows help you rediscover the joy of cooking. Come Experience Andersen Light.™

Send me  literature I plan to  build in  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

I plan to  remodel I plan to  replace

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_

Send to Andersen Windows, Inc., P.O. Box 3900, Peoria, IL 61614

287-0994



WOOD FLOORING IN THE KITCHEN ISN'T A NEW TREND. WHAT IS NEW IS THE EMPHASIS ON TEXTURE AND PATTERN. THE LOOK IS STILL WARM AND INVITING, BUT USING WOOD IN UNIQUE, DECORATIVE WAYS OFFERS A LOT MORE INTEREST.

—JUDITH SLAUGHTER, DECORATING DEN, ATLANTA

We love Bruce Hard-wood Floors' Custom Crafted Wood Tile Collection. Their Meridian Stone maple floor exemplifies the new look (call 800-722-4647).

Vinyl flooring has come a long way, too. What's hot now? A handcrafted architectural look, using inlaid designs in warm, Mediterranean colors. The example below, Mosaic Jewel, is from Armstrong's Designer Solarian II line (800-233-3823).



## F L O O R S

THE LOOK OF STONE OR A DRAMATIC INLAID BORDER ARE AMONG THE MANY NEW OPTIONS THAT CAN BE CREATED WITH VINYL FLOORING.

—MICHAEL FOSTER, NEW YORK





THE INSPIRATION FOR OUR DISHWASHER?  
WE HAVE OUR SOURCES.



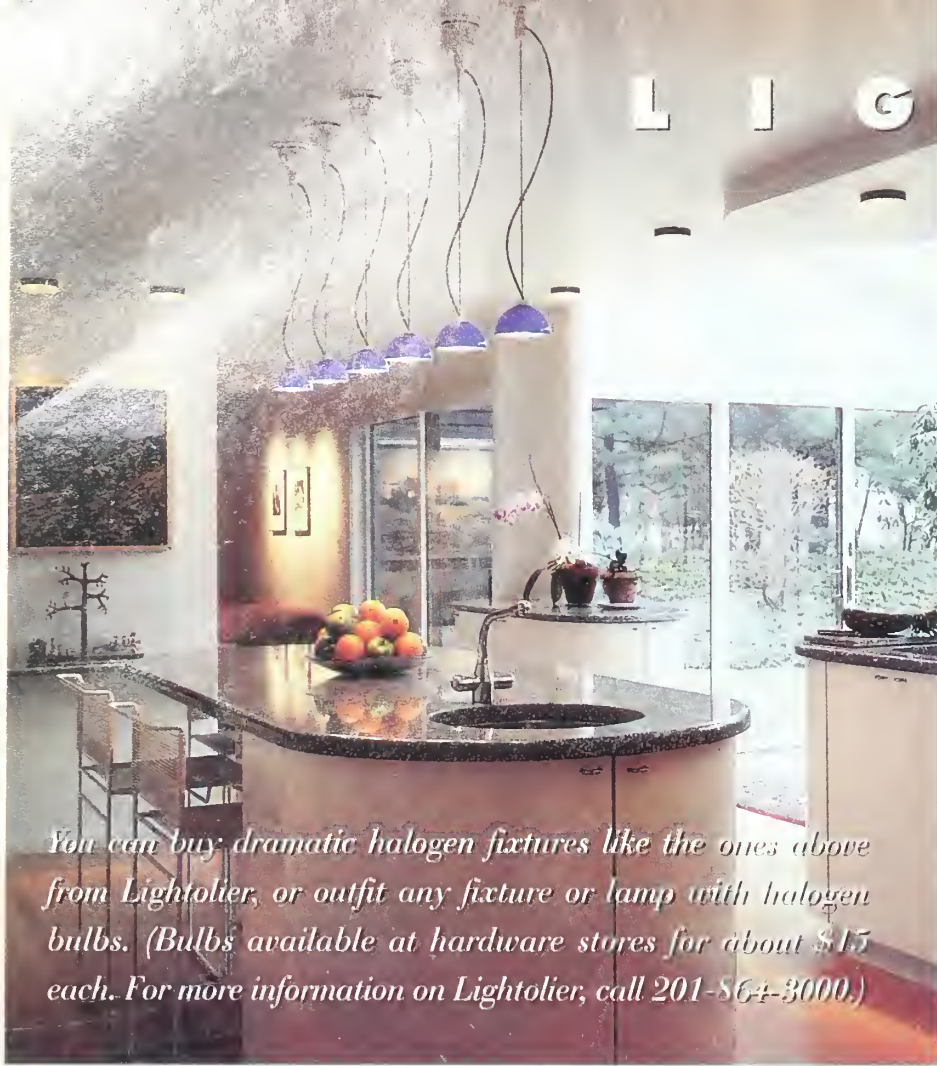
*A console that matches  
cabinetry for a seamless flow.  
A filtration system for water as  
pure as crystal-clear falls, with  
no pre-rinsing. Our most  
powerful washing action ever.  
Just a few of the thoughtful  
details that have made  
KitchenAid® legendary. Call  
1-800-422-1230 for more about  
the dishwasher designed by  
KitchenAid. From an idea that  
flowed from Mother Nature.*

**KitchenAid®**  
FOR THE WAY IT'S MADE™

# L I G H T S

“HALOGEN LIGHTING HAS COME INTO THE KITCHEN. IT'S A SOFT BUT POWERFUL LIGHT SOURCE, AND THE AVAILABLE FIXTURES ARE FANTASTIC.”

—JULIE WAUGH, DAVISHIRE INTERIORS, NASHVILLE



*You can buy dramatic halogen fixtures like the ones above from Lightolier, or outfit any fixture or lamp with halogen bulbs. (Bulbs available at hardware stores for about \$15 each. For more information on Lightolier, call 201-864-3000.)*

*Skyline cabinets (cabinets of varying heights that create a skyline effect) are now widely available. The cabinetry below is from Merillat's Bristen line: 800-624-1250.*

# C A B I N E T S

“SKYLINE CABINETS ADD A LOT OF STYLE TO A KITCHEN. THEY OFFER AN AIRY LOOK, AND THE TOPS CAN SERVE AS DISPLAY SHELVES FOR FAVORITE COLLECTIBLES.”

—LYNNAY KALLEMEYN, DECORATING DEN, PALOS HEIGHTS, ILLINOIS



◀ *Another strong trend is glass-front cabinets, which can give any kitchen a custom-decorated look. The Timberlake Cabinet Company offers over fifty stock styles, including the three at left. For more information, call 800-722-1510.*



*Risotto e Gamberetti Risola*  
**MADE BETTER BY BERTOLLI.**



**BERTOLLI**

Only Bertolli, Italy's best-selling, best-loved olive oil, could bring out the true, subtle flavors of such delicious foods as this.

**Olive Oil has No Cholesterol.**

And Bertolli not only makes foods better, it's better for you, as olive oil is naturally cholesterol free.

Of course foods like this are appreciated not only in Italy, where Bertolli has been made for over 125 years, but here, where families like yours have made it the best-loved olive oil in America today.

**Bertolli Risotto e Gamberetti Risola**

- |                                                                 |                                               |
|-----------------------------------------------------------------|-----------------------------------------------|
| 2 Tbsp. Bertolli Classico Olive Oil                             | 12 oz. shrimp, shelled and deveined           |
| 2 Tbsp. diced red onion                                         | 1 cup peas                                    |
| 1-1/4 cups imported or domestic medium or long grain white rice | 1 tsp. julienne lemon rind                    |
| 1/3 cup dry white wine                                          | 1 Tbsp. fresh lemon juice                     |
| 4 to 5 cups unsalted chicken broth, kept hot over low heat      | 1/2 tsp. salt, or more to taste               |
|                                                                 | Freshly ground black pepper, to taste         |
|                                                                 | Finely chopped fresh basil or Italian parsley |

1. Heat 1 Tbsp. of Bertolli Olive Oil in a large saucepan over low heat. Add onion. Cook, stirring, until tender, 5 min. Stir in rice and coat with the oil.
2. Add wine, heat to boiling, stir over high heat until almost evaporated. Stir in 1 cup of the chicken broth, stirring, until broth is absorbed. Continue adding broth, about 1/2 cup at a time, stirring constantly. Each portion should be absorbed before adding the next. With last 1/2 cup broth, add shrimp, peas, lemon. Cook, uncovered, stirring constantly, until broth is absorbed and rice is tender to the bite, the dish is moist and creamy, and shrimp are cooked through, 5 to 8 min. Add remaining 1 Tbsp. Bertolli Olive Oil and lemon juice; stir in salt and black pepper, to taste.
3. Arrange to suit on plate and garnish with fresh parsley and/or basil. Serves 4.

**IF YOU WANT IT TO BE BETTER,  
 IT BETTER BE BERTOLLI.**



**RECIPE BOOK!**

Bertolli Olive Oil containing 25 delicious money-saving coupons, check or money order, and handling to: Nutrition Center, P.O. Succasunna, NJ 07096-2399.



◀ If you thought countertops couldn't get any more sophisticated, think again. Now, in addition to offering scratch-proof, non-porous, stain-resistant surfaces in a variety of col-

**DETAILS**  
ors and faux-stone looks, companies like Veramar (+10-551-5000) give you the opportunity to create your own inlay designs.

“HIGH-NECK FAUCETS ARE MORE THAN GREAT-LOOKING SINK ACCESSORIES. THEY MAKE CLEANING LARGE, BULKY POTS EASIER THAN EVER.” —KAREN REISLER, NEW YORK



◀ Near left: no need to get wet while unplugging the drain. Kohler's Duostrainer Dry (a draining control on the faucet deck) does the trick.

▲ Two examples of elegant, high-neck faucets that make cleanups easier and are best for double sinks, from Delta (left, 800-345-DELTA) and Kohler (right, 800-4-KOHLER).



The roll-top appliance garage is just one of the new storage accessories on the market that's designed to keep countertops clutter-free. Roll-top garage from Timberlake Cabinet Company. ▲

## PRODUCT INFORMATION DIRECTORY

**Genie Garage Door Opener Safety and Maintenance Guide**—A valuable brochure to teach your family about garage-door safety and the ins and outs of garage-door and garage-door-opener maintenance. For a free copy, call 800-82-GENIE.

**KitchenAid Style and Substance** ... the functional elegance of KitchenAid major appliances is detailed in full-color literature featuring the complete line of KitchenAid built-in and freestanding refrigerators, gas and electric cooktops, built-in ovens, freestanding and drop-in ranges, dishwashers, clothes washers, dryers and more. For information, call toll-free, 800-422-1230.

**Carpet—The Choice for Every Walk of Life**, from the Carpet and Rug Institute, provides helpful information about carpet selection. To receive this free, fact-filled guide, send a self-addressed, stamped, legal-size envelope to the Carpet and Rug Institute, P.O. Box 2048, Dalton, GA 30720-2048.

**Armstrong Color Passions** flooring features some of the newest and brightest colors ever. Perfect for custom designs. Create your own special places. Call 800-233-3823 for a Free "Special Places" Brochure.

**Kohler Coordinates** is a comprehensive planning program for bath and kitchen remodeling projects. In one convenient kit, you'll get a design guide full of ideas, a video, a workbook, even software for your computer—all for \$24.95. Call 800-772-1814, Dept. LHJ.

**Andersen Windows** free "Windows and Patio Door Factbook" offers creative ideas using windows and patio doors. It's a great resource for building and remodeling projects. Write: Andersen Windows, Inc., #LHJ223-0994, P.O. Box 3900, Peoria, IL 61614; or call 800-426-4261.

"One... Two... Three... Jump!"



23K Gold



Shown smaller than actual size of 6 1/2" diameter

# The Flying Lesson

Inspired by the art of

Dreamsicles™

issue is accompanied by a Certificate of Authenticity and is hand-numbered on its reverse.

Our 30 Day 100% Satisfaction Guarantee assures you order at no risk. So don't miss this opportunity to acquire the very first Dreamsicles collector plate. Submit your order today!

© 1994 Cast Art Industries, Inc.

Manufactured under license from Cast Art Industries, Inc.

Respond By: September 30, 1994

Please enter my order for "The Flying Lesson." Limit: One plate per collector.

I need send no money now. On acceptance, I will be billed \$19.50\* when my plate is shipped. A6Z1 QD 3C

Ms./Mrs./Mr. \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (\_\_\_\_) \_\_\_\_\_

Signature \_\_\_\_\_

\*Plus \$2.96 shipping and handling. Orders shipping to FL will be billed 6% state sales tax. All orders must be signed and are subject to acceptance.

The Hamilton Collection

4810 Executive Park Ct., P.O.Box 44051  
Jacksonville, FL 32231-4051

old rim  
d to a total of  
ng days

ady Kristin Haynes' adorable  
sicles™ sculptures have won  
arts of collectors worldwide ...  
ow her precious cherubs debut  
first time ever on their own  
in plates!  
Flying Lesson" shows a tiny,  
yed angel who's not quite sure  
nts to use his new wings.  
ension and excitement mix in  
pression as he prepares to  
he plunge" off his cozy white  
Two experienced pals offer  
on "How to Fly" ... but every  
must take this first "leap of  
for himself!  
With their rosy cheeks, chubby  
figures and floral halos, the  
of "The Flying Lesson"  
ere on a delightful plate that  
a shining 23K gold rim. Each



## LADIES' MAN

Liam Neeson is best known for his brilliant portrayal of the crafty, enigmatic title character in *Schindler's List*. But in a rare interview, the magnetic Irishman shows just how unashamedly romantic he can be offscreen.

By Gil Gibson and Hulton-Downs

**W**hen we first met Liam Neeson a few years back, he reminded us of a sixties hippie: the manner friendly and casual, the jeans scruffy, the open-neck shirt unpressed.

When we met again, a few years later, he'd become a superstar—universally praised and nominated for an Oscar as Best Actor for his striking performance in *Schindler's List*, Steven Spielberg's riveting drama about German atrocities during World War II. Yet Neeson seemed as down-to-earth as ever, in spite of his fame and the fact that at forty-two, he has acquired

the tag of The Thinking Woman's Sex Symbol. His name has been linked with more than one femme fatale. He fell deeply in love with Julia Roberts before fame found her and broke up the affair. He was also reportedly practically engaged to the perennially virginal Brooke Shields. And long before *that* there was an extended intimate relationship with Helen Mirren (the

**Neeson with wife Natasha Richardson, with whom he'll star in *Nell*, their first film together, due out in December**



detective chief inspector on the PBS hit mini-series *Prime Suspect*), as well as brief dalliances with superstar Barbra Streisand and singer Sinéad O'Connor. Now, however, he seems to have found the right woman at last: In early July, he married British actress Natasha Richardson.

It's clear that Neeson finds his elevation to superstardom more than a bit disconcerting. ("I look in the mirror and ask myself, What am I doing in the movies? Go back to Ireland and drive a forklift.") Not surprising, perhaps, for someone who grew up in a working-class home in Ballymena, Northern Ireland, and wanted originally to be a carpenter. His mother, Kitty Neeson, was a school cook, now retired. He has shed little of that modest background: He still considers himself a Catholic and honors his Irish ancestry. He has never bothered to have his flat-bridged broken nose fixed, and his ready smile exposes irregular, un-Hollywood teeth. He seems completely unaffected by the usual Hollywood star trappings. As one noted critic wrote of him, "His appearance is more that of a good-looking garbageman than a successful actor."

In fact, Neeson came to acting almost by chance in his teens. One night in Belfast, he accompanied an actor friend who was in a play and ended up on the stage, filling in for "someone with stage fright or who didn't show up—I can't remember which." For the next six

years he alternated between the theater and working as a forklift driver when acting jobs were scarce. In 1980, director John Boorman saw him in the play *Of Mice and Men*, in Dublin, and gave him his screen *(continued)*

THE #1 FACT YOU SHOULD KNOW ABOUT PAIN RELIEVERS



# Advil<sup>®</sup> contains the #1 doctor-prescribed ingredient in its class,\* in nonprescription strength.

That's why Advil should be  
your #1 choice:

You can count on Advil to relieve tough  
headache pain, sore muscles, backache,  
and arthritis pain and menstrual pain.



- Just one Advil is as effective at relieving pain as two regular-strength aspirin.
- Advil works fast and it's gentler on your stomach than aspirin.

ADVANCED MEDICINE FOR PAIN™



I can't believe it. She took my advice.

I can't believe it. She knew Propa pH® would protect me from pimples. I bet she'll never let me forget it!

Propa pH Cleansing Lotion not only help clear existing pimples, but can actually prevent new ones. Unlike other cleansers, Propa pH gently cleans away dirt and oils without levels of alcohol to help avoid over-drying. Propa pH also has an effective acne medication used by dermatologists not found in other leading cleansers. You just can't give a teenager better protection than that.



**HELPS STOP ACNE BEFORE IT STARTS**

© 1993 Del Pharmaceuticals, Inc., a subsidiary of Del Laboratories, Inc.

**Liam Neeson**  
*continued*

chance in the film *Excalibur*. Neeson went on to establish himself as a solid, reliable actor in more than two dozen films, including *The Bounty*, *Suspect*, the vastly underrated *The Good Mother*, *Under Suspicion*, *Husbands and Wives* and *Leap of Faith*. Superstar status did not arrive overnight, but by 1984 Neeson had already managed to break a million or so female hearts with his sensitive and touching portrayal of Blackie in the British TV series *A Woman of Substance*. Equally gratifying, he has won the admiration of his peers (actor Robert De Niro, a

friend of Neeson's, describes Liam's acting talent as "raw and astounding"). In a relatively brief career, he has worked with the legends of the film world—Anthony Hopkins, Jeremy Irons, Julie Andrews, Woody Allen, Clint Eastwood, to name a few—and he doesn't seem awed by any of them. The one man in film he reveres is producer/director Steven Spielberg. In fact, last year Neeson limited his run in the sold-out Broadway revival of *Anna Christie* (opposite Richardson) to eight weeks, "just in case Steven Spielberg calls. I didn't come to America to do theater. I came to Hollywood for films." Spielberg did call, of course, and the rest is history.

Whenever he gets the chance, Neeson returns to Northern Ireland and his roots. The Hollywood lifestyle? Forget it. Neeson's answers to our questions were as down-to-earth and direct

as the man himself.  
**Q: Is it true that you never planned on being an actor?**  
**A:** I wanted to follow a trade, to be a carpenter. One day I may go back to it.  
**Q: You can't mean that. Not after "Schindler's List."**  
**A:** You're right. When Steven Spielberg offered me the role of Oskar Schindler, I didn't hesitate for one second. The film was filmed on a specially built set in Kraków, near the real Auschwitz camps, and for the three months we were there, the weather was perfect—snowed or rained every day, and was bitterly cold. Surrounded by those and-bones people in threadbare coats who huddled together in the wind—the extras who played the innocent victims—I became fascinated with this character. It was as if his eyes reached out and touched me. But I don't know what made him save those lives. He was a hero, but he was also a womanizer, a con man and a profiteer who socialized with the Nazis.  
**Q: Spielberg says he chose you for the role because you are capable of fighting like a bear and crying like a baby. Is that true?**  
**A:** I'm just grateful that he selected me because making this film reminded me how important we as individuals on this planet are.



**"I became fascinated with [Oskar Schindler]," Neeson says. "It was as if his ghost reached out and touched me."**



would you rate your own  
ance?

santly ugly.  
my women wouldn't agree  
hat. In fact, many of them  
er why you remained unmar-  
Were you basically set against  
lea before Natasha came

ugh) My mum thought so, but I  
said that I'd get married some-  
i have kids. To be honest, I'd al-  
been a bit pessimistic about  
ge. Couples seem to divorce at an  
ig rate, particularly in the career  
I'm a romantic. If I'm in love  
meone, that's enough, just to be  
. A long-lasting relationship?  
nce you start weighing all that  
nking about it, concentrating on  
ding at it . . . well, face it. Once  
ve to work at a relationship, it's  
ayway. But now I have Natasha,  
el confident.

t have always refused to talk  
your first serious romantic  
ement, Helen Mirren. Can  
lk about that now?

let me experience something I'd  
xperienced before: real love. I fell  
n love with her.

w and where did you meet?  
was my leading lady in my first  
xcalibur. I was warned before-

hand that Helen was a real femme fatale  
and a man-eater. I had read somewhere  
that when she fancied someone, she imi-  
tated the way they walked. One day,  
from the corner of my eye, I saw her imi-  
tating my walk—a sort of big, loping  
walk. She taught me so much. She  
made me aware of a sort of chasm of  
yearning inside me that had to be filled.  
She showed me London and Paris and  
how to eat sushi. She's a great woman  
and a great actress. I will always be in-  
debted to her.

**Q: You lived together for three years.  
How did the split happen?**

**A: I don't talk about that.**

**Q: Fair enough. Then—in 1987,  
when you moved to America—came  
a little-known actress, Julia  
Roberts. She was just twenty, and  
you were thirty-five. You were to-  
gether for three years, until she be-  
came famous in "Pretty Woman."  
You were reportedly devastated.  
What went wrong?**

**A: Julia and I lived together before  
she became Queen of the Box Office.  
I'm not going into it further, apart  
from stating that we will remain  
friends for life.**

**Q: And then there was Barbra  
Streisand. . . .**

**A: She is a wonderful lady who will also  
remain a friend for life.**

**Q: What about Brooke Shields? It  
is known that you were virtually  
engaged and that you had bought  
her a ring.**

**A: It was a friendship ring. What irked  
me the most about my relationship  
with Brooke was the attitude of the  
press. It got so bad that they got me  
out of bed, wearing only my under-  
wear, for a statement about Brooke.  
They even started bothering my moth-  
er in Ballymena. I was stunned by the  
press reaction. All I can say is that the  
women I've been involved with I love  
dearly, but when it comes to angles  
such as "Liam Neeson, the guy who  
used to go out with Julia Roberts" or  
"the guy who befriended Brooke  
Shields"—it's like, where have all these  
years of acting work gone?**

**Q: But you cannot deny that you  
were something of a ladies' man.  
When you met Natasha, she was  
still a married woman, wasn't she?**

**A: She is free now.**

**Q: But you were a ladies' man,  
weren't you? Before Natasha, that  
is. . . .**

**A: Yeah, everybody thought so. Well, I  
dated, of course, but I also stayed home  
a lot. You can say when you write this  
that I love all women, all shapes and  
sizes, all ages. But what gets under my  
skin or**

(continued on page 108)

# Surprise for your thighs!

it Shapes

Here's a great surprise for your thighs.  
It's called Great Shapes.

And unlike other pantyhose, Great Shapes  
go the extra distance to shape your thighs,  
trim your tummy and slim your hips.

It's all because of a revolutionary extended panty  
with a special compression design that's both  
comfortable and beautifully slimming.

Now, thighs to die for.  
Instead of thighs to diet for.

**No nonsense American Woman  
Great Shapes!**

ER PHTH CORPORATION

Exceptional fit for your legs.  
Great Shapes Classic Sheer, with a  
touch of 10 denier Spandex.



Tone, refresh and  
invigorate your legs with  
Great Shapes Invigorating Sheer  
made with 40 denier Spandex

INNOCENT

ROMANTIC

NATURAL

VANILLA





SENSUAL

PASSIONATE

MYSTERIOUS

*Musk*

THE PURITY OF VANILLA. THE PASSION OF MUSK.  
A NEW FRAGRANCE OF EXTRAORDINARY ELEGANCE.



# WHEN A TOOTHBRUSH REALLY FITS TEETH GET REALLY CLEAN.

Colgate Plus was designed by a team of scientists to accurately fit the shape of the human mouth. Its unique diamond-shaped head comfortably gets to

difficult areas, like the back teeth. So it cleans thoroughly to help keep teeth strong and healthy. And that's the most comfortable feeling of all.

**Colgate PLUS** WINNING THE FIGHT FOR A HEALTHY SMILE.

DIAMOND-SHAPED HEAD



How happy is the average wife—and husband? The *Journal's* poll on marriage will help you find out. Please take a few minutes to answer our thought-provoking questions. We'll print the results in an upcoming issue

## THE WAY WE LOVE

Please check one answer for each question unless otherwise indicated.

1. How did you first meet your husband?

- 1  In high school
- 2  In college
- 3  At work
- 4  At a social gathering
- 5  Through friends or family
- 6  At church
- 7  Other: \_\_\_\_\_  
(please specify)

2. Was it love at first sight?

- 1  Yes
- 2  No

3. Who was more interested at first?

- 1  I was
- 2  He was
- 3  We were equally interested

4. What most attracted you to your husband?

- 10-1  His looks
- 2  His sense of humor
- 3  His intelligence
- 4  Other: \_\_\_\_\_ 11  
(please specify)

5. Do you now consider him:

- 12-1  More attractive
- 2  Less attractive
- 3  The same

6. Do you love your husband?

- 13-1  More than ever
- 2  I love him in a very different way
- 3  The same as always
- 4  Not as much as I did

7. Is your husband your best friend?

- 14-1  Yes
- 2  No

8. Is your marriage still romantic?

- 15-1  Yes, very
- 2  Yes, somewhat
- 3  No

9. How often do you and your husband show affection (i.e., kissing and saying "I love you")?

- 16-1  More than ten times a day
- 2  Five to ten times a day
- 3  Two to four times a day
- 4  Once a day
- 5  Only when we make love
- 6  Hardly ever

10. How much time do you spend talking with your husband each day?

- 1  1 or more hours
- 2  About half an hour
- 3  Less than 20 minutes
- 4  We hardly talk at all

11. How has marriage lived up to your expectations?

- 1  It's better
- 2  It's worse
- 3  It's about what I expected

12. How has your relationship with your husband changed over the years of your marriage?

- 1  We've grown closer and more loving



- 2  We've become more comfortable with each other but less passionate
- 3  We've grown apart
- 4  We barely have anything to say to each other anymore

13. What was the best time in your marriage?

- 20-1  The first year after our wedding
- 2  When we were expecting our first child
- 3  After we had kids
- 4  When we had a change in circumstances (i.e., we moved, my husband or I got a promotion or raise at work, etc.)
- 5  When the kids left home
- 6  Other: \_\_\_\_\_ 21-  
(please specify)

14. What was the worst time in your marriage?

- 22-1  The first year
- 2  When we were expecting our first child
- 3  After the kids were born
- 4  After the kids left home
- 5  When my husband lost his job
- 6  When I lost my job
- 7  Other: \_\_\_\_\_ 23-  
(please specify)

15. What do you like best about your husband?

- 24-1  He's kind
- 2  He's got a great sense of humor
- 3  He's sexy
- 4  He's intelligent
- 5  He's ambitious
- 6  He loves me
- 7  He's handsome
- 8  Other: \_\_\_\_\_ 25-  
(please specify)

16. What's your husband's most annoying little habit?

- 26-1  He leaves the toilet seat up
- 2  He's always changing the TV channels
- 3  He hogs the covers
- 4  He won't ask for directions when we're lost
- 5  Other: \_\_\_\_\_ 27-  
(please specify)

17. What's your husband's most annoying big habit?

- 28-1  He watches sports on TV all the time
- 2  He never spends enough time with the kids
- 3  He goes out with the boys too much
- 4  He never helps out around the house
- 5  He never listens
- 6  Other: \_\_\_\_\_ 29-  
(please specify)

18. If you had it to do over again, would you marry your husband?

- 30-1  Yes
- 2  No
- 3  I wouldn't get married at all

19. What's the biggest problem in your marriage?

- 31-1  We don't communicate
- 2  Our sex life is boring
- 3  We've grown apart
- 4  He physically abuses me
- 5  He's a substance abuser
- 6  He's unfaithful
- 7  He can't earn a living
- 8  Other: \_\_\_\_\_ 32-  
(please specify)

20. What are you and your husband most likely to argue about?

- 33-1  Money
- 2  Sex
- 3  The kids
- 4  Housework
- 5  In-laws
- 6  Other: \_\_\_\_\_  
(please specify)

21. How do you and your husband fight?

- 34-1  We have shouting matches
- 2  We give each other the silent treatment
- 3  Our fights often escalate into physical abuse
- 4  We discuss issues as calmly as possible
- 5  Other: \_\_\_\_\_ 35-  
(please specify)

22. How do you usually resolve a fight?

- 36-1  We compromise
- 2  I get my way
- 3  He gets his way
- 4  We keep fighting about the same things over and over

23. How do you and your husband split the housework?

- 37-1  We split it fifty-fifty
- 2  He does more than I do
- 3  I do more than he does

24. Which chores does your husband do on a weekly basis? (Please check all that apply.)

- 38-1  Cooking
- 2  Washing the dishes
- 3  Vacuuming and dusting
- 4  Laundry
- 5  Getting the kids ready for school
- 6  Getting the kids ready for bed
- 7  Grocery shopping
- 8  Cleaning the bathroom(s)
- 9  None of these

25. Who makes financial decisions, you or your husband?

- 39-1  We make them together
- 2  He makes all the decisions
- 3  I make all the decisions
- 4  We keep our finances separate and make our own individual decisions

26. Do you talk about your job with your husband?

- 40-1  Yes, frequently
- 2  Yes, occasionally
- 3  No
- 4  Do not work → SKIP TO Q.#28

7. Does your job help or hurt your marriage?

- 1  It helps our marriage because it makes me feel like a happier, well-rounded person
- 2  It helps our marriage because we are both contributing economically and can have a better lifestyle
- 3  It hurts our marriage because we barely have time—or energy—for each other
- 4  It hurts our marriage because I often bring job stress home

8. What causes you the most stress?

- 1  Problems at work
- 2  Problems with my husband
- 3  Problems with our kids
- 4  Other: \_\_\_\_\_  
(please specify)

9. When you or your husband are feeling stressed, do you take it out on each other?

- 1  Yes, we argue more frequently
- 2  Yes, we barely talk to each other
- 3  No, we discuss what's bothering us and try to solve the problem
- 4  No, we each try to resolve things in our own way

10. Do you have any regrets about your marriage? (Please check all that apply.)

- 1  I wish I hadn't married so young
- 2  I wish I hadn't had children so young
- 3  I wish I'd had more kids
- 4  I wish I hadn't had kids
- 5  I wish I'd had more time for my career
- 6  I wish I'd dated more men before settling down
- 7  I wish I hadn't been a virgin when I got married
- 8  I wish I had married someone else
- 9  I have no regrets

11. Have you ever considered divorcing your husband?

- 1  Yes
- 2  No

12. If yes, why haven't you divorced him?

- 1  We're staying together for the sake of our kids
- 2  I'm afraid of being alone
- 3  I'm not sure I could make it financially without him
- 4  My religion forbids it
- 5  We've solved our problems
- 6  Other: \_\_\_\_\_ 47-  
(please specify)

## YOUR SEX LIFE

33. How often do you and your husband make love?

- 1  More than once a day
- 2  Once a day
- 3  Three to six times a week
- 4  Once or twice a week
- 5  Two to three times a month
- 6  Once a month
- 7  Less than once a month
- 8  Never

34. Do you wish you made love:

- 1  More frequently
- 2  Less frequently
- 3  I'm satisfied

35. What do you like best about sex?

- 1  Hugs and kisses
- 2  Intercourse
- 3  Manual stimulation
- 4  Oral sex
- 5  Other: \_\_\_\_\_ 51-  
(please specify)

36. Is your husband a good lover?

- 1  Yes, he's fantastic
- 2  Yes, he's good
- 3  He's okay, but not exciting
- 4  No, he's not very good

37. How good a lover are you?

- 1  Fantastic
- 2  Good
- 3  Okay, but not exciting
- 4  Not very good

38. Do you have an orgasm when you make love?

- 1  Yes, always
- 2  Yes, usually
- 3  Yes, occasionally
- 4  No, never

39. Do you ever fake orgasm?

- 1  Yes, all the time
- 2  Yes, sometimes
- 3  No, never

40. Have you ever been unfaithful?

- 1  Yes, once
- 2  Yes, several times
- 3  No, never → SKIP TO Q.#43

41. If yes, why were you unfaithful?

- 1  I wasn't getting my emotional needs satisfied in my marriage
- 2  I wasn't getting my physical needs satisfied in my marriage
- 3  I was bored
- 4  The other man was irresistible
- 5  Other: \_\_\_\_\_  
(please specify)

42. If you had an affair, did you feel guilty?

- 1  Yes, very
- 2  Yes, a little bit
- 3  No, not at all

## YOUR KIDS

43. How many children do you have?

- 1  One
- 2  Two
- 3  Three or more
- 4  None → SKIP TO Q.#50

44. Do you and your husband agree on parenting issues?

- 1  Yes, almost always
- 2  Yes, sometimes
- 3  No

45. How do you divide parenting tasks?

- 1  We split them fifty-fifty
- 2  He does more than I do
- 3  I do more than he does

46. Do you love your kids more than you love your husband?

- 1  Yes
- 2  No
- 3  I love them equally



47. Do you and your husband fight in front of the kids?

- 1  Yes, we frequently fight in front of them
- 2  Yes, we sometimes fight in front of them
- 3  No, we never fight in front of them

48. Do you and your husband show affection in front of the kids?

- 1  Yes, we frequently hold hands and kiss
- 2  No, we don't display affection when the kids are around

4. Were you and your husband together before you had kids?
- 1  Yes — our marriage was more loving because we had more time for each other
- 2  Yes, our marriage was more passionate
- 3  Yes, we each had more time to pursue our own interests
- 4  No, we're just as happy now as we were then
- 5  No, we're happier now

**WHAT HE DOESN'T KNOW ABOUT YOU**  
50. What secret about yourself have you never told your husband? (Please check all that apply.)

- 66-1  That I had an affair
- 2  That I have more money than he thinks
- 3  That I'm older than he thinks
- 4  That I don't love him anymore
- 5  That I was married before
- 6  That I had an abortion or gave a child up for adoption
- 7  Other: \_\_\_\_\_ 67  
(please specify)
- 8  I've told him everything

51. Do you wish your husband were more successful in his career?
- 68-1  Yes    2  No

52. When it comes to your husband, what makes you feel guilty? (Please check all that apply.)

- 69-1  I don't give him enough time
- 2  I don't look as good as I used to
- 3  I'm not as interested in sex
- 4  I spend too much money
- 5  I spend too much time with the kids
- 6  I spend too much time at work
- 7  Other: \_\_\_\_\_ 70  
(please specify)
- 8  I don't feel guilty

53. Do you think your husband is difficult to live with?

- 71-1  Yes
- 2  No —> SKIP TO Q.#55

54. If yes, why? (Please check all that apply.)

- 72-1  He's irritable
- 2  He's always criticizing me or the kids
- 3  He's demanding
- 4  He's a slob
- 5  He abuses me
- 6  Other: \_\_\_\_\_ 73  
(please specify) 74

55. Do you ever feel lonely even when you're with your husband?

- 75-1  Yes, sometimes
- 2  Yes, frequently
- 3  No

56. Do you ever worry about your husband's dying?

- 76-1  Yes, frequently
- 2  Yes, sometimes
- 3  No

57. Do you think you're smarter than your husband?

- 77-1  Yes    2  No [80-1]

58. Do you think you know your husband well?

- 7-1  Yes    2  No

59. Do you think he knows you well?

- 8-1  Yes    2  No

### PERSONAL DATA

1. How old are you?

- 9-1  Under 18
- 2  18 to 24
- 3  25 to 29
- 4  30 to 34
- 5  35 to 39
- 6  40 to 44
- 7  45 to 49
- 8  50 to 54
- 9  55 to 59
- 0  60 or older

2. Where do you live?

- 10-1  City
- 2  Suburb
- 3  Rural area

3. How old were you when you married your husband?

- 11-1  Under 18
- 2  18 to 20
- 3  21 to 24
- 4  25 to 29
- 5  30 to 34
- 6  35 to 39
- 7  40 or older

4. How long have you been married?

- 12-1  Less than a year
- 2  One to five years
- 3  Six to ten years
- 4  Eleven to fifteen years
- 5  Sixteen to twenty years
- 6  Twenty-one to twenty-five years
- 7  More than twenty-five years

5. Is this marriage your:

- 13-1  First
- 2  Second
- 3  Third or more

6. How many years were you married before you had kids?

- 14-1  Less than a year
- 2  One to two years
- 3  Three to five years
- 4  Six to nine years
- 5  Ten years or more
- 6  Had kids prior to marriage
- 7  We don't have children

7. What is the highest level of education you have completed to date?

- 15-1  Some high school
- 2  High school graduate
- 3  Some college, business school or post-high school education
- 4  Graduate of a four-year college
- 5  Postgraduate study
- 6  Postgraduate degree

8. Do you work outside the home?

- 16-1  Yes, full-time
- 2  Yes, part-time
- 3  No, I work from my home
- 4  No, I'm a homemaker — SKIP TO Q.#11
- 5  No, I'm a student
- 6  No, I'm retired — Q.#11



9. What was your approximate total personal income for 1993 before taxes?

- 17-1  Under \$25,000
- 2  \$25,000 to \$34,999
- 3  \$35,000 to \$49,999
- 4  \$50,000 to \$74,999
- 5  \$75,000 to \$99,999
- 6  \$100,000 to \$124,999
- 7  \$125,000 or more

10. What was your approximate total household income for 1993 before taxes?

- 18-1  Under \$25,000
- 2  \$25,000 to \$34,999
- 3  \$35,000 to \$49,999
- 4  \$50,000 to \$74,999
- 5  \$75,000 to \$99,999
- 6  \$100,000 to \$124,999
- 7  \$125,000 or more

11. In what state do you live?

\_\_\_\_\_

**THANK YOU! Please return to:**  
LHJ Couples, 6400 Jericho  
Turnpike, Syosset, NY 11791 by  
September 30, 1994



THE MOST BEAUTIFUL THING ABOUT OUR  
LINGERIE IS WHAT YOU CAN'T SEE.



For more information about Vanity Fair, call 1 800 366-8339. 1994 VANITY FAIR™ A V COMPANY A LEADER IN QUALITY APPAREL

roducing the BodySleeks™ Collection. Beautiful, luxurious lingerie. And just as attractive  
e our exclusive fabric and intelligent design that smooth your figure comfortably, giving you  
gorgeous, seamless look that won't show through clothes.  
ith BodySleeks you'll always feel as great as you look.

*Vanity Fair*  
BODYSLEEKSTM

AVERAGE FIGURE ♦ FULL FIGURE ♦ SOFT CUP ♦ UNDERWIRE

BodySleeks Hi-Cut Brief is your gift with purchase at participating stores while supplies last.



# BASIC superstar

Sharon Stone is one of Hollywood's most powerful—and toughest—actresses. And as far as she's concerned, there's no such thing as too much success. A revealing talk with a controversial woman.  
By Simon Banner

You'd never guess, for example, that this was the same woman who once slithered across a piano during an interview and belted out an impromptu performance of "Let's Do It (Let's Fall in Love)" or who said that since she became famous she was able to "torture a

higher class of men."

The 1994-model Sharon Stone seems almost at a loss for punch lines, though otherwise she's undeniably eloquent about the ecstasies and agonies of fame. Clearly, appearing in a film, *Basic Instinct*, that netted \$300 million, having her name chanted by screaming crowds at the Cannes Film Festival and being hailed as the "first post-Madonna cinema sex goddess of the '90s" has had an effect on her.

Says Stone, thirty-six, "You know how people always say that when you achieve success you think it's going to fill this hole that nothing else has filled, but it doesn't. Well, they're wrong!

Success fills the hole just great."

But at the same time, she says being one of the best-known faces on the planet is generally a massive pain in her beautifully contoured neck. In fact, Stone admits that there have been moments during the two years since *Basic Instinct* was released when she's even been concerned about her sanity.

"It was fun for like the first year, and then the pressure was unbelievable," she says. "The fact that I couldn't have the life that I'd had before, and the realization that it was over, was very traumatic to me.

"You know, I'd want to go to the supermarket, and I couldn't. [Stone now rarely ventures out without a bodyguard.] I'd send someone else and then end up disappointed because the fruit was wrong or the herbs weren't the ones I wanted. Then I started thinking I couldn't make any mistakes any longer. Before, I made mistakes like everyone else, and they were private things. Suddenly, with all the press interest in my life, my mistakes became a national joke. (continued on page 88)

As Sharon Stone walks into a rose-filled suite in a Miami Beach hotel, hair and makeup artists, manager, assistants and a bodyguard in tow, the actress has the awe-inspiring look of a Greek deity on a day out from Olympus. Wearing a navy A-line dress by Valentino and gold sandals, her lustrous blond hair pushed back to reveal diamond earrings, she has a regal bearing that's unusual even among superstars. What's noticeably missing, though, are the wisecracks and boisterous manner that used to accompany Stone to her interviews as regularly as her publicist.

# Sensor For Women. The Razor Worth Holding Onto.



You'll literally glide over knees and ankles. Safely maneuvering every turn.

Plus its exclusive Lubra-smooth™ strip delivers aloe and extra moisturizers, to leave your skin feeling satiny soft.

The result is the closest, smoothest, safest shave your legs, ankles, knees and underarms have ever experienced.

With fewer nicks and cuts than you ever thought possible.

Gillette Sensor for Women refillable razor.

Once you get hold of a shave like this, you'll never let go.



Presenting Gillette® Sensor™ for Women. The finest razor created for the way women shave. Its unique Lubra-smooth™ strip delivers aloe and extra moisturizers, to leave your skin feeling satiny soft. The result is the closest, smoothest, safest shave your legs, ankles, knees and underarms have ever experienced. With fewer nicks and cuts than you ever thought possible. Gillette Sensor for Women refillable razor. Once you get hold of a shave like this, you'll never let go.

those hard-to-reach places.

Around the ankles. Behind the knees.

Sensor for

Women is the

only razor with

spring-mounted twin blades

and a



pivoting head that gently hugs every curve and contour

# Start a bright, blessed holiday tradition in your home...at a pleasing price!

Displaying a treasured Christmas Nativity scene is a wonderful tradition shared by all ages during the holiday season. Now, the Ashton-Drake Galleries introduces its first set of Nativity figures, based on celebrated doll designs by artist Julie Good-Krüger.

The first issue, "The Holy Family," brings you the figures of Mary, Joseph and the Baby Jesus in traditional poses and costumes, delightfully detailed. They can be yours for the affordable price of just \$129.95, payable in four convenient monthly installments of just \$32.49.\*

## Quality Craftsmanship in Every Detail

Each figure in this tender grouping has a head and limbs cast in fine porcelain, then hand-painted to capture the gentle reverence in the faces of Mary and Joseph, and the blissful serenity in the face of the Child.

Mary and Joseph are costumed in traditional Biblical garments, in a rich palette of colors that will be a joy to display in your home. Joseph carries his staff, and the Child rests in a miniature "log" manger made of real wood.

Mary and Joseph are posed kneeling at the manger...but because these dolls are *posable* —

unlike most other Nativity figures — you can change the poses as you wish, giving your Nativity scene new life and meaning with each passing year!



The "Holy Family" is the first issue in the *Oh Holy Night* collection of Nativity figures, coming soon. They're heirloom-quality porcelain...and *posable*!



**True Heirloom Quality, Fully Guaranteed One Full Year!** Because "The Holy Family" is the first issue in the very first collection of Nativity figures from Ashton-Drake, it's likely to have a prized collection value for years to come.

And "The Holy Family" is fully guaranteed by Ashton-Drake Galleries for one year from the day you receive it, so there's absolutely no risk when you order now.

## Act Now to Bring This Gentle, Beautiful Image into Your Holiday Setting

"The Holy Family" can be yours to cherish for only \$129.95, a remarkable value for a three-figure set of this outstanding quality and detail! And best of

all, you may pay in four convenient monthly installments of only \$32.49.\* To order, complete and mail the attached Reservation Certificate. But please hurry ... "The Holy Family" is issued in a hand-numbered edition, complete with Certificate of Authenticity. Order today!



**THE ASHTON-DRAKE GALLERIES**

*Bringing You Dolls of Irresistible Value*

# "The Holy Family"

4 payments of only \$32<sup>49\*</sup>

WHAT'S ASHTON-DRAKE VALUE!



**THE ASHTON-DRAKE GALLERIES**  
*Bringing You Dolls of Irresistible Value*

**THE ASHTON-DRAKE GALLERIES**  
9200 North Maryland Avenue  
Niles, Illinois 60714-1397

PLEASE RESPOND BY:  
September 30, 1994

YES, please reserve "The Holy Family." Limit one. I understand the first installment will be billed before doll shipment.

- 4 EASY PAYMENTS OF \$32.49\*
- ONE-YEAR, RISK-FREE GUARANTEE
- SEND NO MONEY NOW

X  
Signature \_\_\_\_\_ Date \_\_\_\_\_  
( )  
Name (please print clearly) \_\_\_\_\_ Telephone \_\_\_\_\_  
Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
\*Plus \$5.88 home delivery fee and applicable state sales tax. Please allow 4 to 6 weeks for delivery. Canadian price: \$159.95 plus postage and handling and any applicable taxes. 76821-D88001

Actual size is 11 inches high, for the figure of Joseph, kneeling. Complete with miniature "log" manger for the Baby Jesus.

## Basic superstar

continued from page 82

"In the end I went to a therapist and I just said, 'I'm losing my mind. Fortunately, she told me I was perfectly sane, but that I just wasn't accepting the responsibility of my position.

"I said I didn't want my life to change, and she just said, 'Tough, it's changed, you are different, so get on with it,' and that's what I've tried to do."

She's also tried—unsuccessfully, it seems—to gain insight into handling celebrity from some of the most famous names in Hollywood.

"I did have lunch with Barbra Streisand," Stone says, "but at the same time, we only ate by the pool because how can we go to a restaurant? So what

personal life. Yet it's a matter of record that over the last two years she's had brief flings with country singer Dwight Yoakam and with Chris Peters, twentysomething son of *Batman* producer Jon Peters and *Victor/Victoria* star Lesley Ann Warren. She also took up with the then-married producer Bill MacDonald on the set of *Sliver*—the first film she made after *Basic Instinct*—although their eventual engagement came to an end earlier this year. Stone is now said to be dating a young assistant director by the name of Bob Wagner.

But though her romantic life sometimes resembles a ride on a bumpy roller coaster, her professional life is more comparable to a high-speed train hurtling relentlessly down the track. True, critics may not have

the box-office gross for *Sliver*. What came to her last film, *Intersection*, which also starred Richard Gere, Stone insisted on playing against type as Gere's frigid wife. (Not such a wise move, as it turned out; no one wanted to pay to see her play an inhibited woman, and the movie was a flop.)

Her latest project, out next year, *The Quick and the Dead*. For the under-bending Western, in which she plays the Clint Eastwood role of a gunslinger out for vengeance, the studio had the right to approve even the most bit players to director, and Stone got top billing above Oscar-winning veteran Gene Hackman.

Is Stone surprised by her own success? Apparently not. "I can finance a picture," she bluntly explains. "Producers can say, 'I have Sharon Stone,' and

can get the money to make a movie; so because of that, but I say, 'You have Sharon Stone,' she says, 'Before I bring her to you, I need certain things.'"

It's hard to imagine male stars talking in such blase terms or referring to themselves, as Stone does, "enormous corporation."

"We're making two and a half pictures a year, and that's a hundred twenty-five to one hundred fifty million worth of investments," she explains, but she's detailing her corporate plans, talking about something called "corporate interaction."

In a blindingly obvious statement, one friend says simply "Sharon Stone is a 'pit bull about her rear.'" And that doggedness is certainly paying off. The business of Hollywood is that after she finishes *The Specialist*, with Sylvester Stallone, she'll star as Marilyn Monroe-type blond on the screen version of a book called *The Immortals*. The reported fee: \$8 million.

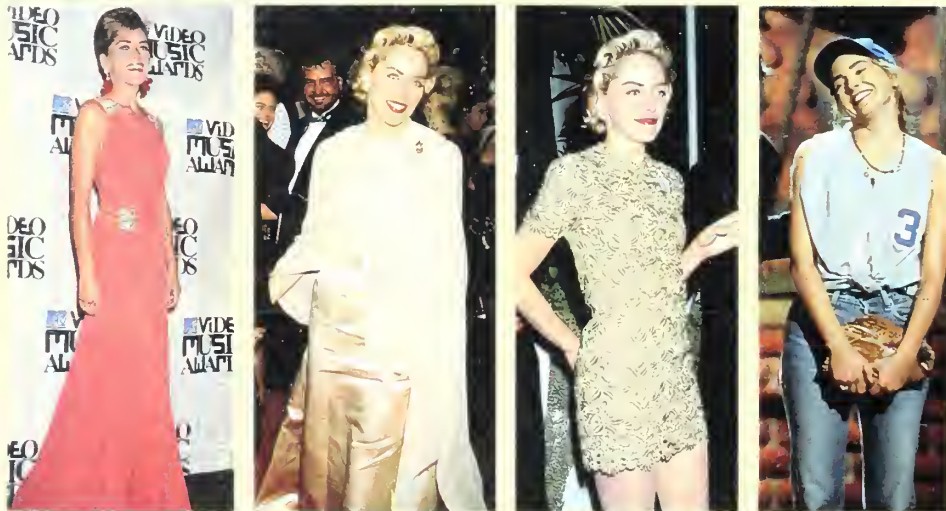
If that happens, Stone can presumably expect to be even more famous than she is already, something you'd think would fill her with dread. Asked what

makes of such a prospect, however, the actress simply smiles.

"A few months ago, it would have overwhelmed me," she says, "but something changed. Lately, I wake up and my hair just looks terrible and I'm gazing around the room, going, 'I'm tired I can't go to work.' Then I look in the mirror and realize people think I'm here, I'm this movie star called Sharon Stone and I have a good laugh.

"The thing is, I didn't go crazy. I got my sense of humor back, and I'm having fun again."

## THE BEST-DRESSED WOMAN IN HOLLYWOOD?



"If it's not Valentino, it's the only thing I have that isn't," Sharon Stone likes to tell people who ask about her clothes. Certainly, Hollywood's best-dressed actress is one of the designer's biggest fans, and she looked certifiably stunning in the Valentino crepe gown with crisscrossing coral beads that she wore to the 1993 MTV awards.

Stone's other favorite designers are Vera Wang and Calvin Klein. She wore a satin floor-length dress by Vera Wang to last year's Oscars and a daringly short gold-and-lace Calvin Klein creation to the party at Spago afterward. Off-duty, Stone likes faded Levi's (waist twenty-eight inches) and men's shirts, which she takes straight from the dryer, wrinkles and all. She also has a big collection of eyeglasses and scarves—despite the fact that a scarf was an accessory to murder in *Basic Instinct*.

reality does she have? She's been famous so long that her reality is completely distorted.

"As for Faye Dunaway, she showed up at the premiere of *Basic Instinct*, and she held my hand. I said, 'Faye, you've gotta talk to me; you've got to tell me what you did when this happened to you,' and she said, 'I can't remember; I was in a daze for eight years.'"

Stone, who was married to TV producer Michael Greenburg from 1984 to 1987, recently announced that she'll no longer speak publicly about her

thought much of *Sliver*, but outside the U.S. it made more money than hits like *A Few Good Men* or *In the Line of Fire*. It also confirmed Stone as one of the very few actresses whose name alone is a box-office draw. These days, Hollywood insiders tell you, Sharon Stone's attachment to a project virtually guarantees it will go into production.

With Hollywood so eager to do business with her, Stone also gets to name her terms. She reportedly got \$2.5 million upfront and a 10 percent share of

You're using more  
calories turning these pages  
than are in this cup.



Introducing 10 calorie  
Sugar Free Jell-O® Gelatin Snacks.

Look for them in your grocer's dairy case.

# ASTIGMATISM

## Can't wear soft contacts?

If you've wanted to wear soft contacts but thought you couldn't, now you can! Thanks to advanced technology, now there are soft contact lenses designed just for astigmatism.

And you can try them free!

Call 1-800-845-9235, ext. 41  
any time for information and a  
**FREE TRIAL CERTIFICATE**

Focus<sup>®</sup> Toric by CIBAVision<sup>®</sup>

### The new germs

*continued from page 56*

director of the liver transplant program at California Pacific Medical Center, in San Francisco. About 5 to 10 percent of Hepatitis B cases, and as much as 70 to 90 percent of Hepatitis C, are chronic conditions for which there is no definitive cure. (Hepatitis A is still another form of the virus, but it is typically carried in contaminated food and water, not blood. It is less prevalent and threatening than the two other kinds.)

**Prevalence:** An estimated 200,000 to 300,000 persons are infected with Hepatitis B each year, according to the CDC. About 170,000 people annually contract Hepatitis C. Both forms of the disease occur most frequently in intravenous drug users, although no one is excluded from its threat.

**Method of transmission:** Both forms of the virus are transmitted in the same way as HIV, through exposure to infected blood and through sexual intercourse.

**Treatment:** Hepatitis is treated with a genetically engineered form of a naturally occurring protein called interferon. However, not all patients respond to the antiviral drug, and many of those who do respond have recurrences.

**Preventive measures:** A vaccine can protect you against Hepatitis B for up to

ten years or more. It is recommended for all infants and for adults at high risk: health-care workers, sexually active men and women with multiple partners, and intravenous drug users. There is, as yet, no vaccine against Hepatitis C.

Using condoms can help provide protection against contracting hepatitis. And since the virus spreads by blood-to-blood contact, experts advise being careful about equipment used by barbers, manicurists, tattoo artists and ear piercers. (These tools can be contaminated with infected blood, and, if not properly cleaned, may be responsible for transmitting the virus.) Make sure your barber, hairdresser, manicurist, etc., use only sterilized equipment.

### ANTIBIOTIC-RESISTANT PNEUMOCOCCI

Pneumococci are bacteria that often live in healthy noses and throats. The germs can lead to a variety of common maladies, such as otitis media (middle-ear infection) and sinus and upper-respiratory infections, including pneumonia. In rare cases, the germ can cause an infection of the mastoid cells behind the ear (mastoiditis), serious blood infections and meningitis.

What's troublesome is that in recent years doctors have encountered more and more cases of these infections that are resistant to traditional antibiotics.

That means patients with something as simple as, say, an ear infection in risk of not getting relief or, worse, hoping something more serious germ cannot be eradicated.

**Prevalence:** The CDC does not have overall figures on the number of pneumococci infections that are resistant to drugs. However, experts believe there is a rise. In a CDC analysis of outbreaks at day-care centers, throat cultures taken at one center showed that 61 percent of the pneumococci were resistant to penicillin. A separate study at Children's Hospital, in Houston, showed that 50 percent of the pneumococci in children with recurring ear infections were also resistant to penicillin. "It's becoming very common," says Sheldon Kaplan, M.D., chief of Infectious Disease Service at Texas Children's Hospital. "When you have an organism that's less susceptible to penicillin, it's also less susceptible to many of the other antibiotics."

**Method of transmission:** The pneumococci bacteria spread like most bacteria: through coughing, kissing, sharing cups and utensils.

**Treatment:** When penicillin doesn't work, doctors usually experiment with higher doses of alternative antibiotics to zap the bug. One potent drug, vancomycin, is usually the drug of choice in such cases—and so far, it remains undaunted by even the most resistant strains of pneumococci. But infectious-disease specialists worry about what will happen if bacteria become resistant to this drug. In the meantime, researchers are working to develop new and more potent antibiotics and antibacterial drugs as well as better vaccines.

**Preventive measures:** You can reduce the risk of pneumococci infections by observing the usual germ-fighting tactics. "Top germ-fighting tactics," page 56. But the best way to safeguard against the serious dangers they pose is to use antibiotics judiciously. Experts say many doctors are too quick to prescribe these drugs and that patients themselves may be partly to blame. People who go for an office visit get disappointed if they leave empty-handed, so the pressure on the doctor to give them a drug. Doctors, for their part, are too quick to comply.

Patients should realize that antibiotics are only effective in treating bacterial infections, not viruses, which are often at the heart of common colds and flus. If your doctor says you don't need an antibiotic, don't push for one. If he or she does prescribe one, ask if it's absolutely necessary or if there are other remedies that might try first.

*Sherry Helms is a freelance writer in Houston, Texas.*



# CREATE A CALENDAR WITH YOUR PHOTOS

A hole to hang your calendar up! Others don't include one.

Standard full size, 11" X 17", for big photos and room to write!

A gift your family & friends will use all year and save forever!

Use color and black & white snapshots - even children's art...

Or make a collage!

Strong professional binding so your calendar will stay together all year!



ONLY \$29.99!

## HOW TO ORDER

Send 12 of your favorite snapshots, or make collages by taping your photos to an 8-1/2" by 11" piece of unlined paper.

**Horizontal formats work best.**  
(No slides, negatives or copyrighted material please.)

Tell us the order your snapshots should appear by writing the month on the back of each photo. (It's a good idea to write your name, too.) Be sure the ink is dry before you stack them!

We're so confident you'll love your calendar that we offer a full refund if you're not satisfied.

For further customer assistance, please call 1-800-353-4545.

**Your photos will be returned with your order!**

Gift Envelope Included!

FREE calendar with orders of 5 or more!

**DON'T FORGET TO ORDER ONE FOR YOURSELF!**

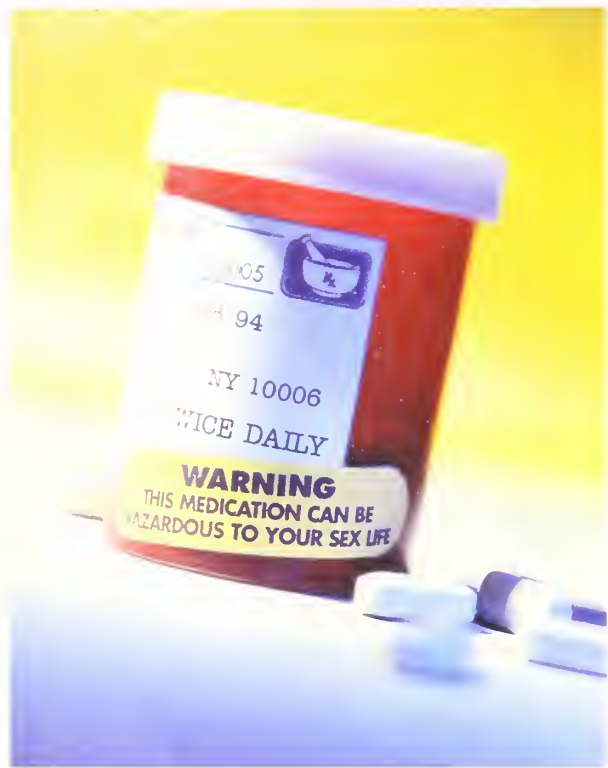
### V.I.P. COMMUNICATIONS' ORDER FORM

NAME _____	
ADDRESS _____	
CITY _____	STATE _____
DAY PHONE ( ) _____	ZIP _____
<input type="checkbox"/> MC <input type="checkbox"/> VISA <input type="checkbox"/> DISCOVER <input type="checkbox"/> CHECK/MONEY ORDER	
CARD NO. _____	
EXP. DATE ____ / ____ / ____	
SIGNATURE _____	
CALENDARS (\$29.99 EACH x _____)	\$ _____
SHIPPING/HANDLING _____	REG. \$4.50 (4-6 wks)
	EXPRESS \$9.75 (3 wks)
AZ RESIDENTS PLEASE ADD 5% SALES TAX	
Mail order form with photos:	<b>TOTAL</b> \$ _____
V.I.P. Communications®	
P.O. Box 35790	
Tucson, AZ 85740-5790	



not satisfied, provided that calendar(s) is returned within 30 days. V.I.P. Communications' liability for lost or damaged photos is limited to the replacement of one. We request that if your photos are irreplaceable you make duplicates and send them with your order. © Copyright 1994 V.I.P. Communications®

# Drugs that can ruin YOUR SEX LIFE



Your husband doesn't make love like he once did. Or maybe you're the one who's lost interest. Has your relationship cooled—or does your medicine have some unexpected side effects? By Amy Linn

Indeed, she was: As a teenager she'd suffered migraines, and her family doctor prescribed Inderal, a beta blocker, which she'd taken ever since. Crenshaw immediately suggested she stop taking the medication. "When she stopped, Julie be-

came orgasmic for the first time in her life," Crenshaw says.

Julie's situation is unusual—not because she spent years blaming herself for a troubled sex life, but because she managed to unravel the mystery of what was behind it. More than thirty-two million adults in the U.S. suffer sexual problems, and many of them wouldn't think of looking for help. They are ashamed and embarrassed; they're convinced it's their fault, or they don't think help exists.

Yet 50 to 75 percent of all sexual problems have a *physical*, not psychological, cause, and in one of four cases the culprit is a medication. More than two hundred medications currently on the

market can seriously disrupt sexual performance, says pharmacist M. Laurence Lieberman, R.P.H., author of *The Sexual Pharmacy* (New American Library, 1988), one of just a handful of books that deal with the subject.

"Sexual side effects are a lot more common than you'd think," Lieberman says. Specifically, prescription medications can kill women's sex drive and rob them of lubrication. They can make sex painful and orgasm difficult—or impossible—to achieve. In men, medications can cause impotence, libido loss, painful ejaculations and other problems.

Why are these facts known by so few people?

The reasons are varied. The Food and Drug Administration (FDA), the federal agency with the power to reject or approve new medications, does not require drug companies to carefully investigate what side effects their products cause in the bedroom.

Consumers, who tend to report few problems with medications, are even less likely to complain about something as personal as sexual performance. "The FDA estimates that only one percent of adverse (continued on page 98)

**F**or Julie, sex wasn't just horrible—it was a heartbreak. Ever since her teen years she'd known she wasn't "good in bed." Lovemaking, far from being a pleasure, was a dreaded reminder of her failure. She hoped, in vain, that her lovers would understand: Her first husband divorced her because he said she was "too sexually unresponsive"; her second husband did the same. At thirty-four, depressed and desperate, Julie sought help—and received the surprise of her life.

"Are you on any medications?" asked Theresa Crenshaw, M.D., a San Diego sex therapist and physician whom Julie had consulted.

*"I was  
using a maxi  
for light  
bladder control  
protection.  
Until now."*

SUZANNE BLOCK  
A WOMAN WITH POISE

Poise Pads are about the same size as the leading maxi pads, but Poise gives you superior protection because they are made exclusively for bladder control. Poise Pads lock liquid into a gel that won't leak. You feel more confident. And Poise Pads are curved and feminine soft for added comfort. Look for Poise Pads next to Depend® Products.

*Consult your doctor about bladder control problems.*



MAXI PAD

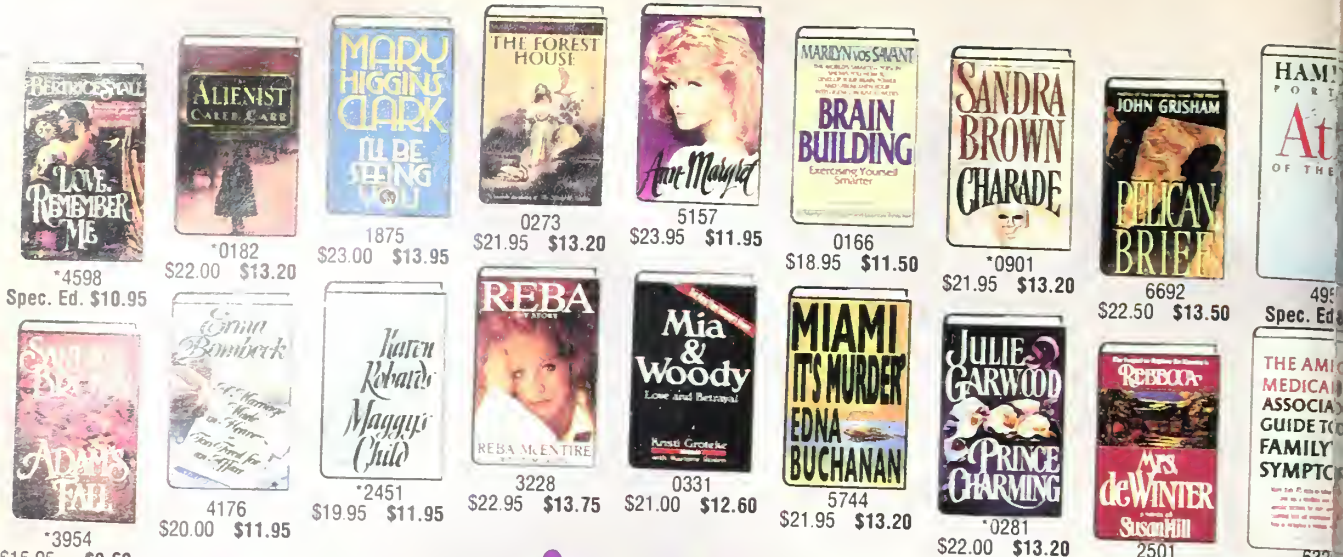
POISE PAD

POISE PADS  
LOCK LIQUID IN.



AVAILABLE IN REGULAR, EXTRA AND  
NEW EXTRA PLUS ABSORBENCIES.

FINALLY, THE PROTECTION YOU NEED, THE SIZE YOU WANT.



# The lives you've been dreaming of...



\*4598  
Spec. Ed. \$10.95

\*0182  
\$22.00 \$13.20

1875  
\$23.00 \$13.95

0273  
\$21.95 \$13.20

5157  
\$23.95 \$11.95

0166  
\$18.95 \$11.50

\*0901  
\$21.95 \$13.20

6692  
\$22.50 \$13.50

\*3954  
\$15.95 \$9.60

4176  
\$20.00 \$11.95

\*2451  
\$19.95 \$11.95

3228  
\$22.95 \$13.75

0331  
\$21.00 \$12.60

5744  
\$21.95 \$13.20

\*0281  
\$22.00 \$13.20

2501  
\$20.00 \$11.95

5371  
Spec. Ed. \$8.95

6239  
\$23.50 \$13.95

\*10695/9999  
\$19.95 \$11.95

2352  
\$24.00 \$14.40

\*2543  
\$23.00 \$13.75

\*7310  
\$20.00 \$11.95

2626  
\$22.00 \$13.20

© The Walt Disney Company  
5355  
Spec. Ed. \$11.95

1792  
\$23.50 \$13.95

0372  
\$19.95 \$11.95

0398  
Spec. Ed. \$8.95

\*5777  
\$19.95 \$11.95

\*5660  
\$20.95 \$12.60

9472  
\$19.95 \$11.95

\*3806  
\$20.00

\*14572/9999  
\$30.00 \$18.00

5108  
\$10.00 \$7.95

\*6619  
\$24.00 \$14.40

\*4523  
Spec. Ed. \$8.95

\*6007  
Spec. Ed. \$8.95

4986  
\$22.00 \$11.00

4762  
\$21.95 \$10.95

5199  
\$18.00 \$10.95

4358  
Spec. Ed. \$14.50

\*2808  
\$19.95 \$11.95

2691  
Spec. Ed. \$8.95

\*5892  
Spec. Ed. \$8.95

\*0596  
\$15.00 \$8.95

0984  
\$21.00 \$12.60

1388  
\$17.95 \$10.95

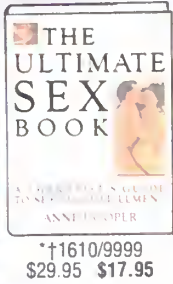
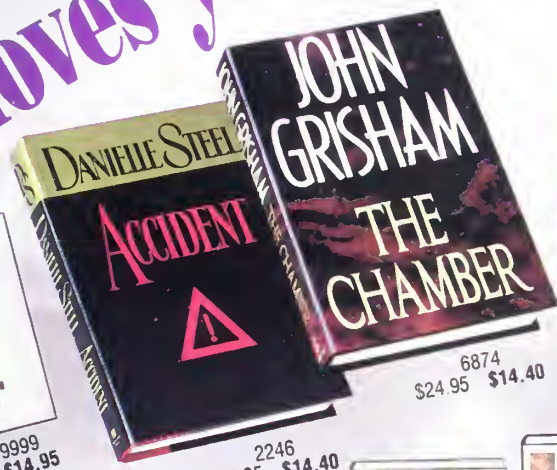
\*13533/9999  
\$17.50 \$9.95

2493 \$22.95 \$13.75	0224 \$21.50 \$12.90	*4127 \$25.00 \$14.95	2386 \$22.95 \$13.75	2790 \$22.95 \$13.75	*2485 \$22.95 \$13.75	7245 \$23.95 \$14.40
*2840 Spec. Ed. \$8.95	2659 \$19.95 \$11.95	4457 \$23.50 \$13.95	2600 Spec. Ed. \$8.95	*4226 \$23.95 \$14.40	0448 \$22.00 \$13.20	*6072 \$22.00 \$13.20
*1008 \$23.00 \$13.75						

Some loves you can have...

Choose  
5 books for  
\$9.99

with membership  
Then save up to 60% OFF publishers' edition prices on all future selections!



0653 \$10 \$13.75  
 †8623/9999 \$24.95 \$14.95  
 †4051/9999 \$25.00 \$12.50

†1974/9999 \$25.00 \$14.95  
 \*†1610/9999 \$29.95 \$17.95  
 5983 Spec. Ed. \$10.95

**MEMBERSHIP WORKS: SPECIAL SAVINGS OPTION.** You may first book now for \$2.99, plus shipping and handling (billed later). Reduce your commitment to 3 books instead of 4. You may resign in anytime after completing your commitment. **INSTANT SAVINGS.** Books now for 99c, plus shipping and handling. Then take up to 2 or 4 more books at regular low Club prices. Since we reserve the right to change prices, we will bill you only when membership is **CONTISFACTION GUARANTEED.** If not completely satisfied, return the books in 10 days at the Club's expense to cancel membership. You'll owe nothing. **FREE GIFT.** The Floral Tote is yours to keep whether or not you remain a member. **FREE CLUB MAGAZINE.** You get up to 16 issues a year, plus 2 Featured Selections and over 125 Alternates. **SHOP AT YOUR OWN RISK.** Choose only the books you want. Write your selections on the Member Selection Card and return it by the specified date. Or do nothing to receive the books automatically. You always have 10 days to choose your books. If you get unwanted books because the magazine comes late, it's at our expense. A shipping and handling charge (and sales tax where applicable) is added to each order. **FUTURE SAVINGS.** Save 40% to 50% on all Alternate selections. Books are hardbound editions, printed in size to fit special presses and save you money. Prices are shown in fine print, Club edition prices in bold. Explicit sex, language and/or violence †Counts as two choices missing, you may request an application by sending to: **DOUBLEDAY BOOK CLUB, Member Service Center, 6550 East 30th Street,**

**DOUBLEDAY BOOK CLUB**

MAIL TO:  
6550 East 30th Street  
P O Box 6342  
Indianapolis, IN 46206-6342

Please write book numbers here

**YES!** Please enroll me in *Doubleday Book Club* according to the risk-free membership plan described in this ad. Send me the 5 BOOKS I have indicated at right. Bill me just 99c, plus shipping and handling. I agree to buy 4 more books within the next 2 years. Also send my FREE Floral Tote.

**SPECIAL SAVINGS OPTION** I also wish to order my first Club selection for \$2.99, plus shipping and handling (billed later). I then need buy only 3 more books instead of 4, within the next 2 years. Books that count as 2 choices are not eligible for this offer. (write book number)

57186			79

If you select a book that counts as 2 choices, write the first 4 digits of the book number in one row of boxes and 9999 in the next.

**FREE TOTE #9076**  
57187 71

Mr./Mrs. \_\_\_\_\_  
 Miss/Ms. \_\_\_\_\_  
 Address \_\_\_\_\_ Apt. \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Do you have a credit card?  Yes  No  
 If you're under 18, your parent must sign here \_\_\_\_\_  
 Although I am always free to choose from any category, I'm most interested in (check one):  
 mysteries  self-help  children's  intimate relations  best-selling fiction  
 Members accepted in U.S.A. and Canada only. Canadian members serviced from Canada, where offer is slightly different. Sales tax added where applicable. We reserve the right to reject any application. L.H.J. 9/94

## Drugs that can ruin your sex life

*(continued from page 92)*

side effects of prescription drugs ever gets reported," says pharmacologist Joe Graedon, columnist, syndicated radio talk-show host and co-author of the best-selling *People's Pharmacy* books. "If it's as low as one percent for reporting things like dizziness and nausea and skin rash, then you can imagine how much worse it is for reporting sensitive things like impotence or inability to achieve orgasms."

Even if someone were to report a sexual problem to a doctor, though, the patient would be unlikely to find help. Many doctors are unaware of the sexual side effects of the medications they prescribe. Moreover, physicians tend to be reluctant to deal with problems concerning sex, referring their patients to psychologists instead. (In fact, reluctance among health-care workers "to deal candidly with sexual

matters" is so pervasive that the National Institutes of Health last year called for a massive education campaign in hospitals and medical schools nationwide.)

And couples, frequently unaware of what's causing their problem, let it go unattended for a shockingly long period of time. "It's very common for patients to wait three to five years before they seek help," says Robert Birch, Ph.D., a psychologist specializing in marital and sexual issues, in Columbus, Ohio. By then, most couples have been through such turmoil that even getting to the root of the problem doesn't bring relief. The relationship has been harmed, and the self-confidence of one or both partners has been shattered.

Just ask Diane, a thirty-five-year-old Atlanta woman. Over a three-year period her sex drive had plummeted. She wasn't lubricating the way she once did either, and she and her husband were

getting alarmed. Diane hoped that would improve on their own. "It didn't: Her husband threatened to leave her. She decided to seek a therapist and called Crenshaw, who helped her trace the problem back to a sinus problem when she'd started taking hay fever pills. At Crenshaw's advice, Diane stopped taking the medication. She found her sex life miraculously improved—but the blessing was mixed. She had to get over the erosion of the intimacy of her marriage and the realization that her husband had been willing to leave because of her lack of responsiveness.

### THE OFFENDING MEDICINES

If you're wondering what medicines to avoid, unfortunately there's no simple answer. "Practically any medication can affect the capacity for sexual desire and response," says Carol Rinkleib Ellis, Ph.D., an Oakland, California, psychologist who specializes in (cont)

# SOLVING SEXUAL PROBLEMS

If you or your partner is experiencing sexual problems—and you suspect that a medication might be the culprit—your first step should be to discuss your concerns with a doctor. (Don't stop taking the medication on your own, particularly if you're being treated for a life-threatening condition. The potential impact on your health could be deadly.)

If your doctor dismisses your complaints, consult a gynecologist or urologist who specializes in sexual dysfunction. Or look for a psychologist or qualified sex therapist. (The key word is "qualified": Some people wrongly call themselves a sex therapist, so it's essential to get a recommendation from a trusted physician or knowledgeable friend.) "It's absolutely critical that patients not stop looking until they find someone who can give them the help they need," says Crenshaw. "People need to treat their bodies at least as well as they treat their cars, and you don't leave your car with a mechanic who's not fixing it."

In the meantime, though, you might also want to do some research on your own. Ask your pharmacist to give you the manufacturer information about a drug's specific side effects. You can look in the *Physicians' Desk Reference* (PDR) at your doctor's office or local library and scan the "adverse reactions" category. A warning about the book's obscure language: Impotence and orgasm problems are often vaguely listed as "genitourinary complaints" or "changed libido." Also don't be fooled if these side effects are categorized as "extremely rare." Judith Seifer, Ph.D., R.N., president of the American Association of Sex Educators, Counselors and Therapists, says that when the PDR says there's a 1 to 2 percent reporting a sexual problem, you can assume that ten to twenty percent are experiencing it but not reporting it.

If you find that your prescription drug is to blame—or even if you can't find evidence but still have suspicions—ask your doctor if there are any substitute medications that you can take. By switching medications, experimenting with dosage or trying alternative therapies (dietary changes, herbal remedies or biofeedback, for instance) most pill problems can be solved. (Of course, none of these changes should be made without the supervision of a knowledgeable physician.) But partners must be sensitive and supportive. And patients must be, well,

patient. Finding the right match among dozens of alternative medicines can take months. "It's not easy," Seifer says. "I know it's a risky thing to tell people 'start your own medical trial,' but with careful guidance, they can do it."

If it's a husband who's having a sexual problem, women should be particularly sensitive to their mate's physical as well as psychological needs. A relationship can be jeopardized if a woman fails to understand her husband's sexual performance problems, says pharmacist John Buffum. Or worse, Buffum adds, "a man desperately trying to save his marriage might throw away his hypertension pills and risk having a stroke or a heart attack."

Men whose wives are experiencing sexual difficulties should be similarly understanding. "Women are more likely to blame themselves rather than look for other sources such as the medication," says psychiatrist John Zajack, M.D., who is researching the sexual side effects of drugs at Rush-Presbyterian-St. Luke's Medical Center, in Chicago.

Both partners—no matter which one is having difficulties—should remember that the culprit in many sexual problems is often a prescription drug and not an individual or a relationship. And that is good news, Seifer says, because "when a pill is to blame, the problem can almost always be solved."

### FOR MORE INFORMATION

● For a directory of certified sex therapists, send \$15 plus large self-addressed, stamped envelope to the American Association of Sex Educators, Counselors and Therapists, 410 North Michigan Avenue, Suite 1717, Chicago, IL 60611.

● For brief telephone counseling and help in finding specialists who treat impotence, contact Recovery of Male Impotence (ROMP), 27211 Lusher Road, Suite 208, Southfield, MI 48034; 810-357-1314. (When writing for information, send a self-addressed, stamped envelope.)

● For a pamphlet listing problem drugs and alternative choices, request "Graedon's Guide to Drugs that Affect Sexuality" by sending \$2 and a self-addressed, stamped envelope to *The People's Pharmacy*—LH, P.O. Box 5202, Durham, NC 27717.

# Who says we're all the same?"

So you thought all yeast medications were the same. Then you saw Gyne-Lotrimin<sup>®</sup> and discovered that it's the only yeast medication that offers you so many product innovations. There's nothing like having a choice.

**Is the Combination-Pack right for you?** It combines 7 inserts for a fast cure, with a tube of cream for fast relief of the itching and irritation—relief so fast, so effective it makes a big difference.



**Are Pre-Filled Applicators precisely what you want?** Only Gyne-Lotrimin offers them—7 pre-filled, pre-measured, disposable applicators. So now you can get cream with less mess and more convenience. Also available in Cream, Inserts and Disposable Applicators.



**Now, who says we're all the same?**

Read and follow label directions. If this is the first time you've had vaginal itch and discomfort, consult your doctor. If you've had a doctor diagnose a vaginal yeast infection before, use Gyne-Lotrimin as directed.

**Gyne-Lotrimin<sup>®</sup>**  
**The Cure Starts Here.**

# INSECT BITES

Why just treat the itch?



**Cortaid® stops the itch and helps heal the bite by fighting the allergic reaction that causes the swelling. That's a reason why doctors recommend Cortaid than any other brand.**



Also available in Regular Strength.

## CORTAID RELIEVES IT

### Drugs that can ruin your sex life

*continued*

issues of sexuality and intimacy.

That doesn't mean that every substance will cause trouble for every person, she says. But it does suggest that if you're experiencing sexual problems, one of the first places you should look is your medicine chest. Don't overlook drugs that seem completely unrelated to sexual performance. For example, Timolol, an eyedrop used to treat glaucoma, has been known to weaken women's sex drive and cause impotence in men. Anti-acne drugs such as Accutane can clear up skin—and diminish female libido and interfere with male erections. Even something as innocuous as the ulcer drug Tagamet, one of the best-selling drugs in the world, has been linked to impotence.

While it's impossible to list all the medications on the market that have sexual side effects, these are the types of pills most frequently cited as problematic:

**Antihistamines** These drugs, including most over-the-counter cold and allergy medicines, help dry up mucous membranes such as the nasal passages. But that can have an unfortunate side effect for women: It can dry up vaginal membranes as well, making intercourse

uncomfortable. Though that may not sound like a major problem, women who take allergy pills and unknowingly suffer the sexual side effects can mistakenly think they're no longer turned on by their partners or that they're falling out of love, says therapist Judith Seifer, Ph.D., R.N., president of the American Association of Sex Educators, Counselors and Therapists.

In men, antihistamines have been linked to impotence. This may be because the drugs' ingredients affect blood flow to the penis. No one knows for sure, though. Experts emphasize that because so little research exists on how drugs influence sexual performance, the explanations for the side effects are tentative at best.

**Antidepressants** Virtually all kinds of antidepressants are potential destroyers of sexual pleasure, and women—who seek help for depression nearly twice as often as men do—are the major victims. These drugs alter brain chemicals, including those that affect sexual desire and response.

The class of antidepressants known as tricyclics—which includes amitriptyline and imipramine—can diminish sex drive and snuff out the intensity of orgasm. So can the antidepressants called monoamine oxidase inhibitors, such as phenelzine.

But perhaps the biggest offender is the newest class of antidepressants, selective serotonin re-uptake inhibitors (SSRI's), such as Prozac, Paxil, and Zoloft. Experts say that these drugs can cause trouble in 30 percent or more of their users, lengthening sexual response time and hindering both desire and orgasm in some women. So successful are SSRI's at prolonging climax time that they're also being used to combat premature ejaculation.

Other psychiatric medications, such as Mellaril, an antipsychotic, and Lithium, which is used to treat manic depression, can also cause sexual problems. Some women who take these pills find they can get to the brink of orgasm, and then the sensation abruptly disappears.

**Antibiotics** Though most have no direct effect on sexual desire or functioning, some of the most commonly prescribed antibiotics (tetracycline, for example) can cause yeast infections in women. Because of the irritation to the vagina, this can make sex extremely uncomfortable for women. Doctors recommend that women who begin a course of antibiotics simultaneously begin a seven-day course of an over-the-counter vaginal suppository used to treat yeast infections.

**Amphetamines** Rarely prescribed



ays, this category of pills, used long period, is known to decrease desire and prolong the time it r both men and women to reach . The same effect is sometimes d with over-the-counter diet nch contain a decongestant that an amphetamine.

**control pills** In many cases, ntraceptives can free women ie worry of an unwanted preg-and, as a result, enhance sex nd release inhibitions. But the also smother sexual interest. show that 14 to 50 percent of rs find their libido is weaker. women have problems, just ing the dosage can make an us difference," says Domeena (shaw, M.D., director of the Dysfunction Clinic at Loyola sity Medical Center, in Chica-physiological explanation may be ny pills prevent ovulation and ate the strong sexual desire by a surge in hormones during ccess. Also, a few women expe-vaginal dryness because of the ne combination in some ver-f the pill, sex researchers say. r possible side effect: Certain of oral contraceptives exacer-emenstrual syndrome in some s, and the feeling that, in the

words of one sex therapist. "if your mate touches you, you're going to jump out of your skin."

Other hormonal medications—such as those used to treat endometriosis or symptoms of menopause—can also have similar effects on sexual performance.

**Heart and hypertension medicines** Medications used to treat heart disease and high blood pressure have some of the worst—and most widespread—sexual side effects. These pills can cause female sexual malfunction in 23 percent of women and impotence in 48 percent of male users, according to John Buffum, Pharm.D., a pharmacist at the San Francisco Department of Veterans Affairs Medical Center.

Beta blockers (which can be used to treat migraine headaches as well as hypertension) are believed to dull sexual response by interfering with nervous system signals that accompany sexual excitement. They may also constrict veins in the penis, leading to impotence. Medicines used to reduce high cholesterol levels can alter the body's hormonal balance and reduce sexual desire. And diuretics, which treat hypertension by increasing the volume of fluid and sodium excreted from the body, may lower blood pressure so much that blood flow to the

penis is diminished, making an erection impossible.

Since the majority of studies on heart medications have excluded women, it's difficult to say how they affect female sexuality, but experts believe most substances that sexually harm men may hold significant risks for women as well.

**Tranquilizers** Unless they are taken specifically to ease sexual hang-ups, many anti-anxiety drugs can decrease desire and delay or prevent orgasm. The most commonly prescribed—Xanax, Valium and Librium—are thought to slow down the body's responses. In addition, the pills may make those who do take them so woozy that they cannot stay awake for sex.

**Ulcer medications** Medications to treat ulcers, most notably Tagamet, seem to have a negative effect on male sexual performance. These drugs work by suppressing the secretion of gastric acid, but that may have the unfortunate consequence of suppressing production of the male hormone testosterone, according to Lieberman. That may lead to the inability to achieve or sustain an erection. ■

*Amy Linn is a freelance writer in Missoula, Montana, who writes frequently on health issues.*

# DERMATITIS:

Just treat the rash when you can also heal the rash?



**Cortaid's advanced medicine stops the itch and helps heal the dermatitis rash. That's a reason more doctors recommend Cortaid® than any other brand.**



# CORTAID RELIEVES IT!

Use only as directed. ©1994 The Upjohn Co.

# The state of their union

Bill and Hillary Clinton seem to have a very complicated—and often fascinating—relationship. Are they passionate about politics or each other—or both? By Diana McLellan



When she first met Hillary Rodham, Bill Clinton's mother was puzzled. Hillary was so "different." Beneath her frizzy hair and thick glasses she was pretty and smart as a whip—but not Bill's usual beauty-queen type. Her high school newspaper had predicted that she'd become a nun called "Sister Frigidaire." She'd been a Republican Goldwater Girl, and in 1975—the very year she married Bill—she tried to join the Marine Corps. She says they wouldn't have her.

"Look, Ma," said Bill, "I have work to do. I don't need to be married to a sex goddess."

The night before she got married, Hillary bought an off-the-rack wedding dress. When she and Bill finally took a honeymoon in Acapulco, her parents and her two brothers came along.

Romantic? Not very. Which makes a lot of people wonder: Are Bill and Hillary Clinton, as friends loyally proclaim, "best friends as well as lovers" in "the most multidimensional marriage of any two people I've ever known"? Or is the Clinton connection primarily a political arrangement, what used to be called a marriage of convenience?

In fact, according to experts, that seemingly old-fashioned term still applies to a surprising number of unions today. "A marriage of convenience is one where romance and love are not your first priority," says Pepper Schwartz, Ph.D., a sociologist at the University of Washington, in Seattle, and author of *Peer Marriage: How Love Between Equals Really Works* (Free Press, 1994). "In a marriage like that, the partners aren't kidding themselves. Each one needs something the other person can do for him more than he or she needs the luxury of loving that person."

We've always seen such marriages among royalty: Prince Charles, though he loved another woman, required a suitable virgin—Princess Diana—to bear him heirs to the throne. Closer to home, there's the illegal immigrant who pays his bride to help him get a green card; the public figure anxious to hide his homosexuality; the old-money couple primed to



marry within their own "set"; the young sexy "trophy wife" married to an older, wealthy Wall Street tycoon.

Then there's the marriage of shared ambition. In a spoof interview of herself that Hillary wrote for her high school newspaper in 1964, she said her goal was "to marry a senator and settle down in Georgetown." Later, at Yale Law School, she "did not dissemble about her desire to be an important political figure," one classmate recalled. Added another friend, "The fact that Bill knew he was going to run for political office was very attractive to Hillary." And she always knew he could be president, according to Betsey Wright, a former Clinton staffer and a close friend of the couple since 1972. "I'm not saying that's why she married him—but it was something she saw," Wright has said.

Bill, for his part, seemed to think that his capable Yale classmate would help him achieve his ultimate ambition—and be the best possible mate

(continued)



Her age is forty three. She knows if you keep breathing, you get older. And if you get older, you get osteoporosis. She's only half right.



She doesn't know osteoporosis is a disease. It's excessive bone loss. And it's not normal.

**You can help prevent osteoporosis.**

And calcium is critical.

Yet the average American woman gets only half the calcium she needs to help maintain bone strength.

And one woman in two over the age of 50 suffers from osteoporosis.

**Prevention is surprisingly simple.**

Get enough exercise - running, aerobics, lifting weights, even walking as little as half an hour a day.

Eat right. Don't smoke. If you drink, drink less.

And talk to your doctor about alternate therapies and risk factors like age, race and family history.

**And take 2 Tums 500 every day.**

For pennies, 2 Tums 500 provide 1000 mg. of chewable EffeCal<sup>™</sup>, a pure, very absorbable, refined form of calcium.

**Take charge of your future.**

It's easier to do something about osteoporosis than it is to live with it.



## The state of their union

*continued*

for him. "I'll never forget his words as long as I live," his mother, Virginia Kelley, told the *Washington Post*. "He said, 'Mother, I want you to pray for me that it's Hillary, because if it isn't Hillary, it's nobody.'"

### POWER COUPLES

History shows that Clinton wasn't the only political leader to be focused on the practical attributes of the woman he married. In fact, George Washington was not crazy in love when he wed the widowed Martha Dandridge Custis, one of the richest women in the state of Virginia.

The ideal wife, declared Washington, had "good sense, a good disposition, a good reputation and financial means." Love between husband and wife was supposed to grow with time, with children and, most of all, with shared trials and triumphs.

Since then, most First Ladies have come from social backgrounds "significantly superior" to those of their husbands, says historian Betty Boyd Caroli. These wives were in a position to help smooth out their spouses' rough edges and boost their careers. Some were older and better educated than their husbands, too. Millard Fillmore married his former schoolmarm, and Andrew Johnson, at age eighteen, wed Eliza McCardle, who tutored him and who helped him run for congressman, governor, senator and then vice president. And a surprisingly large

## A CYNIC ONCE SAID THAT A FIRST MARRIAGE SHOULD BE FOR LOVE, A SECOND FOR PRACTICALITY AND A THIRD FOR COMPANIONSHIP. PERHAPS THE CLINTONS HAVE ALL THREE.

number of First Ladies have worked—either managing family farms, teaching or as secretaries—and had enough experience of the world to be valued advisers to their husbands. Similarly, Hillary's role is not as unprecedented as it seems. She was, after all, the main family breadwinner for many years—in 1992, she earned about \$200,000 working as a lawyer in a Little Rock law firm—as well as an unpaid political consultant to her husband.

Another marriage not so different in some aspects to the Clintons' was the Roosevelts'. In 1903, when twenty-one-year-old Franklin Delano

Roosevelt proposed to Eleanor, his nineteen-year-old distant cousin, he told her that with her help he "would amount to something someday."

"Why me?" she asked. "I am plain. I have little to bring you." The truth was, of course, that she was the favorite niece of an extremely popular president, Theodore Roosevelt, which made her the perfect spouse for the ambitious FDR. Biographer Joseph Lash points out how ideally Eleanor balanced her husband in the public eye. Franklin's "dissemblings contrasted with Eleanor's scrupulousness," Lash wrote, and "he needed someone [serious] to temper his fun-loving, easygoing, frivolous side."

In 1918, when Eleanor found out about her husband's affair with her former social secretary, Lucy Mercer, she promptly offered him his freedom. Realizing how a divorce would affect his political career, among other things, he declined.

Yet Eleanor never wanted her husband to be president. On the night of his election in 1932, she was found weeping. "Now I'll have no identity," she wailed.

Of course, she went on to become the most active and respected First Lady ever, an indispensable help to her husband—and Hillary Clinton's self-proclaimed role model.

### A PRACTICAL ARRANGEMENT

But unlike those former First Couples, most of us want to believe we're too romantic to marry for purely practical reasons. "Our society puts a very high value on love," says David John-

son, Ph.D., professor of sociology at the University of Nebraska, in Lincoln. "It's almost sacrilegious to marry for the first time and say you're not really in love."

In many other cultures throughout the world, however, practical marriages are far more widespread. "In most traditional societies, marriage is considered far too important to be left to individuals," says Conrad Kottak, professor of anthropology at the University of Michigan, in Ann Arbor, and author of *Cultural Anthropology* (McGraw Hill, 1994). "It's usually negotiated by elders."

"During the twelfth to fourteenth centuries in Europe, the elements of ideal love were honed and sharpened but were still not expected to exist within marriage," says Norman Goodman, Ph.D., professor of sociology at the State University of New York at Stony Brook. "After that, romantic love became diffused from the [royal] courts to the mass population, and probably it was then that it became expected in marriage."

The idealizing of romantic love reached its height in the Hollywood of the 1940s, Goodman adds. "Films showed what love's supposed to be like—something symbolizing an amazing change, with stars, bells, music." And today's movies, he says, continue to idealize romance, so that "those couples who don't enjoy love in their marriage are made more keenly aware of the lack of it than ever before."

Still, today's higher romantic expectations do mean more divorce. "Most people now are concerned largely with satisfaction and happiness, and a marriage that doesn't provide those things is more likely to break down than it was fifty years ago," says David Johnson. "The decreasing amount of satisfaction you get with your partner has consequences."

Even when a marriage may be practical as well as passionate, a sense of dissatisfaction can take its toll. In the past, Hillary was said to be very hurt by tales of her husband's infidelity. And Bill, according to one source, talked about leaving Hillary,



but ultimately decided that a divorce would hurt his political career. There was another rumor of marital problems in late 1989, when apparently Bill was undecided about running for governor of Arkansas again, and Hillary contemplated running for the office herself.

Did the couple thrash out their differences then and recommit to a higher purpose? Max Brantley, whose wife, Ellen, knew Hillary at Wellesley College, and was appointed an Arkansas state judge by Bill, has said, "It's hard even for those who admire and respect and love" *(continued on page 108)*



Individually numbered by hand with 24 karat gold.

Plate shown smaller than actual size of 8" (20.32 cm) in diameter.

accents of 24 karat gold  
 an exquisite heirloom collector  
 award-winning artist Theresa Politowicz.  
 graceful Hummingbird amid opulent hibiscus  
 blossoms. Nature's own precious jewels. Captured for  
 in masterpiece of porcelain artistry created by award-  
 artist Theresa Politowicz.  
 "The Imperial Hummingbird." A celebration of Mother  
 at her very best. In the tradition of the most prized  
 plates, this heirloom collector plate is crafted of fine  
 porcelain and lavished with breathtaking color and radiant  
 accents of 24 karat gold. It is also hand-numbered and bordered  
 with 24 karat gold. Each imported plate bears the artist's  
 signature mark on its reverse side.  
 Priced at just \$29.95, this Limited Edition will be closed  
 after just 45 firing days. Available *exclusively* from The  
 Franklin Mint, Franklin Center, PA 19091-0001.

**A Limited Edition Collector Plate.  
 Hand-Numbered and Bordered in 24 Karat Gold.**

The Franklin Mint Please mail by September 30, 1994.  
 Franklin Center, PA 19091-0001

Please enter my order for The Imperial Hummingbird by Theresa Politowicz.  
 I need SEND NO MONEY NOW! I will be billed \$29.95\* when my plate is  
 ready to be sent. *Limit: one plate per collector.*  
 \*Plus my state sales tax  
 and \$2.95 for shipping and handling

SIGNATURE \_\_\_\_\_  
 ALL ORDERS ARE SUBJECT TO ACCEPTANCE

MR/MRS/MISS \_\_\_\_\_  
 PLEASE PRINT CLEARLY

ADDRESS \_\_\_\_\_ APT. # \_\_\_\_\_

CITY/STATE \_\_\_\_\_ /ZIP \_\_\_\_\_

TELEPHONE # (\_\_\_\_\_) \_\_\_\_\_

16047-9-001-8LLS

Satisfaction Guaranteed. If you wish to return any Franklin Mint purchase, you may do  
 so within 30 days of your receipt of that purchase for replacement, credit or refund.

## The state of their union

continued from page 104

Hillary not to believe she made a pact with the devil."

Whatever happened, the couple seemed to forge a new closeness during the presidential campaign. At the time, *Newsweek* magazine noticed "something a touch newfound about [Bill's] regard, as if he had rediscovered [Hillary] after years of taking her for granted."

Nor was she the first political



**"YOU'RE LOOKING AT TWO PEOPLE WHO LOVE EACH OTHER," CLINTON SAID. "THIS IS NOT AN ARRANGEMENT. THIS IS A MARRIAGE."**

spouse to similarly support—and share—her husband's goals. According to Myra MacPherson, author of *The Power Lovers: An Intimate Look at Politicians and Their Marriages* (Putnam, 1975), similar scenarios have been taking place in Washington for decades. "Often when discontented political wives get a whiff of the White House, they are suddenly eager to be amazingly accommodating," she says. "Think of Joan Kennedy and that disastrous campaign to help get Teddy elected president—she felt that in the White House, she would be a person in her own right, at last. Same thing with then-Senator Gary Hart's wife, Lee. Instead of telling him to take a hike when she found out about his women, she stayed ever-dutiful. And obviously Hillary has long overlooked all the stories of Bill's womanizing. They both feel there's a higher calling in that marriage."

A lot of political marriages eventually settle into convenient arrangements, adds MacPherson. "One of two things happens: Either the woman opts out and does her own thing—in the old days, maybe she had secret affairs, but these days, instead, she'll have a career—or she'll become a team player. Some team players really care deeply about what they're working for."

Such couples may do whatever is necessary to win the prize they seek and have the political power and influence they desire. In January 1992 when persistent "bimbo eruptions" blighted Bill's presidential campaign, it

was Hillary who flew into action. She stood before a crowd in New Hampshire and firmly told them that her marriage was strong, and that problems between two people who loved each other were nobody else's business. Many people agreed, and the speech was a huge success. That night, a Clinton aide has said, Bill and Hillary "were practically giddy. It was like they were on a date. They were giggling. They ordered in Greek food, watched movies . . ." Plainly, she had found the key to continuing their

quest—and it was a tack she would later take on *60 Minutes*, when she and Bill defended their marriage on the air.

And during the *60 Minutes* interview, when correspondent Steve Kroft suggested that perhaps the couple had "reached some sort of [marital] understanding and an arrangement," Bill looked hurt. "You're looking at two people who love each other," he protested. "This is not an arrangement or an understanding. This is a marriage. That's a very different thing."

### LOVE ISN'T EVERYTHING

A cynic once said a first marriage should be for love, a second for practicality and a third for companionship. Perhaps, in its own way, the Clinton marriage combines all three. As Bill Clinton once observed philosophically, "Sometimes you have to give up things to get things."

Still, their friends accentuate the positive. "This relationship is more than a cold, practical bargain," a lawyer friend of Hillary has said. "They like each other immensely." And the couple's intimate, Betsey Wright, calls them "two of the most passionate people I ever met . . . They argue passionately, they parent passionately, they read passionately, they play passionately."

In the end, that may be enough passion for any marriage. ■

*Diana McLellan is a Washington, D.C.-based contributing editor to Ladies' Home Journal.*

## Liam Neeson

continued from page 73

turns me on about a woman is if she's got talent . . . or, two, if she's an individual. With both she's worth remembering. Or marrying.

**Q: And how would you like them to remember you?**

**A:** Well, if I'm remembered by anybody one day, I hope they'll think that I never stepped on a single person. That's maybe why I live as I do. It could be a wonderful world if only we were nice to each other.

**Q: How do you spend your free time when you're alone at home?**

**A:** I watch a lot of videos, and I read. I do weights to keep my body in good condition. When I'm in London I sometimes go to Green Park, and I laze and I think. We don't think enough in today's hectic life. It's not a complicated life, but it's me. It's the way I want to live, and I don't think I'll change.

**Q: What do you read?**

**A:** I try to keep up with the industry—you know, the stage and the movie trade papers. I go out to movies occasionally, to see what my fellow actors are doing, but it's so much easier to watch them at home.

**Q: How do you feel about joining the ranks of Hollywood superstars?**

**A:** I find that I have suddenly become very . . . well, "interesting." Now when I enter a room in Hollywood, everybody knows me. Part of me doesn't like it because it's so phony. Another side of me actually likes it, and when I look at Kevin Costner, for instance, I think to myself: I can do what he does. So I keep trying.

**Q: But you don't seem to have been seduced by the Hollywood lifestyle.**

**A:** I hope not. I don't care about the limos and the big house on the beach and the starlets. I would only like the power of being a star so that I can be in a position to pick up the telephone and tell some studio that I've just read a great book and it would make a great movie and I want to do it. That would be nice, but I don't think I've reached that rung on the ladder yet.

**Q: What is your basic philosophy?**

**A:** (After a long pause) I think I believe that everything worthwhile in life happens at the right time, the proper time. Women seem to mature earlier than men. They usually have their act together by their late twenties. Men take a while longer. They seem to get themselves together only when they reach their early forties. And I'm relying on that. ■

*I love eating something really good and satisfying for lunch. Then again, in this office it's a miracle just to eat."*

*Let's just say 'Lunch Hour' is not a daily used phrase where I work. So I make the most of my time. I'll fix my favorite Lunch Express, and spend a few civilized moments enjoying lunch, instead*



*standing in a long line at the corner deli. Sitting there with my Mandarin chicken, I start to feel like myself again. Well, at least until lunch is over."*

*Lunch Express from Lean Cuisine makes an everyday lunch something special. Our Mandarin Chicken has tender cuts of chicken*



*in an Oriental sauce. It comes in a microwaveable package so you can eat right from the box. Even better, it only costs about \$2.00.*



*Lunch Express from Lean Cuisine. Time to treat yourself right.™*

WOULD A CHILDHOOD BE A CHILDHOOD  
WITHOUT A TRAIN RIDE?



Amtrak

FOR RESERVATION  
CALL YOUR TRAVEL AGENT  
AMTRAK AT 1-800-USRA



## Remember

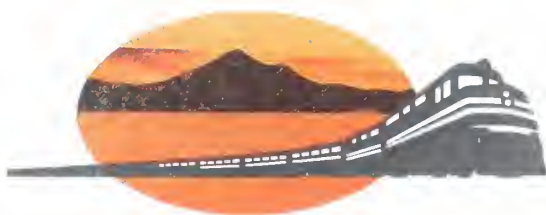
that train ride  
your parents took

you on? ♦ And how  
you felt when the  
conductor called "All

Abooooooooooard!" and this  
enormous THING came to life,  
and houses began to whir by,  
and suddenly, the world was full of

wonder? ♦ You remember the whistle  
telling the world you were coming. And  
if you took a long ride, you remember  
the sink folding out of the wall, and how  
you ACTUALLY ATE DINNER ON A TRAIN.

♦ Now, here is the wonderful part. ♦ Your child is no  
different than you were then. ♦ The train is still  
magical. It is still as big as a birthday; as exciting  
as Christmas morning. ♦ We don't know why, exactly.  
But it's true. ♦ Take your child for a two-hour trip. Or  
a trip across this country. It is a trip a little person  
will never, never forget. ♦ And for some wonderful reason  
none of us can really understand, neither will you.



**AMTRAK®**  
THERE'S SOMETHING ABOUT A TRAIN THAT'S MAGIC.

# DOING WELL by doing good

To succeed in business, you have to be coldhearted and calculating, right? *Wrong.* These four women are idealistic entrepreneurs who are making the world a better place. By Paula Lyons

**B**efore I became a consumer reporter fifteen years ago, I worked in government, and I brought to it idealism and a desire to "give back," to serve the public, to make a contribution to my community. Naturally, I carried the then-required disdain for business, seeing it as preoccupied with a single, quite opposite goal—making money.

The attitude was probably an oversimplification then. As for today, it would simply not be true of an ever-growing number of American businesses. What the four entrepreneurs you are about to meet share is the determination and the skill to make money, yes, but also to make a social difference, by being sensitive to the environment, to the communities in which they work and to their own employees.

**GUN DENHART**  
Co-founder and CEO,  
Hanna Andersson,  
Portland, Oregon

Ask Swedish-born Gun Denhart, forty-nine, what she is most proud



CAROL CONE-COUGHLIN



SHERI POE



DEBBIE AGUIRRE



GUN DENHART

of, and this cheerful powerhouse behind the now-booming, eleven-year-old family mail-order clothing company Hanna Andersson laughs and says, "That we are still here! So

many companies fail in the first five years." But then Denhart pauses, gets a bit more serious, and says, "And that we have been able to create a company with a heart."

The "heart" of Hanna (as almost all who work for the company call it)

began beating almost immediately after the company's first catalog went out, in February 1984. Denhart and her then-husband and business partner, Tom, (continue

# S&W FINE FOODS PRESENTS MR. S AND MR. W

MR. W, TRY MY ITALIAN BEAN SAUTÉ. AS A SIDE DISH, IT ADDS ZEST TO ANY MEAL!



WOW! IT HAS OUR SMALL WHITE BEANS, BABY LIMA BEANS, AND OUR NEW HERB AND GARLIC ITALIAN COOKING SAUCE!



RIGHT. IT GOES ESPECIALLY WELL WITH SALSICCE.

HUH?

SALSICCE IS ITALIAN FOR SAUSAGES.

SORRY. THE ONLY ITALIAN I KNOW IS LIRA.

AND THIS RECIPE IS SO GOOD, IT SHOULD MAKE US SOME!

## S&W Italian Bean Sauté

1/2 tsp olive oil  
1 cup coarsely chopped onion  
1 large red bell pepper, cut into 1/2" pieces  
1 can (15 oz.) S&W Small White Beans, undrained

1 can (15.25 oz.) S&W Kidney Beans, drained  
1 can (8.5 oz.) S&W Baby Lima Beans, drained  
1/3 cup S&W Herb & Garlic Italian Tomato Cooking Sauce

Heat oil in a large saucepan; add onion and bell pepper and sauté over medium heat until crisp-tender. Reduce heat to low; add Beans and Sauce. Simmer for 5-7 minutes, stirring occasionally until mixture is heated through. Serves 4.

Nutrition information per serving: 280 cal; 17 g protein; 45 g carbo; 17 g fiber; 5 g fat; 0 mg chol; 1420 mg sodium.

For free recipes, write S&W Fine Foods, San Ramon, CA 04583-0587.



SIMPLY WONDERFUL

# THE CRUNCH



**NATURE VALLEY**

**CRUNCHY GRANOLA BARS**

## Doing well by doing good

*continued*

tried to think of a unique way to promote their high-end line of brightly colored, soft, durable cotton garments. Almost immediately they conceived a program called "Hannadowns." They told customers they could return their used "Hannas" when their children outgrew them for 20 percent of the original purchase price, to be applied to their next order. Hanna announced that, in turn, it would donate the clothing to needy children.

Says Denhart, "This exposed us to a whole world I didn't even know existed ... kids walking around America today with parents who can't afford to buy clothes for them. That kind of opened up our hearts to people in need in this country."

Denhart's previous experience had nothing to do with clothing: She holds a Swedish master's degree in business economics and previously worked as the financial manager of the U.S. branch in a chain of foreign-language schools. But when her son, Christian, was born in 1980 and she couldn't find the kind of good-quality, cotton clothing she was used to having in Sweden, the idea for Hanna Andersson (named for Denhart's grandmother) was born. In 1983, the Denharts sold their home in Greenwich, Connecticut, and relocated to Portland, Oregon, where they used the money they had left after purchasing a new house—\$250,000—to stock up on inventory and produce their first catalog. That small, family-run business, located in the Denharts' house, grew in just ten years to a \$44 million business, employing nearly three hundred, as of 1993.

The Hannadowns program has played a big part in that success: The company estimates it has now issued some \$1,063,726 in credits to customers and distributed 240,205 pieces of clothing to charities and crisis centers around the country and world. Since 1993, Hannadowns has had a partnership with UPS, which provides the shipping of Hannadowns for free. Why? "We asked," says Denhart.

But Hannadowns was just the first beat of Hanna Andersson's heart. Four years after founding the company, Denhart started paying half the child-care costs of her mostly female (80 percent) workforce—up to \$3,000 a year per employee. She says that, as a mother, she knew that employees who were worried about their children all day could not focus on their work. Other "family friendly" or progressive employee benefits followed, including flex-time and profit sharing.

The company also donates 5 percent of its profits each year to charities that its workers select. It matches their charitable

contributions up to \$500 each per year and allows each employee to vote for the social or civic cause of their choice for eight hours a year on company time.

"You can look at the problems of our society," notes Denhart, "and say, 'Oh, too overwhelming, I can't do anything.' Or you can say, 'I'll do a little bit, at least, to make this a better world.'"

The son who was the impetus for the creation of Hanna Andersson is now fourteen years old. Clearly, he has absorbed his mother's philosophy. On a recent test in school, one of the questions was "What is a corporation?" Christian answered, "A corporation has many parts, just like the human body has a brain and a heart."

"That," says Denhart, "gives me goose bumps."

*For a free Hanna Andersson catalog and more information regarding Hannadowns, call 800-222-0544.*

## DEBBIE AGUIRRE President, Tierra Pacifica Corporation, Irvine, California

*"I think Debbie Aguirre is one of the most competent business individuals I have ever come across. She's a strong negotiator. She's fair. She's relationship-driven. She's not out for the quick buck. She's real. She's for the long haul."*

*—Mike Nelson, Project Manager,  
City of Pasadena, California*

Values—giving back—was what inspired nine-year-old Debbie Aguirre to leave the missing from her corporate life. That's what she was determined to do: to incorporate in Tierra Pacifica, her own design, engineering and construction firm in Irvine, California.

Aguirre began her career in real estate sales at age eighteen and, over the next twenty years, held senior management positions in three California corporate real-estate-development firms where she oversaw the construction of some five thousand units of housing and thousands of square feet of commercial and industrial projects. "It's what made her competent, but, Aguirre says, corporate life also made her "schizophrenic."

"I felt I had to lose my gender and ethnicity to fit in at work during the day. Yet at night and on weekends, I was so much involved with my community that something I couldn't talk comfortably about at work. I wanted to blend in in some way," she adds. Though she is single and doesn't have any children of her own, Aguirre found herself growing increasingly concerned about the kid's future that awaited today's youth. She saw an investment in the community as an investment in the future.

So, two years ago, in the middle of a recession, Aguirre (who remembers as "every dime of my savings and all

and four partners scraped up 250,000 and started Tierra Pacific—firmed to make money but equal-mitted to “giving back” to ia in a number of important ways. a Pacifica seeks out public build-jects—low-income housing, libraries and renovations of his-uildings—because Aguirre says es doing them and because, as a she sees a profitable niche, too: tive action provides certain ad- es to minority- and women-irms.

very community that hires Tierra gets something back. In Pasade-ere they’re restoring a historical ice building, Aguirre’s team, in-her subcontractors, is donating id materials to the cleanup and ion of a local battered-women’s In Huntington Beach, while they ousing, they organized a food hat delivered \$2,500 worth of a battered-women’s shelter. Else- Aguirre’s teams have worked to nior reading corner in a local lind joined forces with other mem-ber the construction community to battered-women’s shelter from und up.

re says her firm is willing to give and has, but they prefer to give r time and energies. “We get more of a benefit and give much Aguirre explains.

no problem getting subcontrac-go along, she adds. “They know part of what we do. We offer centives—like we’ll hand you the when the job’s done instead of g it out in thirty days—but they don’t need a lot of persuading.” ironmental concerns are also part erra Pacifica’s commitment. e, as president and head of strate-ning, is appalled at the waste of als on construction sites. “My re- shows that forty percent on the e site is wasted!” For example, d pieces of wood are usually out instead of kept clean for lat-, such as cutting up into mulch dscapeing. If her company can get a project in its design phase, e says, she can plan effectively to that waste and is committed to so. Controlling waste also saves ent money by, for example, save- cost of hauling away extra ge—all part of what Aguirre calls “engineering.”

management style? Aguirre is not ed to say she manages like a moth- the typical organization chart is a id. Ours is a wheel. My critics say, Oh, she does that touchy-feely n thing,” Aguirre says. “But I don’t I don’t model myself after a male . I’m doing things in a way that

feels easy, natural and fun for me. Even if I fail, this has been a great experience.”

### SHERI POE

President and CEO, Ryka Athletic Shoes, Norwood, Massachusetts

In 1972, Sheri Poe, then a nineteen-year-old college student, was raped at gunpoint after she hitched a ride on the campus of Southern Illinois University. “At that time there wasn’t a single rape-crisis center in the country,” Poe says. “And no one knew how to help me. The police laughed at me and blamed me for hitchhiking.”

That brutal incident caused Poe to drop out of college and led to years of trauma, punctuated by bulimia and because she was physically unable to work—financial collapse. At twenty-three, a doctor told her that her bulimia so threatened her health, she might never have children. Poe heard him—and began to put her life back together. She married, went to work and ultimately turned to aerobics to regain strength and rebuild her self-esteem. But the backaches she developed from exercising ultimately convinced her she could make a better athletic shoe for women, one designed especially for their higher arches and narrower heels.

It wasn’t easy to convince money-lenders of this. They hooted at her business plan, and some said she was crazy to try to compete against the big guys—Nike and Reebok. But Poe and her then-husband, Martin Birrittella, persisted and finally got the backing they needed. With \$50,000 borrowed from family and friends and a bank loan of \$250,000, they founded Ryka in 1988. They hobbled through some initial quality problems but succeeded in designing a line of lightweight, thickly cushioned, flexible athletic shoes. Feedback from customers told them they were really onto something.


Five years after they started, Ryka had a great product, but Poe says she began to feel something was missing. For seventeen years, she had kept silent about her rape, buried the anger, buried the pain. But when other women, notably talk-show host Oprah Winfrey, began to speak out about rape and abuse, Poe found herself reconsidering. Then, she says, she read an article that cited a U.S. Department of Justice estimate that three out of four women are victims of at least one violent crime during their lifetime; she knew at that moment that she and her company had to act and do something to help prevent violence against women.

In 1992 she founded Ryka ROSE (Restore One’s Self-Esteem) Foundation, a nonprofit foundation, separate from her shoe company, which funds programs that battle violence against

(continued)

# THAT SATISFIES





*For some,  
,  
it's not a matter  
of how far  
they've come,  
but how far  
they're going.*



## Doing well by doing good

*continued*

women. Since Ryka was not yet profitable, Poe pledged \$250,000 of her own money and got additional funding from her principal retailing partner, Lady Footlocker. She also committed 7 percent of Ryka's pretax annual profits to the foundation. That means every time a consumer purchases a pair of Ryka shoes, which are available in major department and sporting-goods stores such as Lady Footlocker and JCPenney, at a retail price of about \$40 to \$75, the company donates 7 percent of the profits to Ryka ROSE. So far, ROSE has distributed over \$220,000 to programs that help abused women, such as rape-crisis centers and shelters, and with the help of Lady Footlocker has given out 400,000 brochures telling women how to protect themselves from violence.

Ryka's marketing has become infused with the theme, right down to the tags on each pair of shoes telling women "How to be safe" and the company slogan: "Be strong!" "Physical strength is very, very important," notes Poe, "but it's not enough. You can't feel good on the outside without feeling good on the inside. Inner strength, inner health, the total health of a woman is what our company is about."

Critics have charged Poe with exploiting women as victims just to sell shoes, a charge she denies. "Truly, I did not integrate Ryka with the ROSE Foundation as part of any kind of marketing strategy. It was a true wish to give back somehow to the consumer who was making us a big company, a strong company, and, hopefully," she laughs, "a profitable company. I wanted to let them know we cared about them, not just physically, but spiritually and emotionally."

For more information on Ryka ROSE Foundation or for a free copy of "What Every Woman Needs to Know about Violence Against Women," call 800-255-7952, extension 184.

### **CAROL CONE-COUGHLIN** CEO, Cone-Coughlin Communications, Boston

Carol Cone-Coughlin describes herself as "a visionary," "a third-generation entrepreneur," a political "moderate" and a firm believer that public relations is not just publicity but, rather, a powerful tool to build "public relationships" for corporate America.

And as an original member of Businesses for Social Responsibility, this forty-three-year-old dynamo knows the kinds of relationships she wants to build. "Ever since I founded my firm fourteen years ago," says Cone-Coughlin, "I've felt that just being in the communications business was not enough, that I

wanted to give something back, and I wanted to help companies learn how to be good corporate citizens."

Cone-Coughlin has teamed with a number of companies she says have been trying to be just that. She's helped launch Avon's Breast Cancer Awareness Crusade, mount Coors' campaign for literacy and design Reebok's Human-Right! Foundation Awards program.

Today, some 40 percent of Cone-Coughlin's business is either "cause related marketing," which is usually short-term and transaction-driven (buy a tube of Crest, and ten cents goes to the Little League) or something Cone-Coughlin has dubbed "passion branding." That, she says, is "when a company creates a long-term passionate bond with its customers around shared values and needs." Passion branders, like The Body Shop or Ben & Jerry's Ice Cream, she adds, preach principles and live by them, top to bottom, throughout the company.

Cone-Coughlin attributes her "social conscience" to being raised in the sixties, and her ability to survive in business to her lifelong interest in competitive sports. Growing up, she trained and showed horses competitively and skied. She says that when she fell down or got "kicked in the face" by her pony, she "would get up and do it again. You have to do that," she adds.

Recently, Cone-Coughlin's growing list of clients began asking if cause-related marketing (CRM) really influenced the buying public. Cone-Coughlin's gut instinct told her it did, but to confirm that, she joined forces with the market-research organization Roper/Starch Worldwide and conducted a survey of two thousand adults.

To Cone-Coughlin's amazement, public reaction to companies involved in CRM was overwhelmingly positive. Up to 82 percent went so far as to say that when price and quality are equal, they would buy from the company that had demonstrated a sincere commitment to social causes. "That's astounding," said Cone-Coughlin. "That is a trend in this country."

But Cone-Coughlin feels this trend holds pitfalls for the insincere. She advises clients not to fake a social commitment. Cone-Coughlin believes that if you try on the latest cause just as a superficial marketing ploy, you'll get caught. Consumers "can see through an image that is not real."

But when a company does it right, they benefit and so does society. "My point of view is that there are so many problems out there," Cone-Coughlin adds, "that if every company who has good intentions, adopts an issue, it would be a much better world." ■

*Paula Lyons, former consumer editor of "Good Morning America," is a freelance journalist based in Boston.*

*In our continuing efforts to support the achievements of women in athletics, State Farm is proud to sponsor these exciting events throughout the year.*

### **GOLF**

- State Farm LPGA Rail Classic (airing Labor Day weekend, on Prime Network)
- Women's College Golf Championships
- LPGA Skins Game
- McCall's LPGA Classic at Stratton Mountain
- U.S. Women's Open

### **BASKETBALL**

- State Farm Women's Basketball Hall of Fame Tip-Off Classic (airing November 19-20, on ESPN)
- Women's College Regional Basketball Conferences

### **OTHER WOMEN'S ATHLETIC SPONSORSHIPS**

- ▶ Family Circle Tennis Cup
- ▶ College Women's Volleyball Championships
- ▶ Women's Figure Skating
- ▶ Women's Gymnastics

# THE CLUTTER COP

Tired of unkempt closets and disheveled drawers? Sick of spending too much time searching for T-shirts, shoes and wayward toys? We have expert tips to get you organized right now. By Leslie Lampert, Lifestyle Editor



## THE ORDER OF THE DAY

Closet clutter is a given with our busier-than-ever lives. Who has time these days to be vigilant about editing and sorting their things? Yet, according to Stephanie Schur, of SpaceOrganizers, in White Plains, New York, "If you spend a little time developing efficient storage space, you'll not only curb your clutter, you'll cut the time it takes to clean up around the house." For the working



mom's closet, above, Schur started by freeing up the floor of the closet, making room for an inexpensive clothes-sorting system for laundry. Then she organized sweaters by color on the lower shelf (handbags on the other side); on the upper shelf are decorative boxes and plastic bins for scarves, household papers and loose accessories. A compact stepladder unfolds for easy access to shelves.

## OPEN-AND-SHUT CASE

"I frequently see the crammed-drawer syndrome," says Schur. She reorganized the bedroom drawers, below, in less than twenty minutes by spilling their contents onto the bed and reassigning each item to a drawer by category. In one drawer: slips, camisoles and bodysuits—arranged by color. In another: socks (folded in half), pantyhose ("Roll them up in a ball and tuck the ends inside," says Schur), and a trinket tray for handkerchiefs, a diary and mementos. Then Schur arranged all jewelry in two see-at-a-glance organizer trays, in groupings of silver and gold for easy accessorizing.







Your weekend mechanic™ got cleaner.  
The grease and soap scum got tougher.



The yuckiest chore  
in the house!

Why  
we created a  
better  
all purpose  
bleach cleaner.\*



Remember last  
night's chicken cacciatore?  
Your stove does.



Aunt Sue's pie will go fast.  
Too bad the stains won't.



Spot's "spots" all  
over the kitchen floor.



Tough Greasy Dirt



Leading liquid  
bleach cleaner



Comet Cleaner  
with Bleach

When others can't cut it, Comet can.

\*Nothing's better on tough stains...and we're best on tough greasy dirt and soap scum.

YOU'VE BEEN MAKING  
DECORATING DECISIONS SINCE  
YOU WERE FIVE. SO NOW, WHY IS  
SELECTING CARPET SO CONFUSING?



ofas. End tables. Entire  
m suites. They could be hand-  
effortlessly, all in a single  
on. Now, if only shopping  
pet could be as easy. So many

Which means you can count  
on the selection,  
quality and value  
trusted for decades  
by millions of people.



based on the things  
you care about most,  
like thickness  
and durability.

The label on the back of every TrustMark carpet gives you helpful information you can use to compare one carpet to another.

## PRESENTING THE TRUSTMARK® CARPET SELECTION SYSTEM.

textures and styles. And  
the information to  
find the carpet  
right for you.  
That's why there's  
TrustMark®. A new carpet selection  
from Shaw Industries, the  
world's largest carpet manufacturer.  
TrustMark is available only at  
selected TrustMark dealers, a  
group of the most respected  
carpet dealers in the country.



Your specially trained TrustMark salesperson can show you how to use the TrustMark Information Center to choose a carpet that's right for you and your budget.

TrustMark is a complete system  
of carpet styles, practical information  
and trained salespeople. It gives  
you facts on every type of carpet.  
So you can compare one to another,

With TrustMark, you'll know  
you've made the right  
choice before you leave  
the store. Because after  
all, shopping for carpet  
should never leave anyone feeling  
small. For more information,  
call 1-800-TRUSTMARK  
(1-800-878-7862)  
in the U.S. and Canada.



by Shaw Industries, Inc.

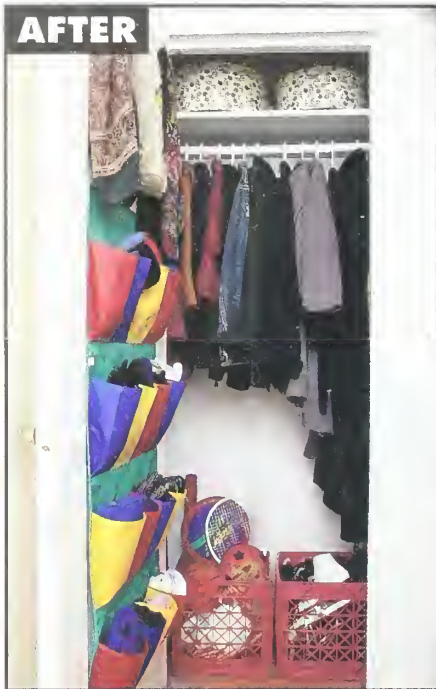
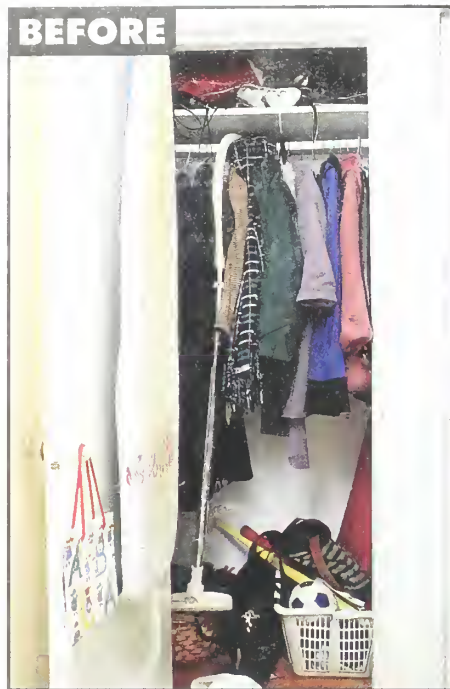
SELECTION MADE SIMPLE™

## YOU'RE IN CONTROL

Whose front hall closet couldn't use a little help? Besides being the coat station, it's the catchall closet for all those where-do-you-put-it items: sports gear, vacuum, shop-

ping bags, umbrellas. For the hall closet below, Schur brought decorative order to mitten madness by installing a brightly colored shoe bag on the inside of the door

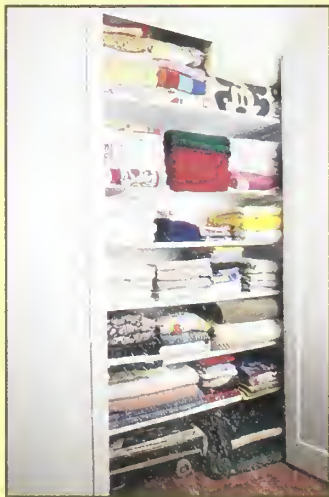
(the ironing board was relocated to a bedroom closet). Now, kids can easily find and store mittens, hats and scarves—or even deposit daily school items. For soccer, skating and tennis paraphernalia, Schur loves the durable red milk crates. And for out-of-season articles or miscellaneous accessories, matching hatboxes do the trick in style. Another trade secret of professional organizers: hanging clothing by size, to create vertical storage underneath the shorter items. (Even if you don't use the space, it makes the closet look less cluttered.) “Once you set up these simple systems,” says Schur, “you’ll be amazed at how much time and energy you’ll save straightening up the house.”



## 10 WAYS TO ORGANIZE YOUR CLOSETS

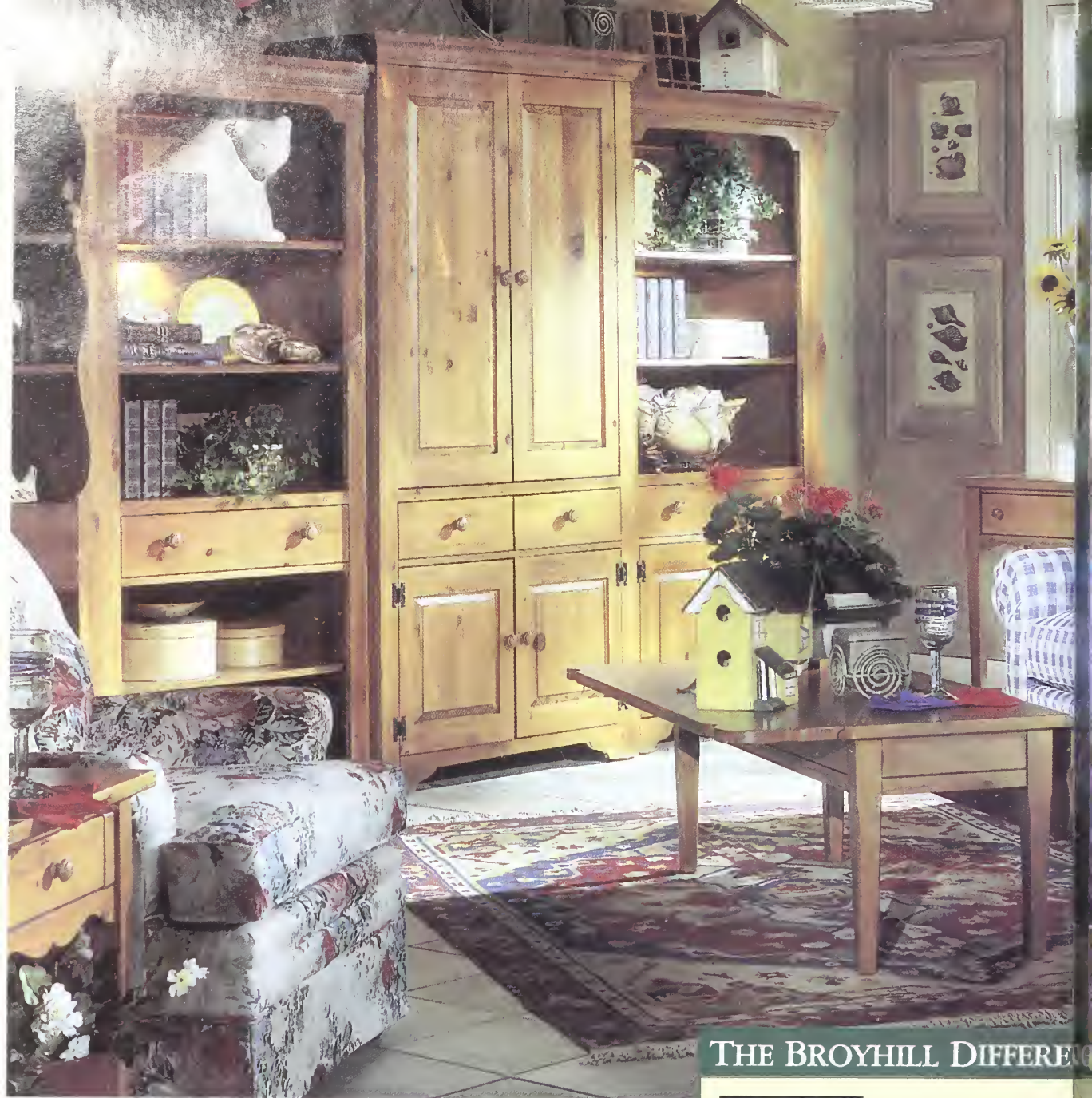
Expert organizer Stephanie Schur shares her top ten tips to tame closet clutter—for good! • First, sort through everything in your closet, and remove everything you never wear, as well as clothes that are too small, worn out or outdated (you'll be surprised how much room you'll gain). As you're sorting, earmark certain articles as giveaways or charitable donations. • For the remaining items, make three piles: one for clothes that need mending or altering, one for out-of-season pieces (store them in a labeled box underneath your bed) and one for current wearables (hang them back in your closet). • Arrange current

clothing by category (skirts, blouses, dresses, pants); then by length; then by color. (Underneath the short grouping, store your sewing basket, extra hangers in a bin, or a laundry hamper.) • Purchase sturdy hangers (wood or plastic) that will last as well as hold the shape of your clothing. Face all hangers in the same direction for easy access to clothing as well as a uniform look (a neat-looking closet does wonders for making you feel in control). If you have room, group empty hangers in their own section at the end of the pole. • Use all of the available space in your closet: Hang hooks, shoe (continued)





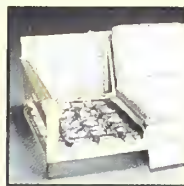
*Millwood*  
**CREEK®**



## THE BROYHILL DIFFERENCE

Inspired by American Shaker furnishings, the Millwood Creek<sup>®</sup> Collection by Broyhill reflects the Shaker lifestyle which emphasizes simplicity of line, complete functionality, quality construction and a natural beauty that is in harmony with the human spirit. Crafted from beautiful pine solids and veneers, Millwood Creek has a warm honey finish, hand-rubbed in a multi-step finishing process to achieve its mellow glow. A lush, deep green hue also embellishes several pieces. These timeless designs complement a range of styles and make it versatile enough to handle your family's constantly changing needs. Discover the Millwood Creek Collection, and enjoy life's simple pleasures.

Smart Buys from  
**Broyhill**<sup>®</sup>



Double cone coils deliver additional spring action for upholstered furniture pieces and are part of the reason why Broyhill furniture has a reputation for durability.

Chair bottoms are constructed with four corner blocks, and are then securely fastened with both glue and wood screws to guarantee structural durability.

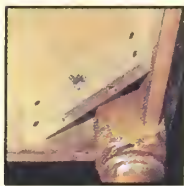


Table legs are bolted, glued and further supported with corner bracing to ensure greater stability and increased strength.

# Millwood CREEK®



**T COVER:** Enjoy charms of a time gone by the versatility of the Millwood Creek pencil post 10. Add drama with the canopy frame, \$110, and king wooden rails, \$125. The armoire, \$1075, is clothing storage or a hiding place for the bed-V. The blanket chest, \$500, and night stand, \$260, your storage options in a smart and stylish way.

This classic Lawson arm sofa, \$799-899,\* and coordinating arm chair, \$499-549,\* serve as a dramatic focus to any room. Leaves on the dropleaf end table, \$260, and dropleaf cocktail, \$290, fold up for additional space and flexibility. Both dropleaf end table and commode end, \$250, feature drawers for extra storage. The wall unit conveniently conceals those items you want out of sight while offering display space for books and prized collectibles. The entertainment unit, \$1175, has space for your television, VCR and other electronic equipment. Retractable pocket doors offer easy television viewing. A spacious drawer and shelves behind two doors store tapes, cassettes and CDs. Complete this attractive and practical wall system with the open wall unit, \$400, door wall unit, \$625, and corner unit, \$325.

*Most upholstered pieces are available in other fabrics. Prices on items vary accordingly due to fabric selections.*



Millwood Creek dining takes you back to simpler times and serves as a center for home gatherings both festive and everyday. The china, \$1375, is designed with an open area suitable for entertaining or easy everyday use. The popular pie safe cupboard, \$700, has found many new functions in today's homes—from dining room to kitchen, hallway to bathroom—your imagination is the only limitation. A harvest leg table, \$575, sturdy ladderback arm chair, \$195, and side chair, \$170, complete this dining group.



Comfort never looked so good. Get the luxury of a recliner with the style of classic upholstery in this reclining sofa, \$1099-1199\*, and reclining loveseat, \$1049-1149\*. Fresh pastels update the ever-popular plaid or nearly 400 fabric selections Broyhill offers to create your own statement. Add a cocktail table, \$250, or chairside end table, \$290. Finish off this cozy setting with a side-by-side entertainment center, \$975, designed with as much function as style. Retractable pocket doors reveal a television and VCR. A glass door exposes side storage for all your other electronics and allows for remote controlling. Three spacious drawers hold video tapes and CDs. *(See The Insert To The Left.)*



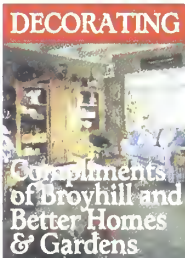
# Millwood CREEK

The triple dresser \$810, has three tray drawers behind the door. Match with a spacious landside mirror, \$200, to finish the room.

Shake up Shaker with this banister bed, \$525, in lush, deep green. Two-toned night stand, \$290, and blanket chest, \$525, accent this bedroom. Add the honey pine door chest, \$810, with its bountiful storage.

## FREE DECORATING & ENTERTAINMENT GUIDES

Enjoy our gift of *Better Homes & Gardens* Fall Decorating, Holiday Celebrations and Bedroom & Bath. This coupon entitles the bearer to the above *Better Homes & Gardens* special interest publications free. Simply visit your participating Broyhill retailer and see the Millwood Creek Collection. For the participating Broyhill retailer nearest you just phone:



**1-800-3BROYHILL**  
(1-800-327-6944)

Offer is good through September 30, 1994. Coupon must be presented.



To receive the complete Smart Literature Collection for only \$10, or for more information call 1-800-3BROYHILL (800-327-6944). Visa and MasterCard accepted. Or, send a \$10 check or money order to:

*Broyhill Furniture Industries  
Consumer Assistance Center  
One Broyhill Park  
Lenoir, NC 28633*

*Manufacturer's suggested "Smart Buys" prices effective through 9-30-1994. Prices may vary at individual retailers. All items may not be available at all locations. Furniture items may be special ordered.*

### The items on these pages may be purchased at the following Broyhill Dealers:

- ARIZONA**  
Flagstaff  
Gilbert  
Green Valley  
Lake Havasu City
- Mesa  
Phoenix  
Tucson
- CALIFORNIA**  
Anderson  
Atwater  
Bakersfield  
Canyon Country
- Chico  
Crescent City  
Cupertino  
El Cerrito  
Hanford  
Hollister  
Huntington Bch.  
Los Angeles
- Trinidadia Bay  
Newland Furniture  
Foran Furniture  
Midas Auto Home  
Furniture  
Fark House  
M. D. Price  
American Home Furnishings  
Denson Furniture
- Kramer Furniture  
California Furniture  
Lynette's Furniture  
Bismarck's Home Furnishings  
Plus  
Arizona Home Goods  
Kaufman Furniture  
Wood Works  
Tradway Furniture  
Salmon's Furniture  
Black Chapel Furniture  
A. Galt Distributors  
Dunbar, T. W.

- Manteco**  
Marysville
- Montclair**  
Oxnard  
Pittsburg  
Pleasanton  
Rancho Cordova  
Salinas
- San Carlos  
San Jose  
San Mateo  
Santa Rosa  
Sonora  
Turlock  
Vacaville
- IDAHO**  
Blackfoot  
Boise
- Coeur D Alene  
Lewiston  
Twin Falls
- Haters Furniture  
B. J. Richardson Home  
Furniture  
Koopmans Furniture  
Reeds & Son Furniture  
Lanzalame Furniture  
Woodworks Furniture  
Naturwood Furniture  
Packwood Showroom  
Galleries  
Woodworks Furniture  
Woodworks Furniture  
House of Value  
Santa Rosa Bedding Co.  
Family Country  
White Furniture  
Sneek Furniture
- Blackfoot Furniture  
Commerce Furniture  
Furniture  
Home Furniture  
Blair Furniture

- NEVADA**  
Carson City  
Elko  
Fallon  
Lake Tahoe  
Las Vegas  
Winnemucca
- OREGON**  
Bend  
Hood River  
Medford  
Roseburg  
Seaside  
Tigard
- UTAH**  
Murray
- Orem
- Saint George  
Salt Lake City
- Syracuse
- West Valley
- Carson Furniture  
Bodily Furniture Co.  
Winn-Yoder Furniture  
Carson Furniture  
Walker Furniture  
C. B. Brown Co. Inc.
- Anderson Home Furnishings  
Murray's Furniture  
Joseph W. Wans Furniture  
Kueblers Furniture  
Roehrs Home Furnishings  
Ripleys Fine Furniture
- R. C. Wiley Home  
Furnishings  
R. C. Wiley Home  
Furnishings  
Reilward Furniture  
R. C. Wiley Home  
Furnishings  
R. C. Wiley Home  
Furnishings  
R. C. Wiley Home  
Furnishings

- WASHINGTON**  
Aberdeen  
Ellensburg  
Ferndale  
Kent  
Oak Harbor  
Spokane  
Tacoma  
Vancouver  
Wenatchee
- Goldberg Furniture  
Fitterers Furniture  
Samuels Furniture  
Vans Furniture  
Whidbey Furniture &  
Burgans Furniture  
Schoenfelds Furniture  
Koplans Furniture  
Davis Furniture
- Also available in Canada**  
Calgary, Alb  
Chilliwack, B.C.  
Edmonton, Alb  
Grand Centre, Alb  
Red Deer, Alb  
Richmond, B.C.  
Vernon, B.C.
- Bennett Furniture Gal  
Grand Pappys Furnitu  
Finesse Furnishings I  
Select Furniture  
Sims Furniture Ltd  
Sandys Furniture  
Polson Place Furnitu



ctorian  
Sweetness and  
Grace.

Beautiful flowers. Sweet-faced cherubs. The finest English lace. All the ingredients for a sumptuous work of collage art. As you can see, this heart-shaped portrait of two beautiful angels surrounded by the bounty of an English garden is quite adorable—and quite affordable, too.

Just one look will convince you: The Crestley Collection offers you an exceptional plate at an exceptional price.

And make no mistake, at \$19.95 "Sweetness and Grace" is a real value.

This delightful portrait by artist Thomas Cathey is re-created on a 6-inch high fine porcelain plate. Beautifully detailed in vibrant colors, it is hand-numbered, comes with a Certificate of Authenticity, and has a great 90-day money-back guarantee.

So act now. Orders will be filled on a first-come first-served basis. And an affordable collectible plate like this is too precious to last! Send no money—just mail the coupon today.

More than you expect, for much less than you expect—from The Crestley Collection, a trusted affiliate of the Bradford Exchange.  
SATISFACTION GUARANTEED

©The Collection of Thomas L. Cathey

heavenly  
value today!



CRESTLEY  
COLLECTION

The Crestley Collection  
9204 Center for the Arts Drive  
Niles, IL 60714-1300

**Yes!** Please enter my order for "Sweetness and Grace." I understand I need send no money now. I will be billed \$19.95\* when my plate is shipped.  
Limit: one plate per order.

Please respond by: September 30, 1994

Signature \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

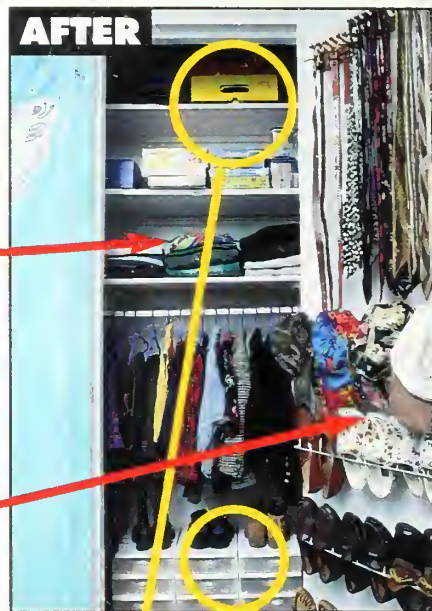
Phone (\_\_\_\_) \_\_\_\_\_

\*Plus \$2.99 postage and handling. Illinois residents add \$1.81 sales tax. Pending credit approval.  
©1994 The Crestley Collection. HHB-107

80731-FAR091

## NEATNESS COUNTS

"The first thing I always do in a child's closet is lower the pole for hanging clothing," says Schur. "That way, kids can be responsible for putting their own clothes away." Then she installs an extra shelf above the lowered pole for toys, school stuff, or T-shirt overflow from crowded drawers. For the closet, right, Schur also hung a pegged rack inside the door for ties, belts and suspenders; a shoe rack just underneath keeps sneakers and shoes in check. For loose game pieces—like chessmen and marbles—Schur found compartmentalized plastic storage boxes. Legos are under control in their own cardboard case—Schur suggests



using different-colored cases to identify playthings easily. Here, the red and yellow ones hold school papers and sticker collections. A final note: "Create a system that makes sense for your child's needs," says Schur.

*For shopping details, see page 212.*

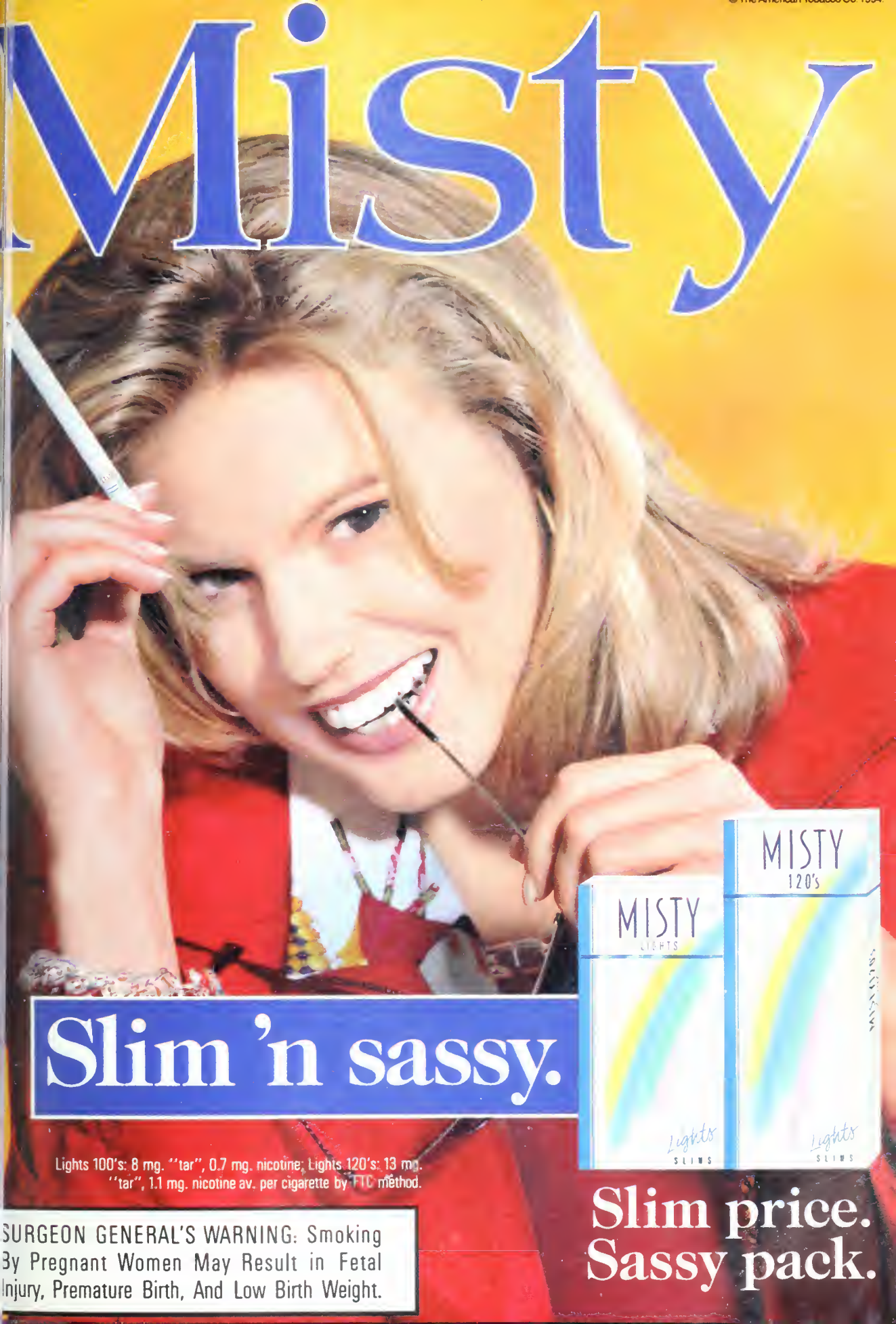


## 10 WAYS TO ORGANIZE YOUR CLOSETS

*(continued)* racks, pegboards or an organizer on the inside of the closet door. Install a high shelf for things that you use infrequently or for storing out-of-season items. Or, if your closet is particularly deep, add a second pole—behind the original—for clothing worn less often. • Adequate lighting is a must—so you can clearly see what you have. Inexpensive track lighting is one option; automatic lighting that's activated by opening the door is another. Painting the interior of the closet a white semigloss also brightens the space (as well as making it easy to wipe clean). • Use covered plastic bins for long-term—and airtight—storage of photos, household deeds and personal memorabilia. Decorative cardboard boxes can hold hair accessories, bathing suits, stationery and bank

statements. • For the linen closet: Group towels by size, then by color; store sheets in sets according to bedroom; fold everything neatly. Put frequently used items on lower shelves; blankets, pillows, tablecloths and guest items on top shelf. Designate one shelf—if space permits—as a whatnot area for toiletries, extra tissue boxes, gift wrapping, travel items. Use floor area for the vacuum, wrapped gifts to give, floor mats. • Label every box, bin and container so each family member can easily find items as well as return them to their proper places. • Once you institute these systems, make a point of putting things away as you go. Consider keeping a decorative basket by the staircase for accumulating daily clutter; at the end of the day, distribute the contents to the appropriate closets. You may even have time left over to read!

# Misty



**Slim 'n sassy.**



Lights 100's: 8 mg. "tar", 0.7 mg. nicotine; Lights 120's: 13 mg. "tar", 1.1 mg. nicotine av. per cigarette by FTC method.

**SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.**

**Slim price.  
Sassy pack.**

# TimeSmart<sup>SM</sup>

## Kitchen Tips

### *Kitchen Know How*

■ Having a smelly problem with your refrigerator? Rid the fridge of odors with the help of the newspaper. Empty the contents of the refrigerator, then pack the shelves with crumpled papers, leaving enough room to place a large bowl of water. Close the door and let the fridge run overnight.

■ Get the most from your range by matching the diameter of its heating elements to the size of your pans. If you don't, you run the risk of damaging your pans and wasting energy.

■ Hang ready-made racks or grids on walls and backsplashes to store everything from pots and pans to towels, leaving you more cabinet and drawer space.

■ Plastic bins provide instant storage for potatoes, onions and other produce. Some come with casters so they'll roll wherever they're needed.

### *In Good Taste*

■ If a dish you're cooking tastes bland, try adding a little lemon juice, mustard or Worcestershire sauce.

■ Constant stirring is still the best way to prevent lumps in cornstarch flour-thickened sauces and gravy. Lumps do form, dissolve them by beating with an electric mixer.

■ To save time defrosting frozen foods, pop them in the microwave. It takes minutes to do a job that usually takes hours.

■ Don't throw out a too-dry cake. Instead, pierce the top all over and pour on several spoonfuls of fruit juice or brandy, or use it to make trifle for dessert.



This TimeSmart<sup>SM</sup> kitchen combines Whirlpool<sup>®</sup> appliances and clever storage areas in a user-friendly layout.

For additional tips to help you manage your home better, call for a free Whirlpool<sup>®</sup> TimeSmart<sup>SM</sup> Guide, 1-800-253-1301.

® Registered Trademark SM Service Mark of Whirlpool, U.S.A.

### TimeSmart<sup>SM</sup> TIP

#### Appliance Pointers

Remember your refrigerator. Every three months, remove the grill at its base. Then vacuum its condenser coils and the floor with a crevice tool. On automatic-defrost models, remove the water-evaporation tray for a thorough cleaning.

• Tired of cleaning up spills from pies and casseroles in the oven? Place a sheet of aluminum foil or a shallow pan on the lower rack. Never use aluminum foil to line the oven floor.

*ever wish there were*

*of you? Then you'd have*

*to cook while the others cleaned.*

*your kitchen would sparkle like nobody's*

*business. Pleasant thought, but only a thought. That's why Whirlpool® makes*

*electric ranges with a CleanTop™ Cooking System.*

*Spills wipe up fast. At Whirlpool, we know*

*you're busy. That's why*

*we make ranges*

*to help the one of you.*



*How To Make A Home Run.™*

*Learn more about how you and Whirlpool can make your home run. Call 1-800-253-1301. Any day. Anytime.*



# A day in the life of a **PEDIATRICIAN**

There's nothing more poignant than a sick child—and no doctor more valued by parents than their child's pediatrician. Here's a look at how seven special doctors around the country handle everything from a preschooler's growing pains to an adolescent's emotional crisis. Plus, expert tips on the best ways to keep children healthy. By Sharlene Johnson



**CARDEN JOHNSTON, M.D., BIRMINGHAM, ALABAMA**

"It hurts, Mommy," said five-year-old Cassie Shipp, pointing to her throat. When her temperature shot up to 103°F. and she started complaining that her head hurt, Cassie's mother, Melinda, took her to the emergency room. Since Cassie's stiff neck, along with her headache and fever, are classic symptoms of spinal meningitis, Carden Johnston, who works in pediatric emergency medicine at The Children's Hospital of

Alabama, immediately tested for the disease. To everyone's relief, a culture revealed that Cassie's illness was caused by a simple viral infection. Unfortunately, the news isn't always that good. "The level of illness that we see here is fairly severe," says Johnston. "We admit to the hospital about one out of every twelve children who come in." Falls are the most common reason for childhood emergency-room visits, car accidents the most deadly.

## **BETTY LOWE, M.D., LITTLE ROCK, ARKANSAS**

After four-year-old Joseph Clark repeatedly woke up at night, crying because of pains in his legs, his parents nervously took him to see Betty Lowe, who has a special interest in rheumatology (she's also one of Chelsea Clinton's pediatricians and the medical director of Arkansas Children's Hospital). "Sometimes he couldn't stand up in the morning," says Joseph's mother, Patsy. Her worst fear—that the pain and swelling in his joints indicated leukemia—was soon ruled out by blood tests. The diagnosis? "Growing pains," says Lowe—yes, they really do exist, often striking kids between the ages of four and six. Lowe's remedy: a soak in a warm bath, a children's painkiller and a little reassurance. "These pains usually subside within six to twelve months," she explains.



*Carrot*



*Ice Pop*



*Sweet 'n Sour Chicken*



*Iced Tea*



*Nachos*



*Baby Food*



*Cheese Snacks*



*Marmalade*

# HERE'S A DETERGENT THAT KNOWS THE DIFFERENCE BETWEEN SPOTS AND POLKA DOTS.



Baby Food\*      Washed in other detergent      Washed in Tide with Bleach

NEW TIDE™ WITH BLEACH REMOVES MANY TOUGH STAINS WHILE HELPING TO KEEP COLORS BRIGHT. You don't have to choose between getting the stain out and keeping the color in.

Tide with Bleach knows the difference between a colorful spill and a colorful shirt. Its Activated Bleaching System is combined with a special ingredient to keep colors bright. Stains are gone for good.

Colors are here to stay. Wash after wash.

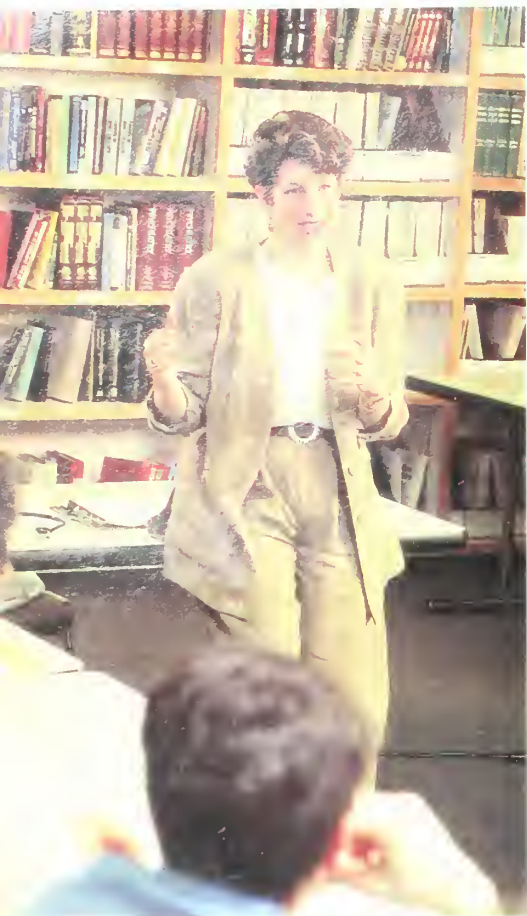
Even the cotton experts trust new Tide with Bleach.



TM - The Seal of Cotton is a registered Service Mark Trademark of Cotton Incorporated on 100% cotton



IF IT'S GOT TO BE CLEAN, IT'S GOT TO BE TIDE.



## ANITA FEINS, M.D., BOSTON

The most painful job a pediatrician has to face is telling a parent that her child is critically ill and may be dying," says Anita Feins, who teaches four classes at Harvard Medical School. For first-year medical students, these gut-wrenching class discussions are a mere shadow of the real-life situations they'll someday face. Feins, who is also a practicing pediatrician with the Harvard Community Health Plan (an HMO), has already learned just how difficult it is to be the bearer of bad news. "It's a struggle to balance a sense of hope and compassion with the reality that something disastrous may happen," she says.



## PEDRO CASTAÑEDA, JR., M.D., LAREDO, TEXAS

**H**ola! ¿Cómo te sientes?" When Pedro Castañeda, Jr., asks Dolores De La O, four, how she's feeling before giving her a vaccination, the question is in Spanish. Dolores lives in one of the *colonias* in southwest Texas, where diseases rare in the U.S.—such as cholera, which killed some four thousand people last year in Latin America—are a very real threat because of the constant influx of immigrants. Since the *colonias* are beyond city limits, paved streets and running water are virtually nonexistent. "Good health is not a priority here," says Castañeda, who volunteers his services twice a week. "They're just trying to get by."

## Doctors' tips for KEEPING KIDS HEALTHY

When we asked each of these pediatricians (almost all of whom are parents, too) about the best ways to make sure kids stay healthy, their answers were surprisingly simple. Take care of the following basics, they said, and your children will be well on the way to a lifetime of good health.

### ● Practice prevention

Don't wait until your child gets sick to go to the doctor. Well-baby and well-child visits, in addition to timely immunizations, are a crucial part of keeping kids healthy.

—PEDRO CASTAÑEDA, JR., M.D.

### ● Buckle up

Since automobile accidents are the number-one cause of death for children, every family member should use age-appropriate seat restraints or car seats.

—CARDEN JOHNSTON, M.D.

(continued)



"GOOD NUTRITION IS THE CORNERSTONE OF GOOD HEALTH," SAYS MARJORIE HOGAN, M.D., A PEDIATRICIAN AT THE HENNEPIN COUNTY MEDICAL CENTER, IN EGAN, MINNESOTA. THE MOTHER OF FOUR, HOGAN MAKES BREAKFAST WITH HER FAMILY THE FIRST PRIORITY OF HER BUSY DAY.



Introducing the Reese's™  
you eat with a spoon.



**Reese's**  
**Peanut Butter**  
**Puffs**

NEW!

WHOLESOME SWEETENED CORN PUFFS MADE  
WITH REAL Reese's PEANUT BUTTER



Tastes Like a  
**Reese's**  
PEANUT BUTTER CUP

New Reese's™  
Peanut Butter Puffs™ cereal.  
A whole new way to enjoy the taste  
of a Reese's® Peanut Butter Cup.  
Wholesome puffs of corn made with  
real Reese's™ Peanut Butter and  
delicious Hershey's® Cocoa.  
Pass out the spoons and crunch  
into the taste.

MFR COUPON | NO EXPIRATION DATE

DZ60

Save  
**75¢**



when you buy  
14.25 OZ. ONLY  
**REESE'S**  
**PEANUT BUTTER**  
**PUFFS**

RETAILER: General Mills will reimburse you for the face value of this coupon plus 8¢ if submitted in compliance with our redemption policy. Copies available upon request. Void if copied, prohibited or regulated. Cash value 1/100 cent. Send to GMI COUPON REDEMPTION, Box 900, MPLS., MN 55460 or an authorized clearinghouse. **ONE COUPON PER PURCHASE**—Good only in USA. APOs & FPOs.





## RENÉE JENKINS, M.D., WASHINGTON, D.C.

**T**errified she's about to be expelled from the Job Corps program and with few options left, this young woman breaks down. Counseling distraught teens is nothing new to Renée Jenkins, a professor of pediatrics at Howard University College of Medicine who specializes in adolescent health. The biggest

dangers to teens, says Jenkins, who holds a health clinic regularly at the Potomac Job Corps' Center, are drugs, alcohol and unprotected sex. "Parents have to discuss these issues before their kids hit adolescence," she says. By the time they reach the age of fourteen or fifteen, explains Jenkins, they're not going to talk to their parents.



## TOM TONNIGES, M.D., HASTINGS, NEBRASKA

**I**n his years as a pediatrician, Tonniges has seen a virtual revolution in the way that children with special needs are cared for. For starters, he says, "We don't call them 'handicapped' anymore." But more important, a child with cerebral palsy, like five-year-old Whitney Dahl, can now receive care in a general pediatric practice instead of being institutionalized as she once might have been. "Working with these kids requires a different level of training and more intense involvement," says Tonniges. "But the reward is enormous personal satisfaction." ■

### DOCTORS' TIPS, CONTINUED

● **Put babies to sleep face-up** To decrease the possibility of Sudden Infant Death Syndrome, a leading cause of death in infants under one year old, put babies to sleep face-up instead of face-down, as previously recommended.

—BETTY LOWE, M.D.

● **Exercise together** Start making exercise a part of family life when kids are young. Then, as they get older, continue to encourage their interest in whatever individual or group sports interest them.

—MARJORIE HOGAN, M.D.

● **Limit TV watching** Spending too much time in front of the TV keeps kids from doing more active things, like being outside and playing with friends. —ANITA FEINS, M.D.

● **Be a role model** Children learn best by example; parents should make good health a priority and not smoke or drink to excess.

—TOM TONNIGES, M.D.

● **Give teens another resource for questions they may not want to ask you** Even if your adolescent seems healthy, regular visits to the pediatrician continue to be important. The doctor can provide appropriate counseling about issues such as sexuality and substance abuse or experimentation.

—RENÉE JENKINS, M.D.



# Why do babies play with their belly buttons when they have \$768 worth of toys in the house?

is round and soft and tickles you when you touch it. Your mom turns her head and friends squeal when you tickle it off. And no one has one like yours. You'd be obsessed with your belly button, too.

Now, moms and dads, we've come up with a great solution. It's the Healthtex baby onesie. A cute little number that looks like a shirt except for three snaps



at the crotch that keep it tucked in when your little offspring is busy springing around the room. It mixes and matches easily. It's made of a durable cotton blend. And, it's cute. Call us to find out more. You'll be happy you did. And so will that teddy bear she's neglected all these months.

**Healthtex**

1-800-554-7657

Questions? Call 1-800-554-7657. Look for Healthtex at Lord & Taylor.

Watch



WORLD PREMIERE  
"Jackson Browne: Going Home"

Watch



WORLD TELEVISION  
PREMIERE  
"A Far Off Place"

Watch



WORLD TELEVISION  
PREMIERE  
"The Adventure of  
Huck Finn"

And Enter to Win



An all-new 1995 Chevrolet Lumina Sedan

# You'd be surprised what you can get from watching The Disney Channel.

Sit back, relax and tune in to our Free Preview. You'll get around-the-clock family entertainment like "Jackson Browne: Going Home" and "The Adventures of Huck Finn." And you just might be a winner.

All you have to do is watch the programs listed in red on the preview schedule for the daily "Clue to Family Fun!" There is a different clue given each day of the preview. Send in the correct clue(s) and you could win one of five grand prizes! The more correct clues you have, the more chances you have of winning. Five grand prize winners will receive a new 1995 Chevrolet Lumina Sedan *plus* a trip to Epcot '94 at Walt Disney World Resort. Ten first prize winners will receive a Walt Disney World Resort family vacation for four. Grand and first prize winners will fly Delta Air Lines, The Official Airline of Disneyland and Walt Disney World. There are five days of exciting programs and movies, five grand prizes and five "Clues to Family Fun!"

So get the kids, some popcorn and take five. Because anyone who doesn't take advantage of The Disney Channel's Free Preview is clueless.

The **DISNEY** Channel

# The Disney Channel Free Preview, August 25-29.

Thursday, August 25	Friday, August 26	Saturday, August 27	Sunday, August 28	Monday, August 29
6:00 Mousercise	6:00 Mousercise	6:00 Mousercise	6:00 Mousercise	6:00 Mousercise
6:30 Donald's Quack Attack	6:30 Donald's Quack Attack	6:30 Dumbo's Circus	6:30 Dumbo's Circus	6:30 Music Box
7:00 The Gummi Bears	7:00 The Gummi Bears	7:00 Welcome to Pooh Corner	7:00 Welcome to Pooh Corner	7:00 The Gummi Bears
7:30 Adventures in Wonderland	7:30 Adventures in Wonderland	7:30 Under the Umbrella Tree	7:30 Under the Umbrella Tree	7:30 Adventures in Wonderland
8:00 Fraggle Rock	8:00 Fraggle Rock	8:00 My Little Pony Tales	8:00 My Little Pony Tales	8:00 Fraggle Rock
8:30 Welcome to Pooh Corner	8:30 Welcome to Pooh Corner	8:30 Jim Henson's Secret Life of Toys	8:30 Jim Henson's Secret Life of Toys	8:30 Welcome to Pooh Corner
9:00 Under the Umbrella Tree	9:00 Under the Umbrella Tree	9:00 The Charlie Brown and Snoopy Show	9:00 The Charlie Brown and Snoopy Show	9:00 Under the Umbrella Tree
9:30 Dumbo's Circus	9:30 Dumbo's Circus	9:30 Fraggle Rock (Animated)	9:30 Fraggle Rock (Animated)	9:30 Dumbo's Circus
10:00 Mickey's Mouse Tracks	10:00 Mickey's Mouse Tracks	10:00 MOVIE The Chipmunk Adventure	10:00 MOVIE Hey There, It's a Bear	10:00 Mickey's Mouse Tracks
10:30 Care Bears	10:30 Care Bears	11:30 MOVIE Rodgers and Hammerstein's Cinderella	11:30 The Terfy Bears Picnic	10:30 Care Bears
11:00 The Gummi Bears	11:00 The Gummi Bears	1:00 MOVIE Oklahoma!	12:00 Kids Incorporated	11:00 The Gummi Bears
11:30 Jump, Rattle & Roll	11:30 Jump, Rattle & Roll	3:30 Preview Show	12:30 Mickey Mouse Club	11:30 Jump, Rattle & Roll
12:00 Danger Bay	12:00 Danger Bay	4:00 MOVIE The Whipping Boy	1:00 TBA	12:00 Danger Bay
12:30 Zorro	12:30 Zorro	6:00 Faerie Tale Theatre	1:30 The Torkelsons	12:30 Zorro
1:00 MOVIE The New Adventures of Pippi Longstocking	1:00 MOVIE Woof Again! Why Me?	7:00 MOVIE The Adventures of Huck Finn	2:00 MOVIE The Computer Wore Tennis Shoes	1:00 MOVIE Felix the Cat
1:30 Donald's Quack Attack	2:30 My Little Pony Tales	9:00 Disney Night Time	3:35 Walt Disney World Inside Out	2:30 My Little Pony Tales
2:00 Care Bears	3:00 Donald's Quack Attack	10:35 Preview Show	4:00 MOVIE Charlotte's Web	3:00 Donald's Quack Attack
2:30 Avonlea	3:30 Care Bears	11:00 MOVIE The River	5:35 Preview Show	3:30 Care Bears
3:00 Kids Incorporated	4:00 SPECIAL TBA		6:00 Avonlea	4:00 Avonlea
3:30 Mickey Mouse Club	5:00 TRIPLE FEATURE FRIDAY		7:00 THE MAGICAL WORLD OF DISNEY Old Yeller	5:00 Kids Incorporated
4:00 TBA	6:30 TRIPLE FEATURE FRIDAY A Cry in the Wild		8:30 Preview Show	5:30 Mickey Mouse Club
4:30erie, Indiana	8:00 TRIPLE FEATURE FRIDAY A Far Off Place			6:00 The Charlie Brown and Snoopy Show
5:00 Disney's Young Musicians Symphony Orchestra				6:30 The Torkelsons
5:30 Discover Magazine's 5th Annual Technology Awards				7:00 Faerie Tale Theatre
				8:00 Avonlea
6:00 Disney Night Time	10:00 SPECIAL George Michael's Concert of Hope	Stay tuned to The Disney Channel at the conclusion of each program listed in red for your daily "Clue to Family Fun!"	9:00 Disney Night Time SUNDAY NIGHT SHOWCASE Jackson Browne Going Home	8:00 Disney Night Time BEST OF HOLLYWOOD The Grapes of Wrath
6:30 Preview Show	11:30 Preview Show		11:00 SPECIAL The Nixon Interviews	11:30 SPECIAL Aretha Franklin Queen of Soul
7:00 SPECIAL Tony Bennett	12:00 MOVIE The Efficiency Expert			
7:30 My Me to the Moon				
8:00 SPECIAL One Small Step				

\* Partial funding of this program provided by the Yamaha Corporation of America, maker of fine musical instruments

Programs subject to change. All times listed are ET/PT. AM-Light PM-**Bold**. Watch our Preview Show for information on exciting, upcoming programs. Please consult your local TV listings for complete 24-hour schedule.

Preview available only to subscribers in participating systems and home satellite dish owners who have a descrambler or an IRD and subscribe to at least one programming service.

## Mickey Mouse Double Bell Alarm Clock

Receive a certificate to get a FREE Mickey Mouse Double Bell Alarm Clock and your choice of a six-month subscription to either *Discover* magazine or *Disney Adventures* when you subscribe to The Disney Channel. You must call 1-800-847-9000 during the preview and install between August 25 and September 30. New subscribers only. See certificate for details.



To Enter

Enter to Win



A Trip to Epcot '94 at Walt Disney World Resort via Delta Air Lines

## The Disney Channel's Chevy Lumina at Epcot Family Sweepstakes

Here's how the sweepstakes works: At various times during the 7:15-8:29:94 time period on The Disney Channel (including the 8:25-8:29:94 free preview period), five different "Clues to Family Fun" will be announced on air. To enter the sweepstakes, hand-print on a postcard your name, address, home telephone number and one or more of the five correct "Clues to Family Fun" announced on air. EACH CORRECT CLUE TO FAMILY FUN CONTAINED ON YOUR ENTRY WILL GIVE YOU A CHANCE TO WIN A PRIZE (I.E., ONE CORRECT CLUE WILL GIVE YOU ONE CHANCE TO WIN, FIVE CORRECT CLUES WILL GIVE YOU FIVE CHANCES TO WIN). MAIL YOUR COMPLETED ENTRY VIA FIRST CLASS MAIL TO THE DISNEY CHANNEL'S CHEVY LUMINA AT EPCOT FAMILY SWEEPSTAKES, P.O. BOX 4041, BLAIR, NE 68009. FOR ELIGIBILITY, ENTRIES MUST BE RECEIVED BY 9:30:94. No responsibility is assumed for lost, late or misdirected mail.

The Disney Channel

DELTA AIR LINES  
The Official Airline of  
Disneyland and Walt Disney World

Alternate means to obtain all five correct "Clues to Family Fun" you may send a stamped, self-addressed envelope (WA residents need not affix return postage) to "Clues to Family Fun," P.O. Box 4155, Blair, NE 68009. Your request must be received no later than 8:29:94. All correct clues will be sent to those requesting such on 8:30:94. Sweepstakes is open only to residents of the United States (except Puerto Rico), is void wherever prohibited by law, and is subject to all applicable laws and regulations. No purchase is necessary. For complete rules, send a self-addressed, stamped envelope (WA residents need not affix return postage) to THE DISNEY CHANNEL'S CHEVY LUMINA AT EPCOT FAMILY SWEEPSTAKES RULES, P.O. Box 4155, Blair, NE 68009. Lumina, Chevy and the Chevrolet emblem are registered trademarks and Chevy is a trademark of the General Motors Corporation.

# How to teach children VALUES

A growing cynicism and the erosion of ethics make raising children a perilous task. Here, straight talk from the former Secretary of Education and author of the best-selling *The Book of Virtues* on how to develop character in our children. By William J. Bennett

**W**e live in an era that almost seems dedicated to the corruption of the young, to assuring the loss of children's innocence before their time. Since 1960, there has been a more than 500 percent increase in violent crime, a more than 400 percent increase in out-of-wedlock births, a tripling of the percentage of children living in single-parent homes, a tripling in the teenage suicide rate, a doubling in the divorce rate and a drop of almost 75 points in the SAT scores of our students. In comparison with the rest of the industrialized world, the United States ranks at or near the top in the rate of abortion, divorce and unwed births. We lead the industrialized world in murder, rape and violent crime.

## THE IMPORTANCE OF VIRTUE

Intelligent public policies can address some of our plights. But we need to recognize that many of the problems afflicting society today are moral problems, and therefore remarkably resistant to governmental cures.

The *real* answer to the perils of our time is that we simply must become more civilized. And the best way to become more civilized is to inculcate virtue in our children.

Now by "virtue" I don't mean a kind of moral perfection that none of us is capable of attaining. What



I do mean is that we must pay attention to something that every civilized society has given preeminent importance: instilling in our children certain fundamental traits of character—traits like honesty, compassion, courage, perseverance, altruism and fidelity to one's commitments.

Teaching virtue to our children need not be a controversial undertaking. Forming good character in young people does not mean having to instruct them on thorny issues like abortion, creationism, homosexuality or euthanasia, to name just a few. These are important and complex issues that deserve discussion in the proper forum. But as our own experience bears out, people of good character

are not all going to come down on the same side of difficult political and social issues. Good people—people of character—can be conservative, and good people can be liberal. We must not permit our political disputes to obscure our obligation to offer instruction on the importance of good character.

## SOCIETY'S ROLE

Charles William Eliot, president of Harvard University from 1869 to 1909 and the editor of the *Harvard Classics*, once reminded us that "in the campaign for character no auxiliaries are to be refused." And in the campaign for good character, there are at least three auxiliaries parents should be able to count on as a matter of course. *(continued)*

WINDOW GUARDS!

PLAYGROUND EQUIPMENT MUST BE SECURE!



SAFETY GATES IF YOU HAVE STAIRS!

BEDROOM

BATHROOM

FAMILY ROOM

KITCHEN

NONSKID MATS A MUST!

SMOKE DETECTORS ARE A MUST!



CHILD SAFETY LATCHES ON CABINETS!

THERE'S NO PRICE YOU CAN PUT ON YOUR FAMILY'S SAFETY. THAT'S WHY OUR HOME SAFETY GUIDE IS FREE.

Today, there's an overwhelming need for safety education, especially in homes with children under five. If only adults were aware of potential dangers, many injuries that occur in and around the home could be prevented. With this in mind, we developed "A Family's Guide to Child Safety," with easy-to-read safety tips. This is a great way to teach the whole family about home safety. **Booklets are available in English and Spanish. Get your copy today.**

**THIS NEW BOOKLET IS YOURS FREE**  
Simply phone MetLife at 1-800-638-5508



**Metropolitan Life Foundation**

## How to teach children values

*continued*

The school is one. We need to agree again on the fundamental purpose of education—which is to provide for the intellectual *and* moral education of the young. From the ancient Greeks to the founding fathers, moral instruction was considered the central task of education. Until a quarter century or so ago, the consensus was so complete as to go practically unchallenged; now it's time to go back to basics. Parents should insist on teachers who are willing to discriminate between right and wrong. They should also insist on the school's maintaining policies that reward good behavior and punish bad. We need a solid curriculum in history and English—not courses in moral reasoning, but the good old stuff, quarried from our rich store of literature and history.

Religious institutions are a second important auxiliary. A number of thoughtful commentators have remarked recently that the mission of the church has become confused: Churches have become overly political and secularized, and they are not paying enough attention to their primary responsibilities—affirming faith and attending to the moral life of believers. It would also be helpful if serious beliefs were not so

often the subject of ridicule and disdain. Why don't we hear more from the media about the positive effects that religion has on many people's lives, instead of what we so often have: discussions of religion with a backdrop of scandal? Controversies shouldn't be ignored, but we should be able to expect basic fairness and proportionality.

A third auxiliary is popular culture. Our society has become far too cynical and sleazy. From my childhood through adolescence and into early adulthood, I was fortunate that people went to the trouble of pointing out to me individuals who possessed qualities of human excellence that were worth imitating and striving for. But for some reason, many people today seem contemptuous of the very notion of heroes. This kind of corrosive cynicism is dangerous. It puts children's ideals, aspirations and their notions of self-worth in jeopardy. Children need to know what deserves to be emulated and loved and nurtured; popular culture can provide an important assist.

### THE ROLE OF PARENTS

Clearly, schools, religious institutions and the popular arts can be important allies in moral education. And to a certain extent, it is true that the family can never completely counteract the influence of the culture in which we live.

Nevertheless, it is also true that teaching character begins where it must—in the home, with parents. What are some of the things that parents need to do to help children develop good character? Here are four areas:

**Time** These days we often hear that quality time that is important. The problem with this is that you can't sit down and say, "Son, we now have an hour together. Let's make it 'quality time.'" Children don't understand what that means; for them, quality time is quantity time. The real-world fact is there is no substitute for spending time with your child—and children know it.

My mother, who was divorced, had my brother, Bob, and me. She held two jobs, as a medical receptionist and a secretary. It was tough on her. But my memory is that she spent a lot of time with me—and it made a huge difference in my life. Though she never said it, she had clearly made a decision: The needs of her sons came before her own needs.

Times have changed. Not long ago, during a break in a trip, I was watching a daytime TV talk show. The topic was with single mothers who wanted to talk. In the course of the discussion a woman conceded that her young child had needs, but said, "I have needs, too." It turned out that her needs consisted of maintaining a very active dating life.



We have no reason to use fillers or artificial flavors



ty needs to affirm once again the  
; that having a child is the most  
nt thing a person will do in life,  
t act entails certain obligations.  
ay argue otherwise, but there is  
no substitute for parental and

moral guidance: logging lots of time, do-  
ing chores and errands together, playing  
together, reading together, and patiently  
explaining the way the world works and  
the way people ought to live. It is worth  
remembering, however, that in instructing

children in moral education, we shouldn't  
expect perfection from them. And we  
shouldn't expect perfection from our-  
selves either. But we should expect that  
our life, taken in its totality, will be a good  
pattern for our children. (continued)

## What does a character-building day look like?

ing good character  
with rules and pre-  
imitation and exam-  
story and moral  
cy. How might these  
play out in a day in  
e of a child? It might  
something like this:  
e school, the child  
s the discipline and  
ood habits to get up,  
ressed, get his books  
her, and show up at  
ol an time—with  
etwork done, and  
y to answer questions  
the teacher.  
ring the school day,  
ill ideally spend time  
a teacher who is com-

fortable in her position of  
authority, uses that authori-  
ty confidently and compe-  
tently, is a good example  
and works with the im-  
provement of her students  
as her motivation.



At the school our son,  
Jahn, attends, there is  
something called the "char-  
acter honor roll," which is  
given equal footing with  
the academic honor roll.  
That's a good idea.

During recess, the child  
should play according to  
the rules of the games and  
be willing to lend a sup-  
porting hand to other chil-  
dren who are having a  
difficult time.

When he gets home  
from school, there are  
probably chores he will be  
responsible for: yard work,  
or cleaning his room, or  
taking care of his pets.

During family dinner—an  
activity too often over-  
looked in our hurried  
world—there should be an  
opportunity to discuss  
events from the day, both  
personal and global. In the  
evening, homework will be  
done. Parents might help  
check it and oversee it, but  
certainly they must make  
sure that it is done. And  
when the child gets ready  
for bed, they may want to  
read him a story or two,  
say prayers together and  
kiss him good night.

These are the kinds of day-  
to-day tasks that can make  
all the difference. —W.J.B.

Just a reason not to.

That's why we use only Tyson Holly Farms' chicken  
in our Chunks, Patties, Tenders and Fillets.

Feeding you like family.

TM

# Bright Ideas from Elmer's GluColors®

Next time you're looking for a creative way to amuse the kids, try this project. It's just one of the many fun things they can do using Elmer's GluColors.



**E**lmer's GluColors Stickies

Soft, transferable designs that cling to surfaces like windows, refrigerators and mirrors.



**M**aterials. Assorted Elmer's GluColors, plastic kitchen wrap.



**H**ow to make

Place a piece of clear plastic wrap on a flat surface. Make a design on the wrap by applying Elmer's GluColors. Allow to dry at least 24 hours. To see if Stickie needs more drying time, carefully lift up the plastic wrap and check underneath.

Lighter spots mean it needs to dry a bit longer. To remove Stickie, gently peel away from the wrap.



**T**ip: Place a pre-existing design or tracing under the clear wrap and use as a guide when applying GluColors.

## America Bonds with Elmer's

## How to teach children values

*continued*

**Example** We can't expect children to take messages about rules or morality seriously unless they see parents taking those rules seriously in their day-to-day affairs. As Helen Mary Warnock, a former Oxford professor, has written, "You cannot teach morality without being committed to morality yourself; and you cannot be committed to morality yourself without holding that some things are right and others wrong."

A child cannot learn about honesty if she sees one or both of her parents lie or cheat. We can't expect a brother to treat his sister with respect if the father is not treating the mother with respect. And we can't expect a child to develop compassion for others if there is no evidence of compassion shown to others by the child's mother or father.

Family is not destiny; fortunately, other responsible adults can help shape children's character. And just as some children who have good parents turn out to be bad, some children who have bad parents turn out to be good. They can overcome the odds. But we should make it as easy as possible for them to learn good character. The general rule is obvious: Parents should not only talk the talk, they should walk the walk.

**Moral instruction** Children need to be taught not only by example but also by precept. If you tell a child that it's important for her to be a good person, the next question she inevitably asks is "Why?" Parents need to be able to answer that question confidently, in a way that will make sense to the child.

Parents also need to provide children with specific reference points. My wife, Elayne, and I often read from the book I edited, *The Book Of Virtues*, an anthology of great moral stories. To Joseph, our five-year-old, we read the story "Please," about a little word that lives in a boy's mouth and needs to be taken out of his mouth very often, so it will be strong and happy. We read this as instruction on manners, the basic building blocks of civilization. To John, our ten-year-old, we read about the Spartans' heroic stand at the Pass of Thermopylae. He is ready to comprehend more complex virtues, like courage and sacrifice. Elayne and I have found that one of the keys to any kind of learning is repetition: We need to keep telling the stories again and again. The boys love hearing them, and it takes time for them to internalize the message. But over time, they do.

**Love and discipline** The most valuable thing a parent can provide to a child is love. Love is making sure that a child sees tangible examples of parents' deep and enduring affection and devotion.

Cornell psychologist Urie Bronfenbrenner once said, "In order to develop a child needs the enduring, irrational involvement of one or more adults and joint activity with the child." When someone asked him to explain what he meant by "irrational involvement," he said, "Somebody has got to be crazy about that kid!"

But discipline is a very important part of the concept of love. The point of discipline is to set responsible limits that reinforce good conduct. I am convinced that children understand intuitive discipline is a sign of love; that enforcing rules and providing order and structure are signs that parents care enough to pay attention.

## SHAPING A CHILD'S LIFE

The reason we need to instill values in our children is not to satisfy narrow ideological beliefs or to impose a rigid conformity. The real reason we still virtue has to do, finally, with the well-being of children. Because character is characterized by virtue is still the most honorable and the most successful way to live.

Social science and common sense agree on this point: Nothing more powerfully determines the shape of a child's life than his values, his beliefs, his sense of right and wrong. Since time immemorial, it is given to parents, presently, to provide these things. And for parents, there is no more important and rewarding task.

*William J. Bennett is presently co-chairman of Empower America, a conservative roots political organization.*

Tune in to CNN's new interactive town meeting, *TalkBack Live*, during the week of September 3-7. Share your voice your opinion with other Americans on some of the topics focused on in this piece: the rapid parent disintegration of marriage and the increase in cynicism and violence in our nation, as well as who should be teaching our children values. (*TalkBack Live* can be seen every weekday at 1 P.M. E.T.)

Further, we at *Ladies' Home Journal* would like to know how you cope with these issues. Send us your ideas on how to instill character in children, and we'll publish the best in a future issue of *Ladies' Home Journal*. Send suggestions to Box V, LHJ, 100 Park Avenue, New York, NY 10017.

# OUR IDEAS COME THROUGH

# LOUD AND CLEAR

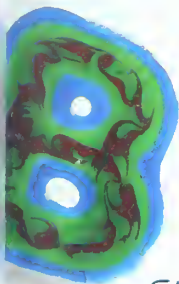


oud, with brilliant color, thanks to the wonder of Elmer's® GluColors.® Never before have you been able to add such creativity, dimension and texture to any project.



With eight bright colors, you can bring flower pots into full bloom with ease. Your kids can have all the fun of bringing multi-colored prehistoric beasts to life.

GluColors are neat, safe, non-toxic and wash out with water.



lear is how Elmer's® School Glue Gel™ dries! Its patented formula is non-toxic, washes out in water and, best of all, won't run or drip!

When you use Elmer's GluColors and School Glue Gel, your ideas are guaranteed to come through **LOUD** and **CLEAR**.



merically  
Bonds  
with Elmer's



Keeping your dogs and cats healthy and happy.

By Shana Aborn

## MAKING YOUR PET A STAR

**C**an your dog outsparkle Eddie, the canine co-star of *Frasier*? Is your cat as cool as Morris? It's tough to get a pet into show biz, but with the right qualifications, yours could be one of them.

Linda Hanrahan, of Animals for Advertising, a New York theatrical animal agency, says that all would-be animal actors must be unfazed by loud noises and bright lights. Dogs must be able to sit and stay

without a leash for at least five minutes; cats need to be accustomed to frequent handling. And if your pet can perform tricks on cue, so much the better.

Ad agencies, TV and film producers, and theater companies find their animal talent through agents and trainers. To find the ones in your area, check directories such as *The Producer's Almanac*, available at theater bookstores, libraries and university film departments. Then send agents a few clear photos, or a videotape, of your pet in various poses. Include a cover letter describing its level of training and special talents. If the agents are interested, they'll call you.

The work itself can last from one day to several months. Owners of animal actors are paid daily rates ranging from \$100 for a print ad to several hundred dollars for film work, but most owners say the biggest thrill is seeing their pets get their moment in the spotlight.

—LOREN

SPIOTTA-DIMARE



## ask THE VET

By William D. Swartz, D.V.M.

*Our six-year-old poodle is well behaved around the family, but when visitors come, he jumps on them, barks and won't leave them alone. How can I keep him from being such a pest?*

**I**t's time for you and your poodle to learn the "Go to ..." command. Show him a treat, take it to his bed, and say, "Go to your bed!" When he does, give him the food and praise him lavishly; if he doesn't obey, correct him firmly and try again. Repeat the process again and again, gradually moving farther away from the bed until he obeys the command every time. Your reward: a well-trained dog and happier guests.

Dr. Swartz is a veterinarian in practice in Herndon, Virginia. Send your questions about pet health and behavior to Bax PN, Ladies' Home Journal, 100 Park Avenue, New York, NY 10017. We'll use the best ones in future issues.



## When disaster strikes

**N**atural disasters can happen at any time, so pet owners should have a plan to protect their animals as well as the rest of the family. Nicholas Gilman, program coordinator for emergency animal relief at the American Humane Association, advises that pets be included in family disaster drills and have their own emergency kit. All pets should wear ID tags.

Here are guidelines for specific emergency situations:

• **Fires** Designate an adult to assist pets if a fire breaks out, says Captain Devin Trone, of the Los Angeles County Fire Department. But if you can't find your pets right away, don't stay behind or return to look for them. Leave a door or window

open so they can escape.

• **Floods** If flooding is predicted, put pets in their carriers so you can evacuate your home quickly. Don't leave pets in the basement.

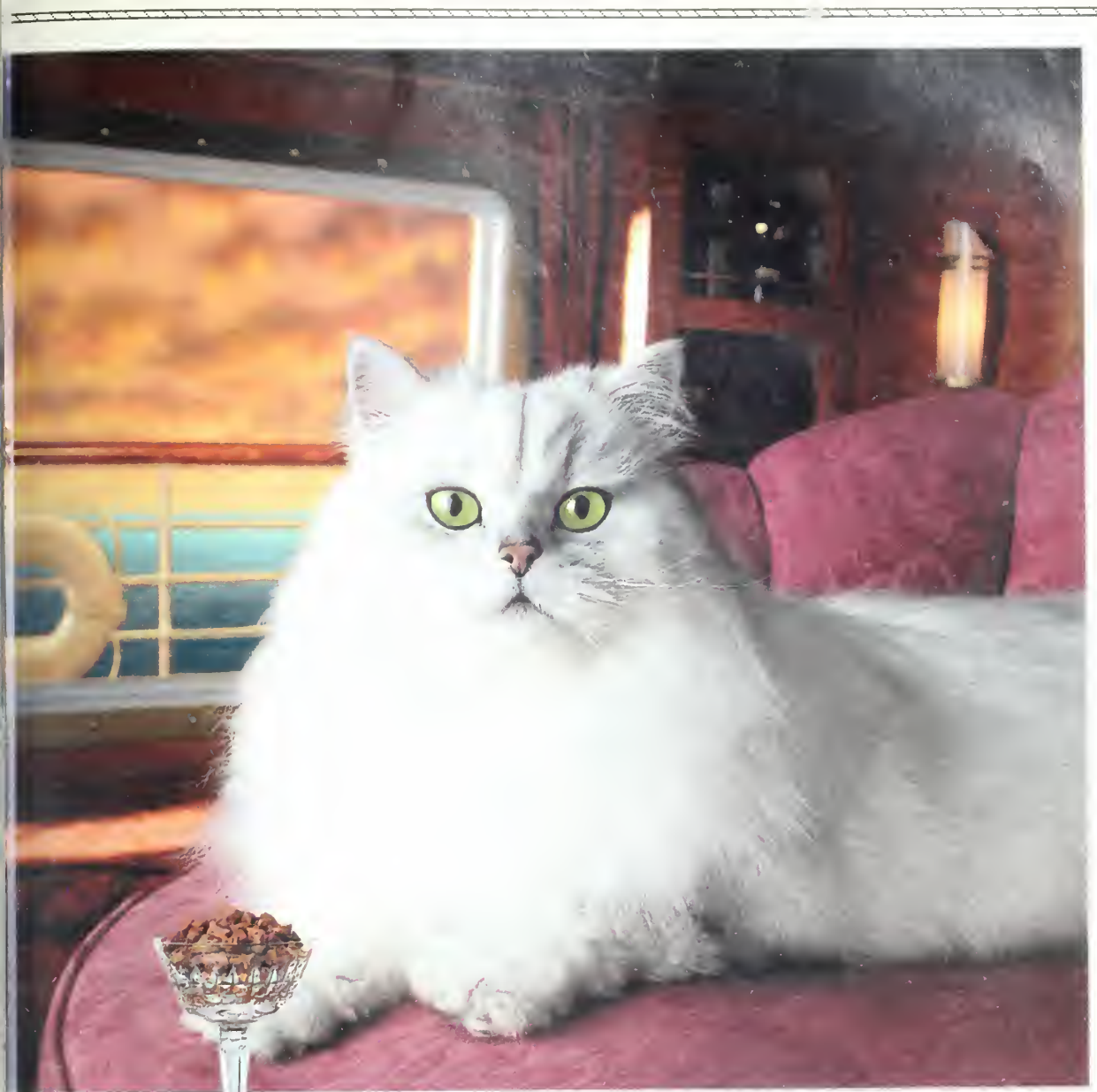
• **Violent storms** Keep your pets away from windows. During tornadoes, take them with you to low ground.

• **Earthquakes** During a quake, frightened pets often run out of the house or yard, where they may be injured or lost. Keep pets in a secure, familiar room, dim the lights and leave them alone.

For a free pamphlet on disaster planning, send a self-addressed, stamped envelope to the American Humane Association, 63 Inverness Drive East, Englewood, CO 80112-5117.

—VICKI L. HOGUE





There are those among us  
with very simple tastes.

They only want the best.

For them, there is Fancy Feast.  
The gourmet cat food. Exceptionally  
moist. Uniquely delicious. And, only  
Fancy Feast offers so many extra-  
ordinary varieties to satisfy even the  
most discriminating connoisseurs.  
Fancy Feast gourmet cat food.  
Good taste is easy to recognize.

**“Finally, a medicine for my seasonal nasal allergies worth seeing my doctor about.”**



# Seldane-D is the first seasonal nasal allergy medicine that lets you stay alert\* as it relieves sneezing, runny nose, and itchy, watery eyes, PLUS stuffed-up nose.



of seasonal allergy sufferers all over the world get the relief they need from the prescription medicine Seldane-D. Seldane-D isn't for everyone. There are risks for some. So read this message thoroughly to find out specifically who should not take Seldane-D.

**Seldane-D combines a  
nonsedating antihistamine  
with a decongestant for the first time.**

The antihistamine in Seldane-D is terfenadine, the world's first nonsedating antihistamine. The "D" in Seldane-D is the most commonly used decongestant. Together, these ingredients relieve your major seasonal allergy symptoms, including a stuffed-up nose, without the risk of drowsiness.

Seldane-D causes no more drowsiness than a placebo (double-blind study). In medical studies with hundreds of patients, there was no significant difference in drowsiness between those who took Seldane-D and those who took a sugar pill.

**WARNING: YOU MUST NOT TAKE SELDANE-D if you are also taking the prescription antifungal medicines itraconazole (Sporanox<sup>®</sup>) or ketoconazole (Nizoral<sup>®</sup>) or prescription antibiotics erythromycin, clarithromycin (Biaxin<sup>®</sup>), or troleandomycin (TAO<sup>®</sup>), or if you have liver disease. DO NOT TAKE MORE THAN the amount prescribed by your doctor. Seldane-D has been associated with rare occurrences of abnormal heartbeats, heart attacks, and death under these conditions. Please see important additional information on the adjacent page.**

Due to similarities in the drugs, it is also recommended that the antifungal drugs fluconazole, metronidazole, and miconazole, and the antibiotic azithromycin, not be used with Seldane-D.

Tell your doctor before taking Seldane-D if you have any liver or heart problems. Also, while using Seldane-D, tell your doctor if you ever feel faint, become dizzy, or have irregular heartbeats.

Do not use Seldane-D with any other prescription or nonprescription medicines without first talking to your doctor.

It is important to know that a decongestant may produce unwanted side effects or drug interactions, or may complicate existing medical problems. Pseudoephedrine, the decongestant in Seldane-D (as well as in many over-the-counter allergy medicines), may cause nervousness, dizziness, or significant levels of insomnia. Seldane-D must not be taken with MAO inhibitors, prescription medicines that treat depression. Also, before taking Seldane-D, tell your doctor if you have high blood pressure, heart disease, diabetes, glaucoma, thyroid disease, or symptoms of an enlarged prostate (difficulty urinating).

If you become pregnant or are nursing a baby, talk to your doctor about whether you should take Seldane-D. Your doctor will decide whether you should take Seldane-D based on the benefits and the risks. It is always important to tell your doctor about any medicines you are using, including MAO inhibitors, antifungals, antibiotics, diet pills, and drugs to treat asthma and lung disease.

**Ask your doctor if Seldane-D  
is right for you.**

Because Seldane-D is a prescription medicine, only your doctor can decide if you are a candidate for it. So, if you suffer from a stuffed-up nose along with your other seasonal nasal allergy symptoms, ask about Seldane-D. It's worth seeing your doctor about.

**SELDANE-D**  
(terfenadine 60mg and pseudoephedrine HCl 120 mg)  
**EXTENDED-RELEASE TABLETS**

AVAILABLE BY PRESCRIPTION ONLY

\*The reported incidence of drowsiness with Seldane-D (7.2%) in clinical studies involving hundreds of patients did not differ significantly from that reported in patients receiving a placebo (11.4%).

†Based on worldwide prescription and distribution information (1986-1993). Data on file, Marion Merrell Dow Inc.

‡Based on US prescription and distribution information on single-entity decongestants (1986-1993). Data on file, Marion Merrell Dow Inc.

SEE ADDITIONAL IMPORTANT INFORMATION ON THE FOLLOWING PAGES

SFM93406301 ©1994, Marion Merrell Dow Inc. MDS-4001 0227A4

**SELDANE-D**  
(terfenadine and pseudoephedrine hydrochloride)  
Extended-Release Tablets

**WARNING BOX**

**OT INTERVAL PROLONGATION/VENTRICULAR ARRHYTHMIA**  
RARE CASES OF SERIOUS CARDIOVASCULAR ADVERSE EVENTS, INCLUDING DEATH, CARDIAC ARREST, TORSADES DE POINTES, AND OTHER VENTRICULAR ARRHYTHMIAS, HAVE BEEN OBSERVED IN THE FOLLOWING CLINICAL SETTINGS, FREQUENTLY IN ASSOCIATION WITH INCREASED TERFENADINE LEVELS WHICH LEAD TO ELECTROCARDIOGRAPHIC OT PROLONGATION:

1. CONCOMITANT ADMINISTRATION OF KETOCONAZOLE (NIZDAL) OR ITRACONAZOLE (SPORANOX)
2. OVERDOSE, INCLUDING SINGLE TERFENADINE DOSES AS LOW AS 360 MG
3. CONCOMITANT ADMINISTRATION OF CLARITHROMYCIN, ERYTHROMYCIN, OR TROLEANDOMYCIN
4. SIGNIFICANT HEPATIC DYSFUNCTION

TERFENADINE IS CONTRAINDICATED IN PATIENTS TAKING KETOCONAZOLE, ITRACONAZOLE, ERYTHROMYCIN, CLARITHROMYCIN, OR TROLEANDOMYCIN, AND IN PATIENTS WITH SIGNIFICANT HEPATIC DYSFUNCTION

**DO NOT EXCEED RECOMMENDED DOSE**

IN SOME CASES, SEVERE ARRHYTHMIAS HAVE BEEN PRECEDED BY EPISODES OF SYNCOPE. SYNCOPE IN PATIENTS RECEIVING TERFENADINE SHOULD LEAD TO DISCONTINUATION OF TREATMENT AND FULL EVALUATION OF POTENTIAL ARRHYTHMIAS. (See CONTRAINDICATIONS, WARNINGS, CLINICAL PHARMACOLOGY, AND PRECAUTIONS: DRUG INTERACTIONS.)

**DESCRIPTION**

SELDANE-D (terfenadine and pseudoephedrine hydrochloride) Extended-Release Tablets are available for oral administration. Each tablet contains 60 mg terfenadine and 110 mg pseudoephedrine hydrochloride in an outer press-coat for immediate release and 110 mg pseudoephedrine hydrochloride in an extended-release core. Tablets also contain as inactive ingredients colloidal silicon dioxide, ethylcellulose, glycerol, hydroxypropyl cellulose, hydroxypropyl methylcellulose 2208, hydroxypropyl methylcellulose 2910, lactose, magnesium stearate, microcrystalline cellulose, polyvinylpyrrolidone 80, precipitated calcium carbonate, pregelatinized corn starch, sodium lauryl sulfate, sodium starch glycolate, talc, titanium dioxide, and zinc stearate.

**INDICATIONS AND USAGE**

SELDANE-D is indicated for the relief of symptoms associated with seasonal allergic rhinitis such as sneezing, rhinorrhea, pruritus, lacrimation, and nasal congestion. It should be administered when both the antihistaminic properties of SELDANE (terfenadine) and the nasal decongestant activity of pseudoephedrine hydrochloride are desired (see CLINICAL PHARMACOLOGY).

SELDANE-D has not been studied for effectiveness in relieving the symptoms of the common cold.

**CONTRAINDICATIONS**

CONCOMITANT ADMINISTRATION OF SELDANE-D WITH KETOCONAZOLE (NIZDAL) OR ITRACONAZOLE (SPORANOX) IS CONTRAINDICATED. SELDANE-D IS ALSO CONTRAINDICATED IN PATIENTS WITH DISEASE STATES OR OTHER CONCOMITANT MEDICATIONS KNOWN TO IMPAIR ITS METABOLISM, INCLUDING SIGNIFICANT HEPATIC DYSFUNCTION AND CONCURRENT USE OF CLARITHROMYCIN, ERYTHROMYCIN, OR TROLEANDOMYCIN OR PROLONGATION HAS BEEN DEMONSTRATED. IN SOME PATIENTS TAKING TERFENADINE IN THESE SETTINGS, AND RARE CASES OF SERIOUS CARDIOVASCULAR EVENTS, INCLUDING DEATH, CARDIAC ARREST, AND TORSADES DE POINTES, HAVE BEEN REPORTED IN THESE PATIENT POPULATIONS. (See WARNINGS AND PRECAUTIONS: Drug Interactions.)

SELDANE-D is contraindicated in nursing mothers, patients with severe hypertension, severe coronary artery disease, patients receiving monoamine oxidase (MAO) inhibitor therapy, and in patients with a known hypersensitivity to any of its ingredients (see DESCRIPTION section).

**WARNINGS**

Terfenadine undergoes extensive metabolism in the liver by a specific cytochrome P-450 isoenzyme. This metabolic pathway may be impaired in patients with hepatic dysfunction (alcoholic cirrhosis, hepatitis) or who are taking drugs such as ketoconazole, itraconazole or clarithromycin, erythromycin, or troleandomycin (macrolide antibiotics) or other potent inhibitors of this isoenzyme. Interference with this metabolism can lead to elevated terfenadine plasma levels associated with OT prolongation and increased risk of ventricular tachyarrhythmias (such as torsades de pointes, ventricular tachycardia, and ventricular fibrillation) at the recommended dose. SELDANE-D is contraindicated for use by patients with these conditions (see WARNING BOX, CONTRAINDICATIONS AND PRECAUTIONS: Drug Interactions).

Other patients who may be at risk for these adverse cardiovascular events include patients who may experience near or increased OT prolongation while receiving certain drugs or having conditions which lead to OT prolongation. These include patients taking certain antiarrhythmics, beta-blockers, certain psychotropic drugs, or astemizole; patients with electrolyte abnormalities, such as hypokalemia or hypomagnesemia, or taking diuretics with potential for inducing electrolyte abnormalities, and patients with congenital QT syndrome. SELDANE-D is not recommended for use by patients with these conditions.

The relationship of underlying cardiac disease to the development of ventricular tachyarrhythmias while on SELDANE-D therapy is unclear. Nonetheless, SELDANE-D should also be used with caution in these patients. Sympathomimetic amines should be used judiciously and sparingly in patients with hypertension, diabetes mellitus, ischemic heart disease, increased intraocular pressure, hyperthyroidism, or prostatic hypertrophy (see CONTRAINDICATIONS). Sympathomimetic amines may produce CNS stimulation with convulsions or cardiovascular collapse with accompanying hypotension.

**Use in Elderly**

The elderly are more likely to have adverse reactions to sympathomimetic amines.

**PRECAUTIONS**

**General**

SELDANE-D should be used with caution in patients with diabetes, hypertension, cardiovascular disease, and hyperreactivity to epinephrine.

**Information for Patients**

Patients taking SELDANE-D should receive the following information and instructions. Patients should be advised to take SELDANE-D only as

needed and NOT TO EXCEED THE PRESCRIBED DOSE. Patients should be questioned about use of any other prescription or over-the-counter medication, and should be cautioned regarding the potential for life-threatening arrhythmias with concurrent use of ketoconazole, itraconazole, clarithromycin, erythromycin, or troleandomycin. Patients should be advised to consult the physician before concurrent use of other medications with terfenadine. Patients should be questioned about pregnancy or lactation before starting SELDANE-D therapy, since the drug is contraindicated in nursing women and should be used in pregnancy only if the potential benefit justifies the potential risk to the fetus. Patients should be directed to swallow the tablet whole. Patients should also be instructed to store this medication in a tightly closed container in a cool, dry place, away from heat, moisture, or direct sunlight, and away from children.

**Drug Interactions** (see CONTRAINDICATIONS)

Monoamine oxidase (MAO) inhibitors and beta-adrenergic agonists increase the effect of sympathomimetic amines. Sympathomimetic amines may reduce the antihypertensive effects of methyldopa, mecamylamine, and reserpine. MAO inhibitors may prolong and intensify the effects of antihistamines. Care should be taken in the administration of SELDANE-D concomitantly with other sympathomimetic amines because combined effects on the cardiovascular system may be harmful to the patient.

**Ketoconazole**

Spontaneous adverse reaction reports of patients taking concomitant ketoconazole with recommended doses of terfenadine demonstrate OT interval prolongation and rare serious cardiac events, e.g. death, cardiac arrest, and ventricular arrhythmia including torsades de pointes. Pharmacokinetic data indicate that ketoconazole markedly inhibits the metabolism of terfenadine, resulting in elevated plasma terfenadine levels. Presence of unchanged terfenadine is associated with statistically significant prolongation of the OT and QTc intervals. **Concomitant administration of ketoconazole and SELDANE-D is contraindicated** (see CONTRAINDICATIONS, WARNINGS, AND ADVERSE REACTIONS).

**Itraconazole**

Torsades de pointes and elevated parent terfenadine levels have been reported during concomitant use of terfenadine and itraconazole in clinical trials of itraconazole and from foreign post-marketing sources. One death has also been reported from foreign post-marketing sources. **Concomitant administration of itraconazole and SELDANE-D is contraindicated** (see CONTRAINDICATIONS, WARNINGS, AND ADVERSE REACTIONS).

Due to the chemical similarity of other azole-type antifungal agents (including fluconazole, metronidazole, and miconazole) to ketoconazole and itraconazole, concomitant use of these products with SELDANE-D is not recommended pending full examination of potential interactions.

**Macrolides**

Clinical drug interactions studies indicate that erythromycin and clarithromycin can exert an effect on terfenadine metabolism by a mechanism which may be similar to that of ketoconazole, but to a lesser extent. Although erythromycin measurably decreases the clearance of the terfenadine acid metabolite, its influence on terfenadine plasma levels is still under investigation. A few spontaneous accounts of OT interval prolongation with ventricular arrhythmia including torsades de pointes have been reported in patients receiving erythromycin and troleandomycin.

**Concomitant administration of SELDANE-D with clarithromycin, erythromycin, or troleandomycin is contraindicated** (see CONTRAINDICATIONS, WARNINGS, AND ADVERSE REACTIONS). Pending full characterization of potential interactions, concomitant administration of SELDANE-D with other macrolide antibiotics, including azithromycin, is not recommended. Studies to evaluate the potential interaction of terfenadine with azithromycin are in progress.

**Carcinogenesis, Mutagenesis, Impairment of Fertility**

No studies have been conducted to evaluate the carcinogenic potential of SELDANE-D.

Oral doses of terfenadine, corresponding to 63 times the recommended human daily dose, in mice for 18 months or in rats for 24 months, revealed no evidence of tumorigenicity. Microbial and micronucleus test assays with terfenadine have revealed no evidence of mutagenesis. Reproduction and fertility studies with terfenadine in rats showed no effects on male or female fertility at oral doses of up to 21 times the human daily dose. At 63 times the human daily dose there was a small but significant reduction in implants and at 125 times the human daily dose reduced implants and increased post-implantation losses were observed, which were judged to be secondary to maternal toxicity. Animal reproduction studies have not been carried out with pseudoephedrine.

**Pregnancy Category C**

The combination of terfenadine and pseudoephedrine hydrochloride (in a ratio of 1:2 by weight) has been shown to produce reduced fetal weight in rats and rabbits at 42 times the human dose, and delayed ossification with wary ribs in a few fetuses when given to rats at a dose of 63 times the human daily dose. There are no adequate and well-controlled studies in pregnant women. SELDANE-D should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

**Nursing Mothers** (see CONTRAINDICATIONS)

Terfenadine has caused decreased pup weight gain and survival in rats given doses 63 times and 125 times the human daily dose throughout pregnancy and lactation.

**Pediatric Use**

Safety and effectiveness of SELDANE-D in children below the age of 12 years have not been established.

**ADVERSE REACTIONS**

**Cardiovascular Adverse Events**

With terfenadine, rare reports of severe cardiovascular adverse effects have been received which include ventricular tachyarrhythmias (torsades de pointes, ventricular tachycardia, ventricular fibrillation, and cardiac arrest), hypotension, palpitations, syncope, and dizziness. Rare reports of deaths resulting from ventricular tachyarrhythmias have been received (see CONTRAINDICATIONS, WARNINGS, AND PRECAUTIONS: Drug Interactions). Hypotension, palpitations, syncope, and dizziness could reflect undetected ventricular arrhythmia. IN SOME PATIENTS, DEATH, CARDIAC ARREST, OR TORSADES DE POINTES HAVE BEEN PRECEDED BY EPISODES OF SYNCOPE. (See WARNING BOX.) Rare reports of serious cardiovascular adverse events have been received, some involving OT prolongation and torsades de pointes, in apparently normal individuals without identifiable risk factors; there is not conclusive evidence of a causal relationship of these events with terfenadine. Although in rare cases there was measurable plasma terfenadine, the implications of this finding with respect to the variability of terfenadine metabolism in the normal population cannot be assessed without further study. In controlled clinical trials in otherwise normal patients with rhinitis, small increases in QTc interval were observed at doses of 60 mg b.i.d. In studies at 300 mg b.i.d. a mean increase in QTc of 10% (range -4% to +30%) (mean increase of 46 msec) was observed.

**General Adverse Events**

In double-blind, parallel, controlled studies in over 300 patients, SELDANE-D was compared to extended-release pseudoephedrine. Adverse reactions reported for greater than 1% of the patients receiving SELDANE-D were not clinically different from those reported for patients receiving pseudoephedrine (see Table below).

**Frequently (>1%) Reported Adverse Events for SELDANE-D in Double-blind, Parallel, Controlled Clinical Trials\***

Adverse Event	Percent of Patients Reporting	
	SELDANE-D (n=374)	Pseudoephedrine (n=287)
<b>Central Nervous System</b>		
Insomnia	25.9	26.8
Headache	17.4	17.1
Drowsiness/Sedation	7.2	4.9
Nervousness	6.7	8.4
Anorexia	3.7	3.8
Fatigue	2.1	1.4
Restlessness	2.1	1.0
Irritability	1.1	0.0
Disorientation	1.1	0.0
Increased Energy	1.1	0.0
Hyperkinesia	1.1	1.0
<b>Autonomic</b>		
Dry Mouth/Nose/Throat	21.7	21.3
Blurring of Vision	1.1	0.3
<b>Gastrointestinal</b>		
Nausea	4.5	6.6
<b>Skin</b>		
Rash	1.1	0.0
<b>Cardiovascular</b>		
Palpitations	2.4	3.8
<b>Allergy Symptoms</b>		
Sore Throat	1.9	1.7
Cough	1.6	0.3
<b>Other</b>		
Infection, Upper Respiratory	1.3	2.4
Taste Alterations	1.1	1.0

\*SELDANE-D B I D pseudoephedrine 120 mg B I D.

Pseudoephedrine may cause epinephrine-like reactions such as cardiac palpitations, headache, dizziness, or nausea. Sympathomimetic drugs have also been associated with certain untoward reactions including fear, anxiety, tenseness, restlessness, tremor, weak pallor, respiratory difficulty, dysuria, insomnia, hallucinations, convulsions, CNS depression, arrhythmias, and cardiovascular collapse/hypotension.

In controlled clinical trials with terfenadine, using the recommended dose of 60 mg b.i.d., the incidence of adverse events in patients receiving terfenadine was similar to that reported in patients receiving placebo. These effects included:

**Central Nervous System:** Drowsiness, headache, fatigue, nervousness, weakness, appetite increase.

**Gastrointestinal System:** Abdominal distress, nausea, vomiting in bowel habits.

**Eye, Ear, Nose and Throat:** Dry mouth/nose/throat, cough, sore epistaxis.

**Skin:** Eruption (including rash and urticaria) or itching. Also reported spontaneously during the marketing of terfenadine: alopecia (hair loss or thinning), anaphylaxis, angioedema, bronchospasm, confusion, depression, galactorrhea, insomnia, menstrual disturbances (including dysmenorrhea), musculoskeletal symptoms, night paresthesia, photosensitivity, rapid flare of psoriasis, seizure, tachycardia, sweating, thrombocytopenia, tremor, urinary frequency, visual disturbances.

Also in clinical trials, several instances of mild or, in one case, transaminase elevations were seen in patients receiving terfenadine. Elevations were also seen in placebo treated patients. Marked elevations include isolated reports of jaundice, cholestatic hepatitis. In most cases available information is incomplete.

**OVERDOSAGE**

Information concerning possible overdose and its treatment at Full Prescribing Information.

**DOSAGE AND ADMINISTRATION**

Adults and children 12 years and older: one tablet swallowed morning and night.

**USE OF DOSES IN EXCESS OF ONE TABLET B I D IS NOT RECOMMENDED BECAUSE OF THE INCREASED POTENTIAL FOR OT INTERVAL PROLONGATION AND ADVERSE CARDIAC EVENTS.** (See WARNING BOX.) **USE OF SELDANE-D IN PATIENTS WITH SIGNIFICANT DYSFUNCTION AND IN PATIENTS TAKING KETOCONAZOLE, ITRACONAZOLE, CLARITHROMYCIN, ERYTHROMYCIN, OR TROLEANDOMYCIN IS CONTRAINDICATED.** (See CONTRAINDICATIONS, WARNINGS, AND PRECAUTIONS: Drug Interactions.)

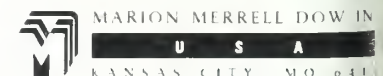
**HOW SUPPLIED**

SELDANE-D Tablets containing 60 mg of terfenadine and 110 mg pseudoephedrine hydrochloride in an outer press-coat for immediate release and 110 mg pseudoephedrine hydrochloride in an extended-release core are supplied as follows: NOC 0068-0722-61. Bottles of 100 tablets. Tablets are white to off-white, biconvex capsule-shaped, of SELDANE-D. Store at controlled room temperature (59-86°F). Protect from moisture.

Prescribing Information as of January 1993

Merrell Dow Pharmaceuticals Inc.  
Subsidiary of Marion Merrell Dow Inc.  
Kansas City, MO 64114

U.S. Patents 3,878,217; 4,929,605; 4,996,061; 4,254,129.



sedb0193m

SFM93406301



# LENOX

## THE GARDEN BIRDHOUSE THIMBLE COLLECTION

LENOX ARTISTRY...IN MINIATURE



*The custom-designed hardwood display is 15 1/2" high and 11" wide.*



A charming Swiss chalet... a Byzantine church... a Dutch windmill. Imaginative birdhouses often decorate the most delightful gardens and attract the most interesting birds. Now, the artists of Lenox have

created a whole garden of distinctive birdhouses, each with its own delicately sculptured bird.

Each birdhouse fits on the tip of your finger—a thimble crafted in the prized tradition of hand-painted miniature houses.

A striking red cardinal visits a village church. A sweet little chickadee comes to the door of a schoolhouse. And the blue jay—with its regal crown and plumage—seems to prefer the ornate Victorian cottage.

These Lenox miniatures are crafted in a special sculptor's blend of porcelain and resins. And hand painted to capture such tiny details as the blades of the chipping sparrow's windmill...the heart-shaped door to the woodpecker's romantic cottage...and the vibrant bluebird on its lovely gazebo.

THE GARDEN BIRDHOUSE THIMBLE COLLECTION will bring you twenty-four delightful surprises in all. Not currently sold in art galleries or fine collectible stores, it is available only from Lenox. Each imported thimble is priced at just \$9.95, and the custom-designed hardwood display is included with your collection.

To begin your collection, mail your Subscription Form without delay. 1011626



Lenox Inc. 1994

### SUBSCRIPTION FORM

Not sold in collectible stores • Mail by September 30, 1994

Signature \_\_\_\_\_

Name \_\_\_\_\_

PLEASE PRINT CLEARLY

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (\_\_\_\_\_) \_\_\_\_\_

\* Plus \$3.98 per set of three for shipping, handling and insurance. \$6.98 for display. Sales tax will be billed if applicable. All subscriptions subject to acceptance.

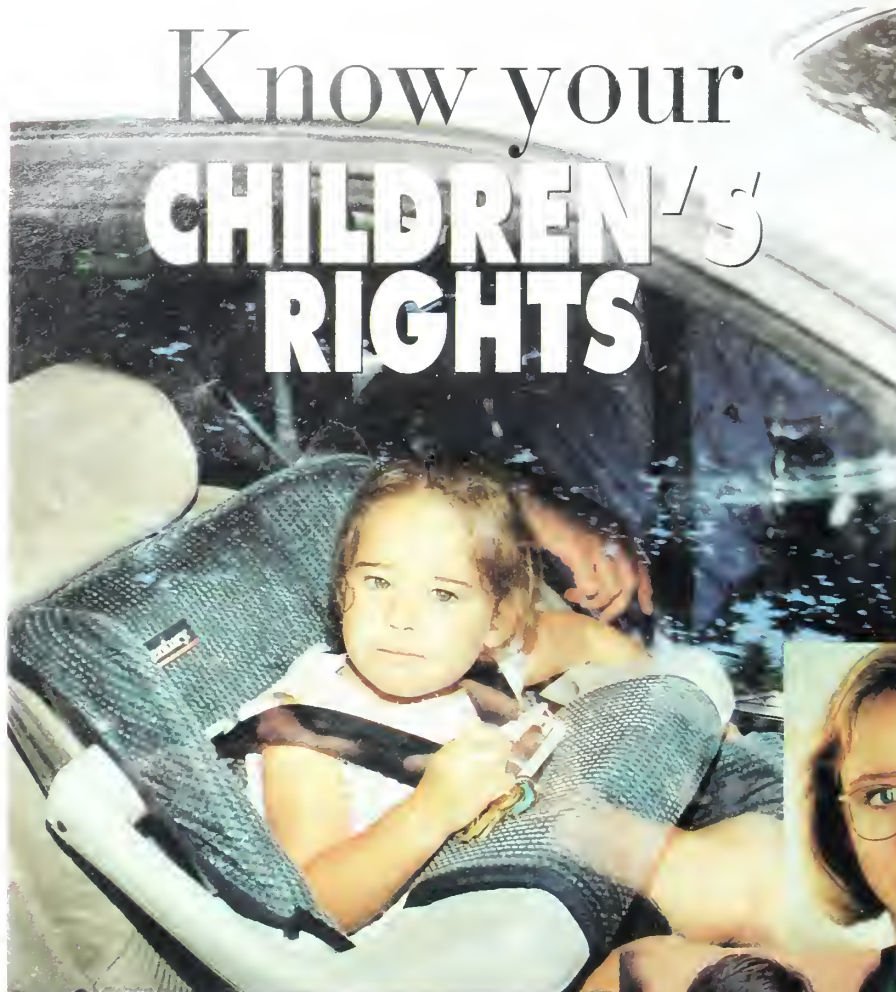
## THE GARDEN BIRDHOUSE THIMBLE COLLECTION

Enter my subscription to THE GARDEN BIRDHOUSE THIMBLE COLLECTION from Lenox, consisting of twenty-four hand-painted miniatures, to be sent at the rate of three thimbles every three months.

I send no money now. Bill me \$9.95\* per month for each thimble. The hardwood display will be provided with my collection. My satisfaction is completely guaranteed, and I may cancel my subscription at any time.

Mail to: Lenox Collections, P.O. Box 3020  
Langhorne, PA 19047-9120

# Know your CHILDREN'S RIGHTS



then, the courts have a great deal to say about what legal guarantees young people have, and traditional standards are being reconfigured with every court case.

For parents, knowing where the law stands has never been more important. Answering the following true-or-false questions will help you find out how well you understand children's rights.

**1. A child has the clear right to "divorce" his parents by initiating a case to terminate parental rights.**

**False** A great deal of media attention was given in 1992 to the Gregory K. case, in which a low-

**"Baby Jessica" returned to her birth parents after two years; switched at birth, Kimberly Mays shuffled back and forth between her two families; Gregory K. "divorced" his parents so he could be adopted by his foster parents**

Is a minor entitled to a lawyer? Can a child divorce his parents? Is the Constitution for adults only? Find out how much—or how little—American kids are legally entitled to. By Katherine Barrett and Richard Green

**F**or several years now, newspaper headlines have been full of stories of children buffeted between the law and changing social values. The specifics of the cases vary dramatically, from Baby Jessica, now three and known as Anna Jacqueline Schmidt, who was transferred from her adoptive parents of two years back to her birth parents, to

fifteen-year-old Kimberly Mays, who at birth was switched in a hospital nursery with another child. She was the object of a tug-of-war between Robert Mays, the man who raised her, and her biological family.

One thing is clear: Old-fashioned assumptions about the rights of children no longer apply. Generally, Americans are considered by law to be adults at age eighteen. Until

court terminated the rights of Gregory's natural parents, thus setting the stage for an adoption by his foster family, as the boy had requested. Gregory, now called Shawn, asked for the divorce because, he said, he hardly knew his parents and he had been in foster care for two years.

In actuality—though unreported by most of the media—an intermediate court found that the child by himself could not bring such an action. (Other federal and state courts since then, however, have recognized the right of children to bring cases in their own name, so no clear precedent has yet been set.) The Department of Social Services belatedly joined with Gregory in bringing his case to court, so the state's (i.e., Gregory's) victory stood. However, (continues)



NOW MIGHT BE A GOOD TIME  
TO BRING UP A DELICATE SUBJECT.  
DRINKING.



The subject may come up in a moment of shared intimacy, during quiet time before bed, when she's talking about her day at school or perhaps while you're discussing a family outing or event. She may ask. Or you may bring it up.

It might seem that nine or ten is very young to talk with a child about a subject as grown-up as drinking. But experts say that this is a time when she's probably forming her ideas about many adult things, alcohol among them. It's also a time when she may be most open to your loving guidance.

But what do you say? Many of us at Anheuser-Busch are parents, so we know just how hard it can be. And we know that too

often, not knowing what to say can lead to saying nothing at all.

That's why we've created "Family Talk About Drinking." "Family Talk" features two informative guides written by prominent authorities on child development, family counseling and alcohol treatment.

The guides discuss a number of subjects, among them how to talk with younger children, recognizing teenage drinking problems and addressing the issue of drinking and driving. Call 1-800-359-TALK for a free copy.

Because you want to take care of her for as long as you can. And one of the best ways to do that is to share the knowledge that will help her take care of herself.

LET'S STOP UNDERAGE DRINKING BEFORE IT STARTS.



*Anheuser-Busch, Inc.*  
1993 ANHEUSER-BUSCH ST. LOUIS, MO

## Know your children's rights

*(continued)*

the appellate court ruled that the trial court had proceeded with the boy's adoption in error. His status reverted for a time to that of a foster child, but the adoption became final in March.

### **2. A child can get his own lawyer to represent him in a family-related court case, such as a custody battle.**

**True** There is no constitutional right that guarantees representation for children, but over the past decade, a number of legislatures and courts have recognized children's need for their own legal representation at times. "In the past, children could not have their own advocate," says Elliot D. Samuelson, a partner with the law firm Samuelson, Rieger & Yovino, in Garden City, New York. "Presumably, the representative of the mother or father would advance the desires of the children. But what actually happened was that the respective parents' attorneys were really advocates for the parents' positions and only secondarily for the children's."

In one New York case, two brothers—aged nine and thirteen—were each provided with court-appointed attor-

ferences may also be the problem, explains Alter. For example, early this year, a lawyer for fifteen-year-old Shai Fhima Reuven filed a request for emancipation with the New York State Supreme Court. The major reason given: The boy's parents had not respected his right to practice Orthodox Judaism. (While studying for his bar mitzvah, the Jewish coming-of-age ceremony at age thirteen, Reuven had become far more religious than his parents.) In June, however, the request for emancipation was withdrawn, because Reuven's mother and a rabbi in the Orthodox community where he had been living entered into a joint custody agreement. Reuven now lives with the rabbi, and his mother has unlimited visiting rights.

### **4. If you suspect that a child is being abused, you can confide in a teacher or guidance counselor without actually bringing the case to official notice.**

**False** If a pediatrician, social worker or teacher has reasonable suspicion of child abuse, they are required, in every state, to make a formal report to local child-welfare authorities. Similarly, if you tell your suspicion of abuse to one of these people—and they feel that your apprehension has merit—they are re-

caretakers responsible for failure to protect a child in their care," says Patricia Toth, director of the National Center for Prosecution of Child Abuse, in Alexandria, Virginia.

### **6. A child with a serious physical or emotional problem has a right to special education—even if that means providing instruction at home.**

**True** "Children [in all fifty states] are guaranteed an appropriate education that's tailored to their educational needs," says Howard Davidson, director of the American Bar Association Center on Children and the Law, in Washington, D.C. "That's not to say they're guaranteed the best education. Each state doesn't have to send the child to Harvard. But they do have to provide him with an appropriate education based on an individualized evaluation."

### **7. Children have no constitutional rights.**

**False** There's a widespread myth that the Constitution applies only to adults. In fact, quite the opposite is true. Children have the right to all the protections of the Constitution except where the courts have ruled otherwise.

One of the most obvious limits on the constitutional rights of young women is their ability to freely seek an abortion. Thirty-five states require parental notification or consent for minors. (While the law is on the books in thirty-five states, it is not uniformly enforced.)

Constitutional rights have also been limited in the area of free speech in school. Courts have generally balanced the student's right to free speech against the school's interest in maintaining discipline and standards. According to a 1988 U.S. Supreme Court case, school officials can even censor school newspapers. But that's not to say that school officials have carte blanche to restrict what students say or do at school," says David Lamer, staff attorney at the National Center for Youth Law, in San Francisco. The U.S. Supreme Court upheld, for example, the right of students to wear armbands in protest against the Vietnam War—even when school officials forbade the practice.

### **8. Under the law, a teenager can be committed to a psychiatric hospital against his will.**

**True** Adults have immediate recourse to the courts if they have been committed voluntarily. However, no such right exists for a child. Individual states may require a hearing to confirm the need for commitment, but the U.S. Supreme Court decided more than a decade ago that such hearings were not a necessity. That's because a child's commitment is considered voluntary if the parent consents.

### **9. Teenagers have the right to choose their custodian in a divorce case.**

**False** Of course, many judges will bring a teenager into chambers (contine)

## **MOST INDUSTRIALIZED COUNTRIES HAVE FORBIDDEN CORPORAL PUNISHMENT IN SCHOOLS; IN THE U.S., IT IS STILL LEGAL IN TWENTY-THREE STATES.**

neys. Custody had been granted to the boys' mother, but the older son wanted to be shifted to his father's care, while the younger son wanted to remain with his mother. At press time, the case was still pending.

### **3. A child can declare himself emancipated from his parents—legally free of their supervision—if he can afford it.**

**True** Under certain conditions, children can be emancipated. However, it's not simply a matter of the child's declaring himself or herself emancipated. "The court will consider the child's maturity and economic self-sufficiency and the circumstances surrounding the request," says Eleanor B. Alter, a partner in the law firm Rosenman & Colin, in New York City, and chairman of its matrimonial and family law group. The age at which emancipation will even be considered varies from state to state.

Why would a child wish to be emancipated? "Very often because they want to get married," says Alter. "Or an older child who is being abused may feel he'd be better off on his own." Religious dif-

ferences may also be the problem, explains Alter. For example, early this year, a lawyer for fifteen-year-old Shai Fhima Reuven filed a request for emancipation with the New York State Supreme Court. The major reason given: The boy's parents had not respected his right to practice Orthodox Judaism. (While studying for his bar mitzvah, the Jewish coming-of-age ceremony at age thirteen, Reuven had become far more religious than his parents.) In June, however, the request for emancipation was withdrawn, because Reuven's mother and a rabbi in the Orthodox community where he had been living entered into a joint custody agreement. Reuven now lives with the rabbi, and his mother has unlimited visiting rights.

### **5. A mother can be found guilty of murder if her child is abused or accidentally killed by another party.**

**True** In a number of states—including Texas, Minnesota, New York, New Jersey, Ohio and Arkansas—women have been held responsible for the death or abuse of their children, even if they were not personally involved.

A year ago, for example, the murder conviction of an Illinois woman was upheld by the state's supreme court for the beating of her twenty-month-old. Her child was beaten to death by the woman's live-in boyfriend while she was out of the house. The conviction was based on the fact that she had knowledge of numerous previous incidents in which he had abused the child.

"These days, society is more likely to hold adults accountable for child abuse, and that includes holding parents and



Activewear for everything you do. (And dream of doing.)

**JERZEES**  
AmericanActiveWear

Quality T-Shirts & Sweats

# WELCOME TO KINDERCARE...

a safe, secure childcare environment where children of all ages are nurtured emotionally, socially, physically and intellectually by attentive caregivers and teachers. ▲ Imagine a place where infants are given the individualized love and attention so crucial to their emotional development. ▲ A place where toddlers can find enrichment through art, music and language development. ▲ A place where pre-schoolers can tap their imaginations through make-believe, reading and storytelling. ▲ A place where school-age children can express themselves through their appreciation of music, arts and crafts, and friendly interaction after a busy school day. Just imagine!



The Whole Child is the Whole Idea.™

## Know your children's rights

*continued*

at some point during a custody case in order to find out her preferences. But this is strictly a consultative situation. "There are many people who believe that [the right to choose] would put too much pressure on a child," says Davidson. "Most family-court judges who have studied this area say they would never tell a child that she has the power to decide with whom she will live. That is potentially very emotionally damaging."

### **10. A teenager can be kept in preventive detention for an indefinite period of time prior to trial.**

**True** In all but the most serious crimes, adults almost always have the opportunity to post bail after a hearing. But the U.S. Supreme Court has ruled that there is no obligation to set bail for minors. Part of their reasoning, according to Jim Weill, general counsel for the Children's Defense Fund, in Washington, D.C., is that children are always in some form of custody. "So, unfortunately, the Court has in effect said that moving them from the custody they're in (i.e., their parents') to another form of custody (i.e., the juvenile facility) is less a loss of liberty than it would be for an adult."

### **11. A minor does not have the right to sign contracts.**

**False** There's a catch, however: A young person can sign all the contracts she wants, but she doesn't have to honor them. This means that anyone who makes a contractual agreement with a minor is at risk. For example, a fifteen-year-old who agrees to purchase a stereo with monthly payments could decide to cancel the agreement after a couple of months. She would have to return the stereo and probably forfeit any payments she made. But the contract itself would be null. This is why most merchants require that a parent co-sign a contract for a young person.

### **12. A young person can get whatever medical treatment he needs without parental permission.**

**False** In most states a person must be at least eighteen to consent to medical treatment—including, for example, a flu shot or an X ray. In an emergency, of course, minors can be treated without parental consent. Other exceptions to the general rule involve prenatal and childbirth services as well as treatment for sexually transmitted diseases.

It should also be noted that a parent cannot withhold necessary medical treatment—such as a blood transfusion—from a child. What if the parent is against the treatment? "When that happens, there are generally court proceedings in which a guardian is temporarily appointed solely for the purpose of consenting to medical treatment," explains

Marcia Robinson Lowry, director of the children's rights project of the American Civil Liberties Union (ACLU).

### **13. An adopted child has the right to know who his biological parents are.**

**False** Some adoption agencies say they are willing to provide a child with the names of biological parents who are willing to be contacted. And some state laws provide for a sharing of information, as all parties agree. But generally speaking, there is no "right" to know the names of adoptive children or parents.

However, "an adoptive child has the right to all available medical and genetic history," says Marjorie Seader, director for policy and research at the National Council for Adoption in Washington, D.C. "Adoption agencies encourage people to come back and update their [medical] records."

What if vital genetic information is not on record? "Usually the courts will contact the biological parents confidentially," says Seader.

### **14. A child has the right to be adopted by any suitable parents, regardless of race or religion.**

**False** There's a wide spectrum of professional opinion on the merits of blocking an adoption based on race, but it's a common occurrence. "Children are often denied the right to be adopted just because their race does not match the race of the potential adoptive parents," says Seader. "There are people who are convinced that race is the most important thing for development, and many adoption agencies have policies that forbid interracial adoptions." There's some indication that this situation may be changing, however. "It's often a practice, but not necessarily constitutional," says ACLU's Lowry. Some states, such as Texas, have forbidden restrictions on the basis of race.

### **15. A public school teacher is not permitted to strike a student as a disciplinary measure.**

**False** A number of educational and child-oriented associations—most recently the National Association of Elementary School Principals—have called for a ban on corporal punishment in schools; it is still legal in twenty-two states. However, the number of states that permit spanking in schools is steadily declining since the early 1970s when it was legal in forty-four states.

The vast majority of other industrialized countries have forbidden corporal punishment in schools, according to Nadine Block, coordinator of the National Coalition to Abolish Corporal Punishment in Schools.

*Katherine Barrett is a contributing editor to LHMJ. She and Richard Green have written frequently on legal issues.*

# A place for children to imagine.



*Make-believe. Fantasy. And wonder. At KinderCare®, we strive to set free one of the most precious resources on earth: the mind of a child. ♥ We provide new worlds to discover and explore every day. 🎪 And the environment and encouragement that allow each child to develop intellectually, socially, physically and emotionally. It's called Whole Child Development. ✂ To your child, it's just a whole lot of fun. Please look in the white pages for a KinderCare near you and give us a call. ☀ You'll find child care the way you imagined it could be.*



The Whole Child is the Whole Idea.

© 1994 KinderCare Learning Centers, Inc.

*Twenty-Five Years... Now The Next Generation.*

Let us know what's on your mind! Send your comments, great ideas and photographs to Ladies Home Journal, 100 Park Avenue, New York, NY 10017.

## OUR READERS RESPOND

I thought skin cancer was caused only by moles until I read "The doctors' guide to summer health and beauty" (May 1994). I had a small patch of scaly skin that never seemed to heal; I attributed it to dry skin. A local clinic was offering free skin-cancer screenings in observance of Skin Cancer Prevention Month, so I made an appointment the same day I read the article. It turned out to be basal cell carcinoma! I don't think I would have gone to have this checked out if I hadn't read it in LHJ.

—LAURIE CHRISTOPHER  
PORT CHARLOTTE, FLORIDA

Thank you for Cindy Adams' article, "Jackie in crisis" (May 1994). My mother was forty-six when she was diagnosed with non-Hodgkin's lymphoma, when I was in seventh grade. Now I am a freshman in high school, and I know more about this type of cancer than I ever wished to know. I also know more about pain, family, love and, most important, faith. My mother was diagnosed in the very advanced "fourth stage," and she might have died if she had not received treatment. She has gone through chemotherapy, and a year after the

initial diagnosis, she had a bone-marrow transplant. She is now in remission; we all appreciate life and my mother more than you can imagine.

—NATALIE M. RUSSELL  
BELLEVUE, NEBRASKA

I enjoyed your article "Going low-fat" (May 1994). My husband gave me Dr. Dean Ornish's *Eat More, Weigh Less* for Christmas, and we started the program January 3, 1994. I call it "a change of eating habits for life"; Jeff still calls it "a diet." Whatever you call this program—it's working! In only four months, my husband has lost over thirty pounds, and I've lost twenty. My cholesterol has dropped thirty points, too. We haven't given up meat entirely, but we do eat lots of beans and rice. We both feel so much better, and we don't feel deprived.

—MRS. JEFFREY A. SMITH  
BIRMINGHAM, ALABAMA

I was dismayed to read Terry Mayo Sullivan's comment in "The language of love" (March 1994) that the Muscular Dystrophy Association (MDA) did not know of or have access to any communication devices that would help her. I know from personal experience that the

MDA is very concerned about amyotrophic lateral sclerosis (ALS)—Lou Gehrig's disease—and strongly support scientific research and provides a high level of care to patients. The organization sponsors, at no charge to its neuro-muscular-disease patients, clinics at two hundred forty medical centers throughout the United States. I was disappointed that you did not give the name and address of MDA in the information box at the end of the article.

—W. KING ENGEL, M.D., DIRECTOR  
JERRY LEWIS MDA/ALS CLINICAL  
AND RESEARCH CENTER, UNIVERSITY  
OF SOUTHERN CALIFORNIA  
SCHOOL OF MEDICINE

**The annual Jerry Lewis  
Telethon will air  
nationwide on Labor Day  
weekend, September 4  
and 5. For more  
information about the  
association, please contact  
the MUSCULAR  
DYSTROPHY ASSOCIATION,  
National Headquarters,  
3300 East Sunrise Drive,  
Tucson, AZ 85718-3208;  
800-572-1717.**

## PLEASE HELP US FIND THESE WOMEN

AMONG THE MOST POIGNANT LETTERS WE GET ARE THOSE FROM PARENTS SEARCHING FOR MISSING CHILDREN. IF YOU KNOW ANYTHING ABOUT THE DISAPPEARANCE OF EITHER OF THESE WOMEN, PLEASE CALL THE AUTHORITIES BELOW.



Deborah Jean Swanson, a popular special-education teacher in an elementary school, disappeared without a trace on a Saturday afternoon, March 29, 1986, in Coeur d'Alene, Idaho. Eight years have passed with no answers. Her mother, Marilyn (Lynn) Swanson, of Pensacola, Florida, wrote to us, asking for help. "She was a wonderful person, and we miss her very much."

Debbie was last seen by two of her students near a nature trail at Tubbs Hill, a popular recreational area. She was reported missing on April 1 after her abandoned blue Honda (with her purse and packages in the car) was found in a public parking lot nearby. At the time of her disappearance, Debbie was thirty-one, five-foot-four and weighed 130 pounds. If you have any information on her whereabouts, please write or call Captain Carl Bergh, Investigative Division, Coeur d'Alene Police Department, 710 Mullan Avenue, Coeur d'Alene, ID 83814; 208-769-2320.

On September 24, 1992, Dan Dinwiddie went upstairs at six-thirty A.M. and discovered that the bed of his twenty-three-year-old daughter, Dail, had not been slept in the night before.

Frantic calls to friends revealed that she'd last been seen around one-thirty A.M. at a bar called Jungle Jim's, near the Five Points area—a popular community with boutiques, bars and restaurants adjacent to the University of South Carolina campus, in Columbia. Her companions left the bar one by one, apparently thinking that she would get a ride home with someone else.

Dail, a 1991 art-history graduate of Randolph-Macon Woman's College, in Lynchburg, Virginia, had been preparing for graduate studies. Dail's mother, Jean, says, "I love Dail more than life itself. She is my daughter, my baby, my best friend."

If you have information about Dail Dinwiddie, please contact the State Law Enforcement Division of South Carolina at 800-322-4453. Friends of the family have raised \$50,000 as a reward for information leading to an arrest and conviction in this case.





# The Way We Make It Makes The Difference.™

It all started with a recipe. Pro Plan® wanted to make a line of dry dog and cat foods that used real chicken, something distinctly different than ordinary poultry by-product meal.



It allows us to make a special pet food that uses real chicken, wholesome rice and other quality ingredients for exceptional taste and nutrition. No other manufacturer makes pet food like Pro Plan. Real chicken makes the real difference in Pro Plan.

It wasn't that easy. In order to use fresh, frozen chicken as a primary ingredient, Pro Plan had to re-think the way pet food is made. And that helped us develop a process that

Pro Plan brand pet food. Available only at pet stores, feed stores and veterinarians.



brand DOG FOOD

RECOMMENDED BY  
VETERINARIANS

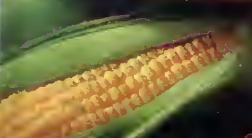
*Real Chicken - #1 Ingredient*

*Made With Wholesome Rice*

*The Result Of Over 65 Years of Nutritional  
Research & Development*

DOG 

*Adult  
Formula*





*Do ya think I'm sexy?*



*Heey, Gabor and Heey, Rege!*



*What do you think of my new haircut?*



*Frank's gonna hate this dress!*





# The many faces of KATHIE LEE

SURE, SHE'S GOT A GREAT NEW 'DO—AND TERRIFICALLY THIN THIGHS (AT LAST!). BUT LOOKS AREN'T EVERYTHING IN HER LIFE.

A SURPRISING TALK ABOUT MARITAL BLISS, HER NEED FOR INDEPENDENCE AND HER LOVE FOR HER FAMILY. BY JIM JEROME

Success hasn't gone to Kathie Lee Gifford's head; it's finally come, instead, to her thighs.

"I'm wuggie free," Gifford exults, referring to the word her mom, Joan Epstein, gave those pesky pouches behind the thighs. Gifford is sitting in the back of her chauffeured sedan on Manhattan's Upper West Side. Her driver has just made a pit stop at the Golden Arches. Gifford squeezed in a friend's midtown birthday luncheon, but was too busy to eat. So she's munching on a Big Mac, fries and diet soda on her way back to the sprawling 1760 Connecticut farmhouse she shares with husband of almost eight years Frank, son Cody, four, and daughter Cassidy, thirteen months. A one-time Twizzler freak, she hasn't given up junk food altogether, but Gifford has become very disciplined in her dining of late.

The wuggies, Kathie Lee says, had her crab-walking backward into the surf throughout her self-conscious teen summers in

Rehoboth Beach, Delaware. But they no longer weigh heavily on her mind—or hindmost area. The program outlined in her new exercise video, *Kathie Lee's Feel Fit & Fabulous Workout*, has transformed her into a flexing firebrand.

"I hated the idea of exercising more than doing it," she confesses. "But I loved the self-esteem I was getting from being so disciplined."

For years, Gifford, forty-one, resisted workout-tape offers because it would have been hypocritical. "Did the world need one more exercise video?" she says.

Perhaps not, but Gifford did after Cassidy was born. Turning forty was also a kick in the now-firmed fanny. Narrower thighs gradually revealed a broader mission: "I hope to motivate women who never made exercise a part of their lives because they thought it was selfish and took them away from children and home. I want to tell them it's the best thing to do for your family. It's simply the best stress reliever. I have more strength and (continued)



(continued) energy than ever."

That's a scary thought, given that, as a relative slug, her triumphant assault on pop culture ranged from her hit show, *LIVE with Regis & Kathie Lee*, a best-selling memoir, a recording career, her cabaret/stage show, hosting TV specials—this month it's *Miss America*—not to mention tireless charity events and, most recently, work on a pilot for her own prime-time sitcom for CBS.

But she has changed. This is a reinvigorated, new-look lady, exuding a womanly self-assurance with a depth and a sense of calm, steely self-determination that wasn't so

course, I don't have time to be sexy," she laughs, "but if the occasion ever arises, so to speak, I'll be ready. Call me kooky, but I'm more apt to swing from the chandelier if I know I'll look good from every angle."

As usual, there's a more serious message behind the clowning wit. Gifford pauses and then adds reflectively: "Making love is all about loving another person. If you're not confident about your body, you're not free sexually."

And that, it seems, is certainly one of the most interesting lessons Gifford has learned in her somewhat meandering career that

## "If you're not confident about your body, you're not free sexually."

apparent before. Her shorter, hipper hairstyle is no accident: "I'm at a point in my life where I just don't want to be bothered with stupid stuff. The hot weather came; I got disgusted with my hair. I gave the kids a bath; it got in my eyes. I went swimming and went to a picnic; it looked lousy. I got sick of it. I love it this way."

Gifford even seems inclined these days to boast of muscles as well as manicures. "Lookit," she says, cranking her right arm, watching a tight baby bicep emerge. "It's so exciting to have muscles. I can now wear slinkier strapless things in my stage show. I can wear a bathing suit now around people."


There's another payoff: The sleeker Kathie Lee feels "a whole lot sexier—which is quite something to say after two babies. Of

included stints as a student at Oral Roberts University, an L.A.-based gospel singer and bit soap actress, a *Hee Haw Honey*, the La-La lady on *Name That Tune*, and a reporter/substitute host for *Good Morning America*. It seems only now, after weathering some media backlash and having just signed on for another year of *LIVE*, that she has truly found a secure place.

"I feel very freed up right now," she sighs contentedly. "I've stopped worrying about my career. We ain't goin' nowhere."

That wasn't so apparent this spring when Gifford's contract was up for renewal. She considered quitting—unless certain nonmonetary issues were "rectified." One was show content; the other was freedom to do outside projects. (continued on page 226)





It sounds like a nightmare, but it was all too real. The man who had attacked her was eluding police—and still stalking her. But she was determined to catch him before he could hurt her or anyone else again.  
By Kathryn Casey

# “I caught my rapist”



his is one, here,” Denise Sam-Cali says, indicating a bullet hole the width of a finger, sliced through the center of a white kitchen cabinet. Pulling back a navy-blue rug in front of the range, she runs her foot over the linoleum until she finds another cavity, protruding downward. “This is where the cop fired back,” she says. Then her voice falters, and anger flashes in her hazel eyes. “It sounded like Vietnam.”

The scene Denise describes occurred during a ghastly sequence of events: In June 1993, Denise, a businesswoman, was raped and brutally beaten at her Allentown, Pennsylvania, home by a man believed to be a serial murderer. Miraculously, she lived—yet the terror didn’t end there. Instead, her would-be killer stalked her, eluding police with a terrifying skill, obsessively intent on finishing the job. It was only when Denise and her husband, John, became the hunters instead of the hunted that her assailant was finally caught.

Sitting at a dinette chair as the sun streaks through the windows, Denise, thirty-nine, exudes a capable,

in-charge confidence, but insists she doesn’t see herself as heroic. She did what she had to do; her pursuer gave her no other choice. “I couldn’t forget his eyes,” she says with a shudder. “There was no person there, just dead blankness.... I knew it was him or me.”

## Summer of terror

A ninety-minute drive west of New York City, Allentown isn’t a city used to violence, but a quiet bedroom community. In fact, the crime rate is historically so low that *Parade* magazine this year dubbed the erstwhile steel town one of the safest places in America.

But the summer of 1993 was an anxious season in the serene, tree-shaded neighborhood where Denise Sam-Cali grew up, and where she still lives, down the block from her parents and sister. The unease began in August 1992, when Joan Mary Burghardt, a twenty-nine-year-old single woman living alone, was found raped and bludgeoned to death in her living room. No arrest was made.

The following June, fifteen-year-old Charlotte Schmoyer was abducted early one morning as she worked her paper route. The girl’s body was recovered

from a nearby wooded area; she had been stabbed twenty-two times and sexually assaulted.

Local newspapers and TV reports were filled with the details of Schmoyer's grisly death. Denise remembers: "Every morning I checked the papers to see if they had caught anyone. They never did." Still, Denise and John, forty-six, had more immediate concerns, like the limousine and bus service they own and operate from offices within walking distance of their home.

Then on June 18, just nine days after Schmoyer's murder, the Calis returned from a sailing trip and discovered their ranch-style home had been burglarized. John's gun collection had been stolen, and a bottle of Canadian Club whiskey had been left out on a kitchen counter, but nothing else was disturbed.

The specter of violence seemed to draw increasingly closer. As John walked to the office two days later, a pack of squad cars screeched to a halt in front of a nearby house. The next day, the headlines announced yet another attack—this time, the victim was a five-year-old girl. As her parents slept, the stranger had entered the home and thrown the child headfirst into a basket of laundry before raping and beating her. Left for dead, she survived. To Denise, it was unbelievable. "I'd grown up in this neighborhood," she remembers. "We never had things like this. Still, I wasn't really worried."

## The face of evil

On June 28, John accompanied a client to Atlantic City and wasn't expected to return until morning. Denise stopped for dinner at her aunt's house, and by midnight was home in bed, alone. The entire city was suffering in the grip of a stifling heat wave, so she left a few windows open to cool the house. It would be her last peaceful night's sleep for a long time.

Before dawn, Denise awoke to the sound of rustling paper in the living room. "John, is that you?" she called out. When no one answered, dread rushed through her. She ran toward the hallway. Again she heard rustling, this time from a small bedroom that the Calis used as a walk-in closet.

Pounding on the closet door, Denise demanded, "Who's there?" before turning and running. At the end of the short hallway, she heard footsteps, and glanced back toward the closet. Behind her was a meticulously groomed young man in tight-fitting jeans. For a fleeting moment, she thought: He's not what I would have expected. But when their eyes met, she noticed his cold, blank stare. Oh, my God, I'm dead, she thought. I'm raped, and then I'm dead.

The intruder raised his arms, wielding one of her own kitchen knives. Purely on instinct, Denise swung her arms upward and broke his grip on the weapon. In the chaos, she raced toward the front door, but the stranger grabbed her by the hair. Again

she broke free and escaped into the front yard, running toward a neighbor's home. He caught up to her, seized her from behind, flipped her on her back and slammed her to the ground beneath a miniature peach tree.

As they wrestled, she bit the stranger, clamping down hard on his upper right arm. To her astonishment, she saw exhilaration, not pain, in his eyes. He tightened one hand around her neck and gripped the other around her mouth. Later, she would remember his fist coming toward her and the first four blows to her head, the hazy swell of unconsciousness, and the image of her assailant unfastening his leather belt.

Denise drifted in and out of consciousness for what seemed like forever; when she finally came to, her body was racked by involuntary convulsions. Wanting her attacker to believe she had died, she lay as still as possible until she saw him run into the house and escape through the rear patio door.

Dazed and in incredible pain, she pulled herself unsteadily to her feet and stumbled into the house. Her call to 911 was received at 4:52 A.M. "Please help me," she pleaded.

John, who returned the following morning and heard the news from police, couldn't believe that the battered woman in the emergency room was really his wife. He was alarmed to see that *(continued)*





*(continued)* Denise's face and head were swelling, her eyes ringed in black, the whites red with broken blood vessels. Her neck and chest were bruised, and her upper lip was slashed in two.

Tests confirmed Denise had been sexually assaulted. But finding no signs of serious injury, doctors released her, and an ambulance took her to a plastic surgeon, who repaired her lip. From there she was taken to her mother's house.

By the time Denise returned to her own home, five days after the attack, John had arranged to have a security system installed throughout the house that would sound when the doors were opened, and had bought central air-conditioning so they could keep the windows shut. "There were those who thought I should move," she says. "But this is my home."

## **Solving the puzzle**

John, along with Denise's family, wanted to know who could commit such a brutal crime. The police, wary of disclosing their investigation, offered few clues to the angles they were pursuing.

Frustrated, Denise's family mounted their own investigation. Family members patrolled the neighborhood, watching for strangers. John tried to think of someone, anyone, who could have a vendetta against him. At night, he slept on the couch, a newly purchased gun nearby. "I wanted him to come back," he says. "I wanted to kill him." Denise continually fought fears that the intruder would indeed return. "I couldn't

even take a shower or go to the mall," she remembers.

Then, Denise began wondering if her assault could be related to the others in the neighborhood. Needing to know, she and John visited the parents of the five-year-old victim in early July. Questioning them, the Calis noted similarities between both attacks—the hour, the calm manner of the intruder, the care he took to leave nothing out of place. "By the time we left there, I was thoroughly convinced it was the same guy," John remembers. From there, it was a small leap to conclude that both rapes were somehow connected with the unsolved cases of Burghardt and Schmoyer.

Then odd, frightening things began happening in the Cali house. On July 9, as workers labored in the cellar—with the new alarm system shut off and the windows open—someone entered and stole John's .38 semiautomatic handgun. Six days later, the alarm went off unexpectedly in the middle of the afternoon. Police found no one in the house; however, outside the bedroom window, in a bed of mulch, was a perfectly formed shoe print.

## **A vicious pursuit**

Though the Calis made no immediate connection between the break-ins and the attack, as the days passed Denise felt increasingly certain the rapist would return.

Everyone, including John, wrote her fears off to the trauma of the attack. Police continued to say, "Trust us." They had, in fact, increased patrols in Allentown's east side. But these assurances were of little



comfort when on July 14, Jessica Jean Fortney, a forty-seven-year-old grandmother who lived not far from the other victims, was found raped, bludgeoned and strangled on her own sofa. At first, there were those who believed the attacks weren't connected and those

# “I caught my rapist”

who believed they were,” remembers District Attorney Bob Steinberg, who prosecuted the case. “Now we all agreed we were dealing with a serial murderer.”

As they compared cases, police found a definite pattern: The attacks had taken place in the early morning, within a few miles of each other. All the women had been raped, and all had been large women. The one exception was the five-year-old, but even there Steinberg felt there was a connection: The girl's mother fit the killer's preferred victim profile.

On the 18th, eager to breathe fresh air, Denise and John turned off the air conditioner and left the windows open before going to bed. By now, each of them kept a gun at the bedside for protection. At three-thirty A.M., Denise went to the kitchen for a drink of water. She felt edgy, and before drifting back to sleep she told John, “I'm scared.”

An hour later, they woke again, certain they had heard something. Suddenly, the burglar alarm screamed throughout the house. As John ran toward the living room, Denise called 911, but lost the connection in the middle of the conversation. Holding her gun, she cautiously looked around before redialing for help. This time, the dispatcher said police were in the alley behind the house. Again the intruder had escaped. “It was then we knew he was coming back,” John says. “He knew she could identify him. He was coming back to kill her.”

A window screen was lying on the sofa in the den, indicating the interloper had entered through that window and had probably fled through the back door. The next morning, John arranged to have bars installed on the cellar windows and put deadbolt locks on the doors that could only be opened from the inside with a key.

To the Calis' relief, even police now agreed that Denise and her young neighbor, who could also identify the man, were in danger. From then on, officers were dispatched to the two homes at eleven-thirty every night. As John and Denise slept, Officer Brian Lewis hid behind a couch, waiting for the intruder's return. Still, Denise felt far from secure. “I began feeling like

this guy could do anything,” she says. “He raped me on my front lawn, and no one saw him. He entered our house and escaped, when there were supposed to be cops all around. It was like he had superhuman powers.”

Her dread intensified when one afternoon the intruder again broke in through the same den window. He entered and left unnoticed, but again left the window screen perched on the sofa. Denise, who had been in the kitchen with a friend at the time, now felt more vulnerable than ever. Her mother, however, wouldn't let her succumb to fear, saying, “Denise, he's only a man. If we put our minds to it, we can stop him.”

Thinking about her mother's words, Denise began to stop seeing herself as a helpless victim waiting to be hurt again. Maybe if she analyzed what she knew about this man, she might be able to predict his next attack—and catch him before he carried out his plan to kill her.

Taking a calendar, Denise marked the dates of every assault, murder and break-in. Before long, she noticed something she hadn't considered before. “The guy had a thing about the number nine,” she says. “He always seemed to attack on or around dates with the number nine.” When John returned home from work that day, she showed him the calendar. July 29 was circled. “He'll come right around here,” she told him. “We don't have to go anywhere to look for him. He'll come to us.”

## Setting the trap

Over the next few days, Denise and John took charge. They made arrangements to have surveillance cameras installed around the house. Finally, on the night of the 29th, they went to

*(continued on page 225)*





All in the family: Linda Schaper (left) holds Madison and Jackson, and her sister, Barb Payne, holds Alian

# Labor Of love

*For years, Linda Schaper had tried desperately to have a baby. Then, her younger sister proposed a daring solution. The result: one set of triplets born to the two women—in two different cities and in two different years*

Nearly six years into their marriage, the couple had endured unspeakable disappointment and tragedy in their efforts to become parents. But last year, Linda's younger sister Barb persuaded them to try something radical: Why not improve their chances of having children, she asked, by implanting embryos in both herself and Linda?

**E**arlier this year, a woman stopped Linda and Marty Schaper on the street to admire their two newborns. "What beautiful twins!" the woman gushed.

"They're so cute!"

"Thank you," replied the babies' proud father. "But, actually, we're having triplets. My wife's sister is having our third baby for us any day."

By now, the Schapers have become accustomed to quizzical looks and head-scratching, so extraordinary is their story.

The unprecedented procedure, performed in May 1993, resulted in Linda's giving birth to a boy and a girl on Christmas Day in St. Louis, and Barb's delivering the Schapers' third child—a girl—in January in her hometown, Columbia, Missouri. Which means these unusual triplets were not only born to two women in different cities, but they also were born in different years.

But making medical history is less important to thirty-four-year-old Linda than the fact that she is now a mother. "I still can't believe it," she says, cradling one of her three babies and gazing at the others (continued)

... (read) sleeping peacefully in their cribs. "I had really given up hope of ever having a baby—and thanks to my sister, now we have three. There's no way we can ever thank her enough for this."

## DASHED HOPES

Not surprisingly, Linda, formerly a project engineer for a construction-management company, and Barb, thirty-three, a marketing director at a hospital, have always been very close. The oldest two of five children, they were born only thirteen months apart and were frequently mistaken for twins.

In high school, they landed positions on the same cheerleading squad and played on the same softball team, and they roomed together in college. The sisters even married within months of each other: Linda and Marty, an accountant for a construction company, tied the knot December 26, 1987, and Barb and Bill Payne, a real-estate broker, wed the following July.

But there the sisters' paths diverged. During an operation to remove what was thought to be a cyst, a doctor discovered that Linda's fallopian tubes were almost completely obstructed by adhesions. Afterward, he told Linda that she had no chance of ever having children. "That was really devastating for me because all my life I'd wanted a family," she says. But when Linda and Marty sought a second opinion, they were offered some hope. Try for a year and see what happens, the other doctor said. If the couple hadn't conceived by that time, they could explore other options.

For Barb, however, getting pregnant was incredibly simple; she and Bill conceived on their first try. At one point, she complained to Linda about putting on too much weight. "How can you complain about something like that?" Linda replied. "You don't know how lucky you are."

"That was the only time I'd ever felt isolated from Linda," Barb recalls. "For the longest time, if I wanted to talk about my pregnancy, I had to call my mom or another sister, because Linda just couldn't deal with it. It was too hard on her."

In the meantime, Linda had two operations to repair her damaged fallopian tubes, and in early 1990, she and Marty were delighted when a pregnancy test came back positive. Their excitement was short-lived, however. The day Linda was to hold a baby shower for Barb, she was rushed to the hospital. Doctors discovered that she had an ectopic pregnancy (a dangerous condition occurring

when the embryo begins to grow in a fallopian tube rather than in the uterus). "Here I was, celebrating the impending birth of my first child," says Barb, "and Linda was in the hospital coping with the loss of a baby." To make matters worse, Marty's brother and his wife announced they were expecting.

As each month passed and she failed to get pregnant, Linda became more despondent. "Marty didn't grieve the same way I did, and I decided my constant depression wasn't helping my marriage any. So I started putting up walls, not expecting to get pregnant. That way I

Linda began to bleed. "We never did buy a single baby item, because we knew in our hearts we were in trouble," she says. At eighteen weeks, the doctors told Linda and Marty that the placental membranes in her womb had ruptured, leaving one fetus dead and the other a boy, without amniotic fluid. The Schapers were told their second baby had virtually no chance of survival, but they refused to give up. "It was so not being able to do anything to help him," Marty says.

Four weeks later, Linda lost the baby. She and Marty became severely depressed. They attempted a second in vitro fertilization several months later, but it failed. Then they wondered, was it so difficult for them to have a baby when it seemed so easy for everyone else? Marty's brother and his wife were pregnant again, and Barb had just told them that she and Bill were expecting another baby, too. "I cried after she told me," Linda says. "It was hard to bear."

## THE MAKING OF A MIRACLE

How the Schaper triplets were born



## A SISTER'S SOLUTION

It was becoming increasingly difficult for Barb to watch her sister endure so much suffering. "I was blessed with two children, and Linda was going through yet another year of disappointment," she says. "I'd rock my girls and talk down at them and think, I can't bear for Linda to have to go through this experience."

For several years Barb had wondered if she could somehow help Linda and Marty, and when she was desperate to find a solution, she was desperate to find a way. She knew Linda was reluctant to try IVF again, given the high cost (about \$10,000) and the likelihood of another cruel disappointment. "Then it occurred to me that we should try in vitro together and double the chances," Barb says.

She told Bill what she was considering, and they discussed whether such an undertaking might be worth it. "We had a three-year-old and a new baby ourselves, and he was wanting to put her body—another through another pregnancy," Bill says. "If I'd seen any crack in her resolve, I would have tried to talk her out of it. But because it was clearly so important to her to help her sister, I told her to support her any way I could."

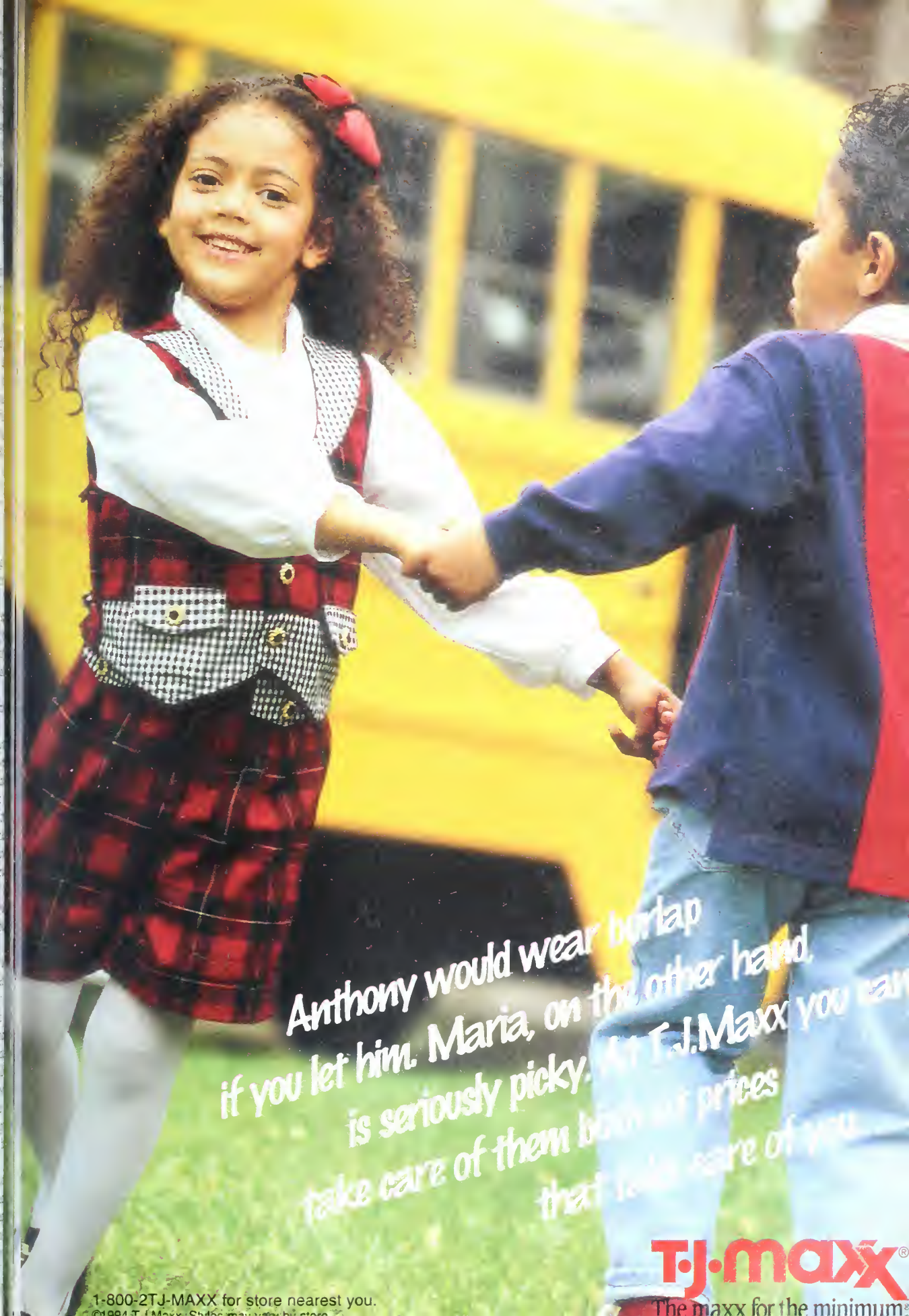
For Barb, the decision was simple. "Bill and I had two beautiful daughters. I was in good health, our marriage was solid, our jobs were secure and the technology was available," she says. "It seemed like the obvious solution."

She had a (continued on page 2)

wouldn't be so hurt when I didn't."

In March 1991, Linda and Marty tried in vitro fertilization (IVF), a process in which eggs and sperm are put into a laboratory culture dish and the resulting embryos are later transferred to the woman's uterus. "I tried to tell myself, 'Yes, I can get pregnant. This can happen,'" Linda says. "When it did, Marty and I were just ecstatic." They were even more excited when they discovered she was carrying twins.

But their joy soon turned to anxiety. In the second month of the pregnancy,



Anthony would wear burlap  
if you let him. Maria, on the other hand,  
is seriously picky. At T.J. Maxx you can  
take care of them both at prices  
that take care of you.

**T.J. maxx**<sup>®</sup>  
The maxx for the minimum.

1-800-2TJ-MAXX for store nearest you.

©1994 T.J. Maxx. Sh456 maxx only by store.



fashion  
passion



**FALL FORECAST: WARM AND COZY. HERE TO SHOW OFF THE NEW ROMANCE ARE MODELS KRISTEN NOEL AND HER HUSBAND, LUCKY VANOUS (YOU KNOW ... THE HUNK FROM THE DIET COKE COMMERCIAL). AT LAST, CLOTHES WE'LL LOVE TO WEAR. HOW LUCKY CAN YOU GET? BY LOIS JOY JOHNSON, BEAUTY AND FASHION DIRECTOR**

This season sweaters have become as much of a fashion basic as blazers. But not just any sweaters: We're talking big, fuzzy, cuddly sweaters—the kind you look forward to tossing on at the first sign of autumn's chill. We love ribbed woolly turtlenecks worn the new, relaxed way—paired with a short wrap skirt, sweatey tights and lace-up shoes. All clothing, Ralph Lauren. Photos, Mark Abraham; hair, Gad Cohen for Gad Cohen Studio; makeup, Renato Bernardi



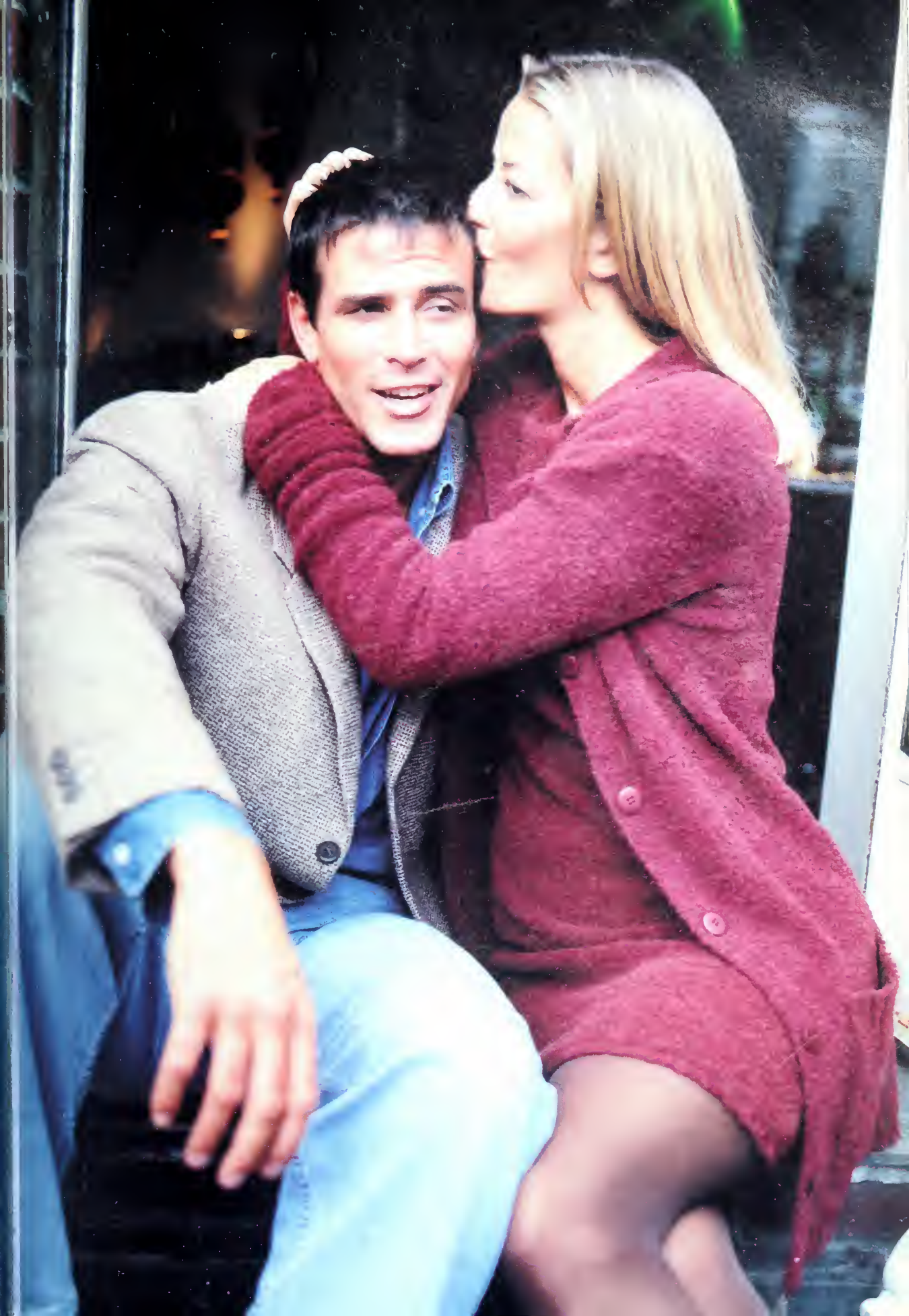
Even the new suits have the wearable ease of a sweater. One of our favorites, above, by Adrienne Vittadini, features the flattering proportion of a long jacket over a matching short skirt. But the real news is the fabric—a wool bouclé knit that gives this suit a lot more style without detracting from its businesslike authority. On Lucky: United Colors of Benetton sweater, Paul Smith pants. Right: No fall wardrobe should be without a classic double-breasted pantsuit in navy—a chic alternative to black. Slouchy pleated trousers worn with a matching jacket create a slim, elegant look. What gives it up-to-the-minute style? Wearing lace-up oxfords instead of pumps, and a sweater instead of a blouse. CK Calvin Klein suit and sweater, Cole Haan shoes.







Along with the most favored winter fabrics are lighter neutrals, especially grays and taupe. To give your look personality, wear varying tones of the same color, and mix textures. An example: above, A-Line Anne Klein's gray tweed jacket over Jones New York's heathery henrybone tweed trousers and fuzzy gray angora/lambswool sweater. Robert Clergerie oxfords, Hue socks, Kate Spade tote. Right: A rare burst of color. Adrienne Vittadini's trio in wool bouclé features close-to-the-body layers—a long, lean sweater over a short skirt topped by a really long cardigan—that look almost tailored, and very elegant. Boots. Anès B. On Lucky: A/X Armani Exchange shirt, United Colors of Benetton jacket, Gap jeans, Brooks Brothers shoes.



# Unsolved

## BEAUTY MYSTERIES

### CASE #1

#### The lipstick vanishes

**The Crime:** I line my lips, apply lipstick, and after one cup of coffee the color is off my lips and on the cup. Help!

**The Culprit:** The lipstick did it. When it's applied to bare lips it will have no staying power.

**The Solution:** It's elementary, my dear. Lining the entire mouth before applying lipstick is the secret to long-lasting color. Follow this application technique from Washington, D.C.-based makeup artist Diana L. Carswell for color that will last for hours: Line lips, reshaping them if necessary to enhance fullness. To ensure even application, color in with liner one side of top lip first, then do the other side; repeat procedure for bottom lip. Next, apply lipstick with a lip brush. Start at the outer corners, working inward. Then take a single sheet of tissue, close your mouth and press the tissue against your lips. Finally, keeping the tissue against your mouth,

brush translucent powder over the tissue, then remove the tissue. This step removes any excess oil and mattes the lips without creating any cakiness. If you like a creamier look, apply a second layer of lipstick and don't reblot. It's a closed case.

### CASE #2

#### The investigation of the unexpected pimple

**The Crime:** Every time I have to attend an important event, a huge pimple appears in the middle of my face.

#### The Culprit:

This time there are three prime suspects. "Sudden pimple eruptions are often caused by the SWAT syndrome: Stress, Worry, Anxiety and Tension," explains Jerome Z. Litt, M.D., a Cleveland dermatologist. "When a woman experiences one or more of these symptoms, a chain reaction occurs: The pituitary gland signals the adrenal gland to produce more androgen, and an excess of androgen causes acne."

Food is another suspect, says Litt. "I know from forty-two years of medical practice that certain foods are directly related to breakouts: Nuts, one of the biggest causes of adult acne in women; chocolate; and seafood—contains iodine, which clogs pores and ducts. Some prescriptions are linked to acne breakouts, too, including Provera, Danazol and low-dose birth control pills."

A third acne trigger: creamy facial products and sunscreens that can block oil glands and aggravate acne. **The Solution:** No need to be incognito. Avoid the acne-aggravating foods listed above; stick to oil-free cleansers, makeup and sunscreen; and, if you take any of the above-listed prescriptions, ask your doctor for an alternative medication. As for treatment, Litt recommends the benzoyl peroxide-based Oxy-5 medications and related products for one or two isolated pimples. If over-the-counter products don't work or the breakout is severe, see a dermatologist.

### CASE #3

#### The plight of the dimpled thighs

**The Crime:** My thighs look like cottage cheese, and I haven't a clue where it comes from. (continue)





**Baffled by acne  
breakouts? Mystified  
by makeup that simply  
disappears? We  
conducted an expert  
investigation and solved  
the most perplexing  
beauty crimes**



(continued)

**Culprit:** Circumstantial evidence indicates that "the dimpled skin is caused by fibrous bands that penetrate the fat underneath the skin," says Richard Glogau, M.D., a San Francisco-based dermatologist. "These bands force fat to be retained in globular masses. What is thought to happen is that as women get older and gain weight, the fat enlarges but the bands don't stretch. Rather, the bands tether the skin, which leads to the dimpled look that people refer to as cellulite." (Tip: Glogau says most doctors prefer to call the condition cellulite because cellulite is not a medical term—it's an advertising term.) So, why doesn't it go away with diet or exercise? As Glogau explains, "When fat becomes compartmentalized it is less responsive. So even if you lose weight, you don't take it off in these areas. Exercise won't affect these areas either."

**Solution:** You must avoid weight gain and—the plot thickens—*sunburn*: Ultraviolet rays break down collagen and elastic fibers in the skin, making the skin more lax and thus exaggerating the appearance of dimpled fat underneath. "All of the cellulite creams on the market, including the newest ones, contain cola beans and aminopropylamine—a medication that's normally used to treat asthma and is currently used in two percent solutions in cellulite creams—are basically marketing hype. They cannot eradicate cellulite," says Glogau. Though liposuction is really a contouring procedure to improve silhouette, not skin texture, other surgical

techniques are evolving. I predict that within the next ten years we'll see more advanced procedures that target this problem very specifically."



## CASE #4 The invasion of the giant pores

**The Crime:** The pores on my nose look so much bigger than those on the rest of my face, I want to go undercover.

**The Culprit:** "The size of pores is



genetically predetermined," says William P. Coleman III, M.D., a dermatologist based in Metairie, Louisiana. "Pores on the nose are actually little ducts that empty your oil glands, and there are a large number of oil glands in the nose. Their size depends on how much oil is produced."

**The Solution:** Conduct a search and seizure in your medicine cabinet and toss any astringents, scrubs and masques. Also, never pick or squeeze pores. "If you overdry or irritate the pores," says Coleman, "the oil glands will respond by producing more oil, which will enlarge the size of the

pores. Ask your doctor for Retin-A, which will unplug the ducts of the oil glands, allowing the pores to shrink. Retin-A should be applied once a day, at bedtime. Another option is glycolic acid. Ask your doctor for a formulation that's a ten to twenty percent strength, or look for an over-the-counter glycolic acid product in a gel form because a moisturizing base will clog pores." Try Murad Advanced Oily Prone Skin Formula and Murad Advanced Combination Skin Formula—both contain 8 to 12 percent glycolic acid; call 800-33-MURAD.

If none of these options work for you, Coleman recommends a glycolic acid peel. "Glycolic acid peels performed by a dermatologist are very effective at reducing the size of pores," says Coleman. After the peel, glycolic acid gel or Retin-A should be used daily for maintaining the reduced pore size. Good riddance!

## CASE #5 The search for the missing eyebrow

**The Crime:** Eeek! I've tweezed half my eyebrow off and it isn't growing back. Is it my fault?

**The Culprit:** Guilty as charged. The most common reason for lack of regrowth is incorrect tweezing or waxing. According to Lorna Thomas, M.D., a Detroit-based dermatologist and hair-loss expert, "Sometimes vigorous tweezing or waxing causes damage to the hair follicles, rendering them unable to produce more hairs." Unwanted brow hairs that don't grow back may sound like a blessing—but not for women who overplucked their brows to a superthin line when it was fashionable and now want their natural, thicker brows back, or for women (continued)

(continued) who accidentally plucked too many hairs and created an unnatural brow shape. Hair on the head grows back because trimming and styling generally don't damage the follicles.

**The Solution:** To ensure safe tweezing, Thomas recommends pulling the hairs out one by one, firmly but gently, in the direction of hair growth. Avoid twisting the hairs. She also suggests applying a drop of moisturizer to the brow before tweezing to keep the area moist and facilitate plucking.

If you prefer waxing, have brows waxed safely and professionally in a salon. According to Dorit Baxter, of the Dorit Baxter Day Spa, in New York City, "The salon technician should work slowly, section by section, to ensure that the right amount of hair is removed. Talk to her before the procedure so she knows exactly what brow shape you want." For about \$10, you can keep the strays away for five to six weeks.

## CASE #6 The unexplained bald spot

**The Crime:** My hairdresser found a thinning spot on the back of my head—am I going bald?

**The Culprit:** It may be a case of mistaken identity. Women normally lose one hundred to one hundred fifty hairs daily, and it's not at all noticeable. On the other hand, when a woman is experiencing abnormal hair loss there are telltale signs: Hair will be thinner all over, the part won't be as tight, the individual hair fibers will be skinnier and the overall texture will change. "It's unusual for women to

have one bald spot like men do," says dermatologist Arthur P. Bertolino, M.D., Ph.D., of Ridgewood, New Jersey. "If a woman does have a bald spot, she may have alopecia areata, a genetically based hair-loss disorder that usually results in rapid hair loss."

**The Solution:** The fact of the matter is, says Bertolino, if the alopecia areata isn't extensive, there are three effective treatments that can be performed by a dermatologist: corticosteroids injected into the bald spot and applied topically; a combination of topical anthralin (a tar derivative) and topical minoxidil (a drug originally formulated to treat high blood pressure that's the active ingredient in the hair-growth product Rogaine); or irritating the scalp with anthralin alone. All evidence indicates that these treatments should lead to regrowth within several months.

## CASE #7 The baffle of the bulge

**The Crime:** Desserts always go straight to my hips!

**The Culprit:** Reckless eating. "Women tend to store fat in their hips, thighs and upper arms—but not usually in their bellies like men do," says Cindy Wachtler, nutritionist at The Greenhouse Spa, in Dallas. "Desserts that contain a lot of fat and sugar are calorie-dense. The body converts these calories into fat and stores it in the problem areas."

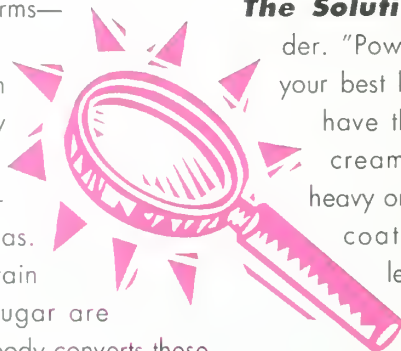
**The Solution:** You don't have to be Sherlock Holmes to know that a moderate approach to weight loss is best. "Your goal should be to lose a half pound to a pound per week. Crash diets often cause unwanted weight loss from the face and neck. As a rule, women gain weight from the bottom up, and lose it from top down." Wachtler's advice: at least half of your daily calorie intake should come from nonfat foods as possible, especially fruits and vegetables. Limit fat intake to 30 to 35 grams a day with less than 20 percent of your daily calories from fat. And you'll need deductive reasoning to realize that exercise is essential: Aim for three to four 45-minute-long aerobic workouts a week.

## CASE #8 The great blush escape

**The Crime:** I apply blush carefully every morning; five minutes later it's gone.

**The Culprit:** It's no mystery: Blush's staying power depends on formulation," says Alan Paster, president of product integrity at Revlon. "Powder blushers are the most popular because they feel lighter on the skin, but they fade fast. Women have traditionally shied away from cream blushers—which last the longest—because they're perceived as heavy and oily."

**The Solution:** Don't take a powder. "Powder-cream blushers are your best bet," says Paster. They have the characteristics of cream blush without being heavy or greasy. The pigment is coated with silicon dioxide, lecithin, moisturizers that prevent the blush from settling into lines and wrinkles, lead to a smoother, more even application." Case closed.





# Dermatologists aren't the only experts who recommend Dove.

*Dove leaves my skin soft and moisturized. I use Dove and that's it.*

Virginia Warshaw, Jacksonville, Illinois

*My dermatologist recommended Dove. It makes my skin feel clean and healthy.*

Lauren Burke, Spring Lake, New Jersey

*It works. I'm living proof it works. I owe Dove my wonderful complexion.*

Lisa Stanley, Detroit, Michigan

*My skin feels very clean and yet it's not dry. Dove works beautifully.*

Mary Jane Higgins, Worcester, Massachusetts



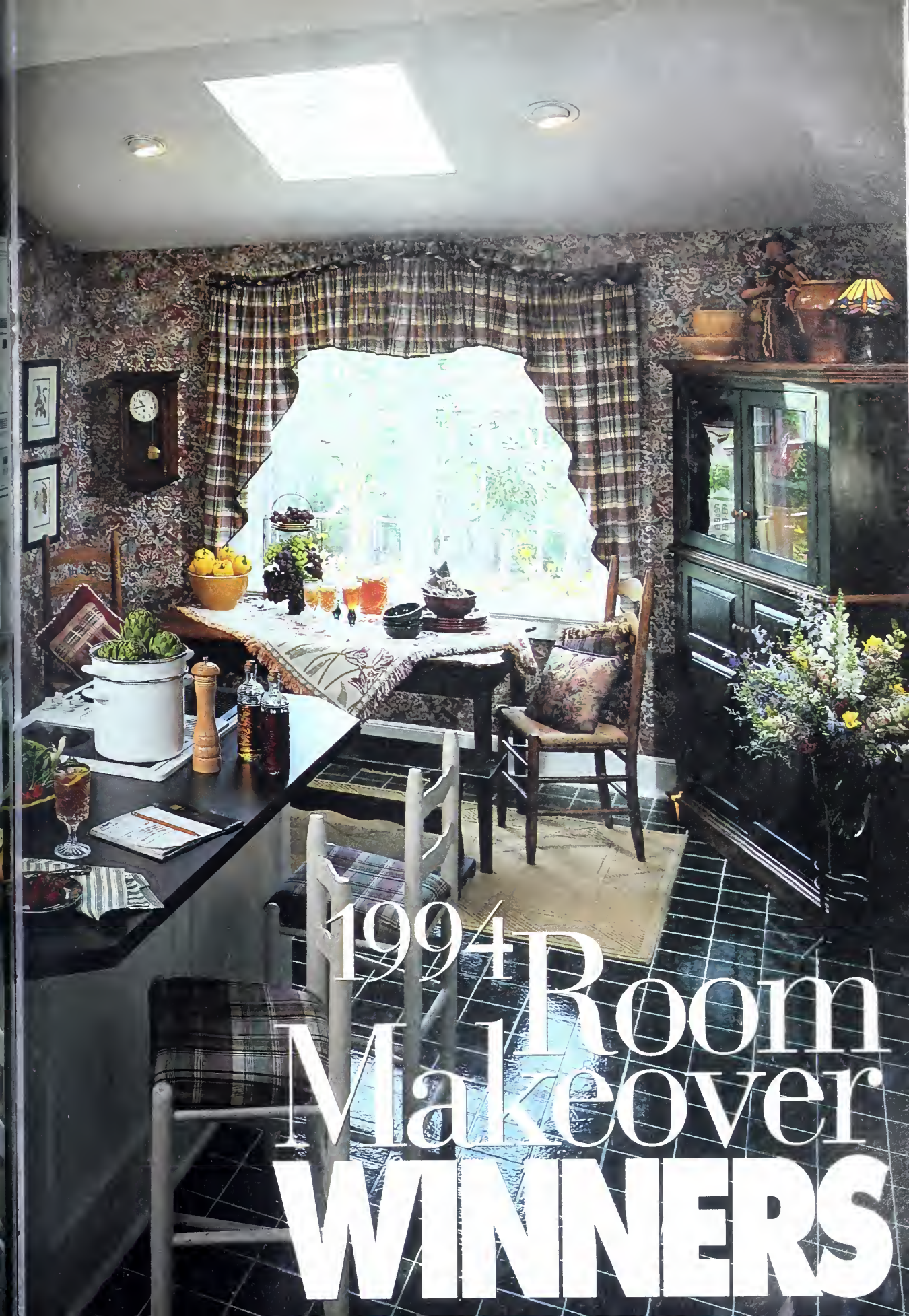
Dove. Recommended by dermatologists. And other experts.

WOW! ONE LOOK  
AT THE WINNERS OF  
LHJ'S SECOND ANNUAL  
DECORATING CONTEST  
AND YOU'LL KNOW  
WHY EACH OF THESE  
MARVELOUS  
MAKEOVERS WON A  
\$5,000 GRAND PRIZE.  
BY LESLIE LAMPERT,  
LIFESTYLE EDITOR

### COME FOR DINNER

"As soon as we saw the LHJ decorating contest last fall, we were inspired to get right to work on our own kitchen redo," says Deborah Cole, of Columbia, South Carolina, who turned her dark, outdated, inefficient kitchen space into the elegant, functional and welcoming family spot that won our first prize this year. Deborah juggled the project while caring for her three children, Stephanie, sixteen, Lauren, five, and Brent, three. "I did all the decorating myself," she says proudly. "I coordinated the large floral wallpaper with the plaid window treatment and seat cushions, hired a local painter to lighten up the dark wood cabinets and joined the two upper cabinets with a plate rack to create the look of a custom wall unit." Then she and her husband, Jerry, a district manager with Wal-Mart, designed their favorite part of the kitchen—a work island with a cooktop and enough counter space for the family to gather for informal eating. "Since we love to entertain casually, the island is also perfect for serving buffet-style meals," says Deborah. For a bold shot of color: hunter green vinyl flooring and matching laminate countertops. "Now the kitchen is truly an extension of the rest of the house," says Deborah, "and entertaining is a pleasure."





1994 Room  
Makeover  
**WINNERS**



## A ROOM OF THEIR OWN

"The minute I walked into this house, I fell in love with the charming window seats in the bedrooms," says Lori Heaton, of Cincinnati, Ohio. But otherwise the interiors were shabby. Nevertheless, she and her husband, Michael, vice president of Enterprise Vending, Inc., purchased the forty-five-year-old Dutch colonial one year ago, with big plans to renovate. Then, after gutting the interiors and installing new floors and a new kitchen, the money earmarked for decorating was almost gone. "So we had to be



extra creative," says Lori, who relied on her top-notch sewing skills to help turn the master bedroom into a romantic retreat. "I made all the window treatments, pillows and window-seat cushions myself from sheets I bought to match our comforter," she says. "It was a lot less expensive than buying fabric." Then Lori painted the walls a deep forest green. Even the kids, Christopher, eight, Lizzy, six, and Jenna, four, helped. Says Lori, "Now our new bedroom is our private haven."

## LET THE SUNSHINE IN

"When Dennis and I stepped inside this house, we knew it was the one for us," says Claire DiMatteo, of Haddonfield, New Jersey. "We loved the flow of rooms, the beautiful backyard and the quiet neighborhood." So even though the kitchen was disappointingly small, the couple bought the Cape Cod-style home with hopes of one day making that room bigger. When it came time to expand the space last summer, they had the bright idea to add a sunroom right off the kitchen—creating a light-filled family room that would take advantage of the glorious backyard views while opening up the cramped kitchen. "We wanted a welcoming room, a place for hanging out, watching TV, sharing casual meals and entertaining," says Claire, who designed the project with Dennis, a foreman at Sun Company, Inc., an oil refinery in Philadelphia. "We wanted comfy furniture—the kind you can really relax in—and

a light, airy feeling," says Claire. To build the twenty-by-twenty-six-foot addition, they hired a local contractor, the John Cahill Construction Co. Since their eight-year-old daughter, Stefanie, loves blue, the couple chose a fresh blue-and-white palette: a bold-striped upholstered sofa and coordinating floral-patterned, oversize easy chairs. Underfoot: a textured, natural-color Berber carpet. They painted the walls a soft cream for a warm yet elegant look. "We deliberately left the

windows bare to get the maximum sunlight," says Claire. "They're also a decorative element." To keep costs down, Dennis did all the electrical work, including installing the ceiling fan. "Since we were on a tight budget, we did as much as we could ourselves," says Claire. Now all the DiMatteos (including Dennis, Jr., eleven, and Olivia, three) rate the sunroom the best spot in the house.



...m, above: photo  
...n Forth; stylist,  
...s. Rosen; floral  
...and plants, Del-  
...ver & Garden  
...fabric on skirted  
...ench, green fab-  
...illow on window  
...ura Ashley. Sun-  
...right photos,  
...ein Goldman;  
...aren J. Reisler;  
...and trees, Mar-  
...oan Floral De-  
...rained prints,  
...s of Tomorrow  
...Details, page 212.

## THE PERFECT SETTING

Donna and Greg Parks, of St. Charles, Illinois, have had a lot of practice decorating new homes—this one is their sixth in fifteen years. But it's the first contest they've won for their efforts. "I never dreamed I would actually win first prize," says Donna, whose homespun ideas turned what she called "a very vanilla" space into an elegant living room. Donna, Greg, a regional manager for DuPont, and their children, Kelly, thirteen, Sarah, five, and Rachel,



two, love to read and listen to music, so Donna wanted to create a room that would inspire tranquillity. "First, I painted the walls a soft beige," says Donna. "Then I bought inexpensive panels of lace and sheer fabric and—believe it or not—fastened them with rubber bands to achieve a pouf at both sides of the window." With furnishings collected over the years and family heirlooms, the Parkses' new living room is indeed the ideal place for getting lost in a good novel.



Living room, below: photos, Cheryl Pendleton; stylist, Karen J. Reisler; flowers, Lily of the Valley. Bathroom, right: photos, Pamela Barkentin-Blackburn; stylist, Beverly McGurre. Details, page 212



## BATHING IN BEAUTY

Years before Pamela West-Birnbaum and her husband, Roger, set eyes on their 1920s colonial-style house in Beverly Hills, California, it was home to Spencer Tracy and Elizabeth Taylor in the 1950 movie *Father of the Bride*. So it's no coincidence that Pamela, an actress, Roger, a movie producer, and Claire, their seven-year-old daughter, feel at home in this classic setting. "When we moved in six years ago," says Pamela, "we began fixing up the first floor. Then, last summer, we tackled the upstairs master bedroom and bath, turning a tiny bathroom into a luxurious spa." Since Pamela's dad, Lorand West,



is an architect in Los Angeles, she asked him to help her design the new space that was inspired by his idea for a giant circular skylight; "Now I never have to turn on the lights during the day," she says. Then Pamela went to work picking out the perfect pale peach for the walls ("a great backdrop for putting on makeup," she advises), the limestone flooring and the hunter green granite countertops. She also designed the English-style cabinetry. Both mirrors were purchased from catalogs; the sconces and silver accessories are heirlooms from Pamela's grandmother. "I feel pampered right in my own home," says Pamela.

# LHJ ROOM MAKEOVER CONTEST



## More than \$30,000 in cash and prizes

If you've recently renovated your entire home, or redesigned even just one room, here's your chance to **CASH** in on your efforts. **LADIES' HOME JOURNAL** is sponsoring its third annual **ROOM MAKEOVER CONTEST**, and you could win money, prizes and the chance to be featured in our magazine

**YOU CAN ENTER IN ANY ONE OF FIVE CATEGORIES:** •Living room/  
•Family room •Kitchen •Bathroom  
•Bedroom •Any room redesigned to make the most of natural sunlight. You can enter in as many categories as you want, but can win only one. Your entry packet will contain more information on multiple entries. Final entries must be received by February 28, 1995. See page 212 for official rules.

### CASH AWARDS

**5 Grand-prize winners**  
(one per room category): **\$5,000**  
**5 Second-prize winners**  
(one per room category): **\$1,500**

### WHAT WE'RE LOOKING FOR

LHJ will judge your entry on the overall look, how well the new room reflects your lifestyle, and your use of products and appliances. Any makeover project completed by February 28, 1995, is eligible—no matter how big or small. It's also eligible whether you did the work or hired professional help.

### WIN PRIZES

You may also win cash, products or product-purchase refunds from co-sponsoring manufacturers whose merchandise you have selected for use in your makeover. (Look for details in your entry packet.) For example, if you use products from a specific manufacturer, you may be eligible for additional awards.

### HOW TO ENTER

- 1. Right now:** Complete and mail the application for entry, below, or a photocopy (on 3½"x5" card) by February 1, 1995. (We'll send you the complete details and entry materials along with our official entry form.)
- 2. When the project is done:** Send us the final entry form. Get a head start now by saving floor plans, photos of your rooms Before and After, and receipts that could make your project a winner.
- 3. The winners:** Winners will be selected by a panel of LHJ judges. We will notify all winners by mail and publish the top winner in each category in our September 1995 issue.

## LHJ ROOM MAKEOVER CONTEST APPLICATION FOR ENTRY

Name .....

Address .....

City ..... State ..... Zip .....

Be sure to check the box(es) that best describes your project(s)

Living room/Family room  Kitchen  Bathroom  Bedroom

Any room redesigned to make the most of natural sunlight

Please do not send photos or project plan with this application for entry. Send only one request for entry packet per family. (Allow six weeks for delivery of final entry packet.)

Send \$2 for postage and handling for the entry packet\* to:  
**Ladies' Home Journal Room Makeover Contest**  
P.O. Box 8882  
Flushing, NY 11377

\*No fee required for residents of VT, MD, AZ.

### CONTEST CO-SPONSORS

- ANDERSEN WINDOWS
- COLLAGE\*
- KITCHENAID
- MERRILLAT INDUSTRIES, INC.\*
- TRUSTMARK CARPET SELECTION SYSTEM\*
- WHIRLPOOL\*

\*Look for additional awards by these co-sponsors when you receive your complete entry packet. These additional prizes are void in VT, MD, AZ.





Presenting  
 GE  
 Profile™  
 Built-In Style Refrigerator. On the face of it,  
 handsome indeed. But its side view is even more  
 impressive. Its SmartSpace exterior extends less  
 than an inch over your counter, creating a smoother,  
 more unified appearance while saving  
 up to six inches of floor space.  
 And, our built-in style refrigerator  
 doesn't sacrifice food storage features  
 or capacity for sleek, spacesaving looks.  
 The remarkably accommodating

**TO ALL THOSE SEEKING A SLEEK, BUILT-IN  
 LOOK, WE SUBMIT THE FOLLOWING PROFILE.**

SmartSpace interior offers all the  
 convenience you expect from GE. A Quick Space  
 shelf that tucks away for tall things. Slide-out  
 shelves with spillproof rims. Spacemaker™ door bins  
 that hold gallon containers. And removable  
 QuickServe™ storage dishes. All of which  
 should make the above Profile very  
 appealing.



To find out more, call the GE Answer  
 Center at 800.626.2000.



*Profile*

Always use proper food handling practices.



© 1998 ConAgra Inc.



Hardly anything, with our delectable cold cuts. We prepare fine lean meats with lots of taste but only one gram of fat or less in each slice.

“I forget. What am I giving up again?”

Like our Honey Ham, Smoked Turkey Breast, and even Bologna. Try all our varieties of regular and deli-thin slices. You may forget what you're giving up. But you'll always know you're getting great cold cut taste.



HEALTHY CHOICE®

EAT what you LIKE

# Food Journal

## **BLUE RIBBON RECIPES**

Main dishes and desserts that won top honors at cook-offs around the country

## **BETTER THAN ROSIE'S**

A challenge to Oprah's chef, Rosie Daley: our own great-tasting low-fat recipes



## **HARVEST PIES**

Make the most of autumn's bumper crop with delicious new recipes for pies and tarts

## **LATEST DISH**

The news about salt, apple picking, and more

# Blue Ribbon

## RECIPES

Everybody loves a winner! Enjoy these first-prize foods from America's most popular bake-offs, cook-offs and state fairs: They prove that some of America's very best chefs live

right next door



Above, Sensational Spinach-and-Zucchini Pie (State Fair of Texas); right, Fudgy Bonbons (Pillsbury Bake-Off Contest)



Clockwise from top left: Puppy's Breath Chili (World's Championship Chili Cookoff); Apricot Tea Ring (Minnesota State Fair); Pronto Spicy Beef with Black Bean Salsa (National Beef Cook-Off); Caribbean Chicken Drums (National Chicken Cooking Contest); Pepper Relish (New York State Fair)

# ENTER THE BE-A-BETTER-COOK CONTEST

## WANT TO COOK LIKE A PRO?

Anyone can, with the right ingredients, the right recipes and the right instruction. Just send us your favorite butter cooking tip (in 100 words or less) and you could win all three!

## GRAND PRIZE

A cooking course with a professional chef in your area, a case of Real butter and a copy of *Ladies' Home Journal 100 Great Chicken Recipes*—the first in a super new cookbook series.

## 5 RUNNERS UP

will each receive five pounds of Real butter and a copy of *100 Great Chicken Recipes*, filled with lots of chicken dishes you can make even tastier by using butter.

## TO ENTER

send in your tip, along with a proof-of-purchase from any Real butter product, and your name and address to: LHJ/Be-A-Better-Cook Contest, 100 Park Ave., New York, NY 10017. Entries must be received no later than 10/31/94.

**RULES** Print or type your name, address and your favorite butter cooking tip (in 100 words or less) with a proof-of-purchase (residents of AZ, VT, MD need not send POP) from any Real butter product and mail to: LHJ/Be-A-Better-Cook Contest, 100 Park Ave. NY NY 10017. You may enter as many times as you wish but each entry must be submitted separately. Entries must be received by 10/31/94. No responsibility is assumed for lost, late or misdirected entries. Contest open to residents of the U.S.A. who are 21 years of age or older, except employees of Meredith Corp., National Dairy Board, its agents, affiliates, subsidiaries and families. The winners will be selected on or about 12/10/94. Winners will be notified by mail and prize delivered on or about 2/15/95. Entries must be original and not previously published. All entries and materials submitted become the property of Meredith Corp. and will not be returned or acknowledged. Entries will be judged on content, clarity of expression, creativity, originality etc. Judging will be conducted by a panel of judges selected by Ladies' Home Journal. The decisions of the judges are final. (1) Grand Prize: Approximate retail value of grand prize \$500. Cooking course to be selected by LHJ. (5) Runners up: Approximate retail value of prize \$20.00. Prizes are not exchangeable or transferable. Winners will be required to sign an Affidavit of Eligibility and Release of Liability within 10 days of notification. Subject to all federal, state and local laws and regulations. Void where prohibited. Applicable taxes are the sole responsibility of the winners. For a list of prize winners (available after 1/15/95) send a separate, self-addressed, stamped envelope to: LHJ/Be-A-Better-Cook Winners' List, 100 Park Ave., NY NY 10017.

NOTHING BRINGS OUT THE TASTE LIKE

# BUTTER

America's Dairy Farmers © National Dairy Board 1994

## Blue ribbon recipes

continued

- Easy ● Challenging ▼ Low-fat  
● Moderate ⊕ Microwave ▽ Low-calorie  
\* Can be frozen up to 1, 3, 6 or 9 months

### SENSATIONAL SPINACH-AND-ZUCCHINI PIE

Jill Baker, Best of Show, Pie Contest, 1993 State Fair of Texas

**Indulgent but worth it** Texans like to do things their own way, even judging pies. The best pie of the year: a savory entrée filled with sausage, greens and three kinds of cheese.

Prep time: 35 minutes plus cooling

Baking time: 50 to 60 minutes

#### Pastry

- 2 2/3 cups all-purpose flour
- 1 teaspoon salt
- 1 cup vegetable shortening
- 7 to 8 tablespoons ice water

- 1 pound bulk sweet Italian sausage
- 2 tablespoons butter or margarine
- 3 cups coarsely chopped zucchini
- 2 teaspoons Knorr Aromat seasoning or 1 teaspoon seasoned salt
- 1 package (10 oz.) frozen chopped spinach, thawed, squeezed dry
- 1 container (15 oz.) ricotta cheese
- 1 container (8 oz.) soft cream cheese with herbs and garlic
- 1 cup shredded mozzarella cheese
- 2 large eggs, lightly beaten
- 1 tablespoon hot pepper sauce
- 1 large egg, beaten with 1 tablespoon water

1. **Make pastry:** Combine flour and salt in bowl. With pastry blender, cut in shortening until mixture resembles coarse crumbs. Sprinkle on water 1 tablespoon at a time, tossing with fork until mixture holds together. Shape into 2 balls, one slightly larger than the other; flatten. Wrap and refrigerate until ready to use.

2. Preheat oven to 425°F. Brown sausage in skillet over medium heat. Drain.

3. Meanwhile, melt butter in another skillet over high heat. Add zucchini, sprinkle with seasoning and cook just until tender.

4. Combine sausage, spinach, ricotta, cream cheese, mozzarella, eggs and pepper sauce in large bowl. Stir in zucchini.

5. On lightly floured surface, roll larger pastry to 12-inch circle. Fit into 10-inch pie plate. Spoon in filling. Roll remaining pastry to 11-inch circle; make decorative cutouts for vents. Brush rim of pie with egg glaze and place pastry circle on top. Flute edges. Brush top with egg glaze.

6. Bake 15 minutes. Reduce oven temperature to 375°F. and bake 35 to 45 minutes more, until golden. Cool on wire rack 30 minutes. Serve warm or at room temperature. Makes 10 servings.

Per serving		Daily goal
Calories	660	2,000 (F), 2,500 (M)
Total fat	49 g	60 g or less (F); 70 g or less (M)
Saturated fat	16 g	20 g or less (F); 23 g or less (M)
Cholesterol	153 mg	300 mg or less
Sodium	940 mg	2,400 mg or less
Carbohydrates	32 g	250 g or more
Protein	24 g	55 g to 90 g

### FUDGY BONBONS

Mary Anne Tyndall, Grand Prize Winner, 36th Pillsbury Bake-Off Contest

Is it a candy? A cookie? Or the chocolate lover's ultimate dream? This prizewinning is all three: a candy kiss surrounded by chocolate dough.

Prep time: 30 minutes

Baking time: 6 to 8 minutes per batch

- 1 package (12 oz.) semisweet chocolate chips
- 1/4 cup butter or margarine
- 1 can (14 oz.) sweetened condensed milk
- 2 cups all-purpose flour
- 1/2 cup finely chopped nuts (optional)
- 1 teaspoon vanilla extract
- 60 milk chocolate candy kisses or white-and-chocolate-stripe candy kisses, unwrapped
- 2 ounces white chocolate
- 1 teaspoon vegetable shortening

1. Preheat oven to 350°F.
2. Melt chocolate chips and butter in saucepan over low heat. Remove from heat and stir in condensed milk, flour, nuts and vanilla until combined.
3. Cover each candy kiss completely with 1 level tablespoon dough. Place cookies 1 inch apart on ungreased cookie sheet.
4. Bake 6 to 8 minutes. (Cookies will appear soft and shiny.) Cool wire rack on wax paper.
5. Melt white chocolate and shortening in saucepan over low heat. Drizzle over cookies. Cool. Makes 5 dozen.

Per cookie without nuts		Daily goal
Calories	100	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	5 mg	300 mg or less
Sodium	21 mg	2,400 mg or less
Carbohydrates	14 g	250 g or more
Protein	2 g	55 g to 90 g

### PUPPY'S BREATH CHILI

Cathy Wilkey, First Place Winner, 1993 World's Championship Chili Cook-off

Don't let the cuddly name fool you—this chili packs a powerful flavor from chiles and chili powder.

Prep time: 30 minutes

Cooking time: 1 1/2 to 2 1/2 hours

- 3 dried California chiles\*
- 1 dried New Mexico chile\*
- 2 teaspoons vegetable oil
- 3 pounds beef sirloin tip, cut into 1-inch cubes or coarsely ground
- 3/4 cup chopped onions
- 2 teaspoons minced garlic
- 5 to 6 tablespoons California chili powder\*

# "Butter Makes Almost Every Food Taste Better."

Chef David Burke, Park Avenue Cafe, NYC



"That's what makes it so wonderful.

Butter can turn boiled carrots into delicious glazed carrots. Here's how I do it. I boil and drain fresh carrots, saute them with a little of the cooking water, then stir in a few pats of butter. They taste great. Try it yourself at home. It's easy.

If you love preparing delicious food, remember this tip: a little butter adds a lot of flavor."



NOTHING BRINGS OUT THE TASTE LIKE  
**BUTTER**

## Blue ribbon recipes

continued

3 tablespoons Gephardt or other chili powder\*

1 tablespoon New Mexico mild chili powder\*

3 tablespoons cumin

1 can (8 oz.) tomato sauce

2 cans (14½ oz. each) beef broth

1 can (14½ oz.) chicken broth

1 teaspoon packed brown sugar

1 teaspoon hot pepper sauce

Juice of 1 lime

Sour cream, cilantro, and lime wedges

1. Combine chiles with boiling water to cover in medium bowl; let stand 30 minutes. Drain, reserving ½ cup liquid.

Discard stems and seeds. Puree chiles in blender with reserved liquid.

2. Meanwhile, heat oil in large Dutch oven. Add beef in batches; brown, stirring occasionally, over medium-high heat 30 minutes. Transfer to bowl.

3. Add onions to Dutch oven and cook 5 minutes. Stir in garlic, chili powders and cumin; cook, stirring, 1 minute. Stir in tomato sauce and chile puree, then the broths. Bring to boil, reduce heat and simmer uncovered, stirring occasionally, 1 hour for ground beef, 2 hours if cubed, until very tender. Stir in brown sugar, pepper sauce and lime juice. Serve with sour cream, cilantro and lime. Makes 7 cups.

\*Dried chiles and chili powder are available at some supermarkets and by mail from Mo Hotta-Mo Betta, 800-462-3220.



“My three kids say their lunches are boring, boring, boring.”

Per cup	Daily goal
Calories	530 2,000 (F), 2,500 (M)
Total fat	35 g 60 g or less (F); 70 g less (M)
Saturated fat	12 g 20 g or less (F); 25 g less (M)
Cholesterol	130 mg 300 mg or less
Sodium	1,249 mg 2,400 mg or less
Carbohydrates	15 g 250 g or more
Protein	42 g 55 g to 90 g

## APRICOT TEA RING

Elaine Janas, Blue Ribbon Winner 1999 Minnesota State Fair

Elaine Janas has been winning blue ribbons at the State Fair for thirty years. Her latest triumph: a luscious yeast ring filled with dried apricots and flavored with the bite of lemon peel.

Prep time: 35 minutes plus rising

Baking time: 25 to 30 minutes

2 packages active dry yeast  
 ½ cup warm water (110°F.-115°F.)  
 ½ cup warm milk (110°F.-115°F.)  
 ⅓ cup sugar  
 ⅓ cup vegetable shortening  
 1 teaspoon salt  
 About 3½ cups all-purpose flour  
 1 large egg  
 1 teaspoon grated lemon peel  
 ⅛ teaspoon mace

### Filling

1 cup dried apricots  
 1½ cups water  
 ¼ cup sugar  
 1 tablespoon fresh lemon juice  
 1 teaspoon grated lemon peel  
 ¼ teaspoon cinnamon  
 ⅛ teaspoon salt

### Glaze

1 cup confectioners' sugar  
 1 tablespoon milk  
 ½ teaspoon butter or margarine  
 ½ teaspoon vanilla extract

1. Dissolve yeast in warm water. Combine milk, sugar, shortening and egg in bowl; cool to lukewarm. Whisk in yeast mixture and 1 cup flour until smooth. Whisk in egg, lemon peel and mace. Gradually add 2 to 2¼ cups flour until dough pulls away from sides of bowl.

2. On lightly floured surface, knead dough until smooth and elastic, adding remaining flour as needed, 5 minutes. Transfer to greased bowl, turning once. Grease top. Cover and let rise in place until doubled in bulk, 1 hour.

3. Prepare filling: Meanwhile, heat apricots and water to boiling in saucepan. Reduce heat, cover and simmer until very tender, 15 minutes. Drain. Puree in food processor or blender. Return to pan and stir in lemon juice, peel, cinnamon and salt. Cook, stirring, over low heat 5 minutes. Cool.

4. Punch dough down. Cover and let rise 15 minutes. Grease cookie sheet.

5. On lightly floured surface, roll dough to 22x7-inch rectangle. Spread filling over top, leaving 1-inch border on all sides. Roll dough jelly-roll fashion from top side; pinch edges to seal. Transfer to



down to prepared cookie sheet. into a ring; pinch ends together. scissors, make cuts about one third way toward center at 1-inch inter-round outer edge. Cover and let until doubled, 30 to 45 minutes. heat oven to 350°F. Bake 25 to 30 es, until golden. Cool.

**Prepare glaze:** Combine all ingredients in bowl until smooth. Drizzle over tea ring. Makes 16 servings.

Daily goal	
230	2,000 (F), 2,500 (M)
5 g	60 g or less (F); 70 g or less (M)
2 g	20 g or less (F); 23 g or less (M)
15 mg	300 mg or less
169 mg	2,400 mg or less
42 g	250 g or more
4 g	55 g to 90 g

## ONTARIO SPICY BEEF WITH BLACK BEAN SALSA

*Harber, Best of Beef Winner, Na- Beef Cook-Off*

**Best recipe of the month** The judges celebrated the twentieth anniversary of Cook-Off by selecting this chile-grilled steak and black bean salsa.

**Prep time:** 15 minutes plus standing  
**Cooking time:** 24 to 36 minutes

**Seasoning Mix**  
1/2 teaspoon chili powder  
1/2 teaspoon salt  
1/2 teaspoon cumin  
1/2 teaspoon ground red pepper

1/2 tri-tip roast or top sirloin steak, 1/2 inches thick (1 3/4 lb.), trimmed  
1/2 cup onion sprigs, for garnish

**Bean Salsa**  
1 can (15 oz.) black beans, drained  
1 medium tomato, chopped  
1/2 cup finely chopped red onion  
2 tablespoons chopped fresh cilantro

**Prepare grill.**  
**Prepare seasoning mix:** Combine all ingredients in cup; reserve 2 teaspoons. Brush remaining seasoning all over. Grill over medium coals 12 to 18 minutes per side for medium-rare. Let rest 10 minutes, then slice beef thin against the grain. Arrange on platter with onion and cilantro. Makes 6 servings.  
**Prepare salsa:** Meanwhile, combine ingredients with seasoning in bowl.

Daily goal	
290	2,000 (F), 2,500 (M)
14 g	60 g or less (F); 70 g or less (M)
6 g	20 g or less (F); 23 g or less (M)
80 mg	300 mg or less
569 mg	2,400 mg or less
10 g	250 g or more
28 g	55 g to 90 g

## CARIBBEAN CHICKEN DRUMS

*Arie Berger, First Prize Winner, 40th Annual Chicken Cooking Contest*  
You would possibly be new about chicken if you don't know about this winning combination. Flavorful, quick-cooking drumsticks

and an island-inspired banana chutney?

**Prep time:** 7 minutes  
**Cooking time:** 47 minutes

2 tablespoons vegetable oil  
8 chicken drumsticks (2 lb.)  
1 can (14 oz.) tomatoes, chopped  
1 can (4 oz.) diced green chiles  
1 tablespoon packed brown sugar  
1/4 teaspoon allspice  
1/4 cup mango chutney, chopped  
1/4 cup raisins  
1 tablespoon fresh lemon juice  
1 large banana, sliced  
1 ripe mango, sliced

1. Heat oil in large skillet over medium heat. Add chicken and cook, turning occasionally, until browned, 10 minutes.

2. Stir in tomatoes with their liquid, green chiles, brown sugar and allspice. Bring to boil; reduce heat, cover and simmer 20 minutes. Stir in chutney, raisins and lemon juice; cook covered 15 minutes.  
3. Transfer chicken to platter. Skim fat from sauce in pan; stir in banana and heat through. Spoon some sauce over chicken and garnish with mango. Pass remaining sauce. Makes 4 servings.

Per serving		Daily goal
Calories	485	2,000 (F), 2,500 (M)
Total fat	21 g	60 g or less (F); 70 g or less (M)
Saturated fat	5 g	20 g or less (F); 23 g or less (M)
Cholesterol	123 mg	300 mg or less
Sodium	644 mg	2,400 mg or less
Carbohydrates	45 g	250 g or more
Protein	31 g	55 g to 90 g

(continued)



**Hillshire Farm can give your kids over 17 delicious reasons to be excited about lunch. No one else even comes close.**

Try our Brown Sugar Baked Ham, or our special Honey

Roasted Turkey Breast, or even

our great Pastrami.

Unlike some other lunch meats, we take the time to slow roast our meats in their own natural juices.



LINE AVERAGE BASED ON 2 oz. SERVING	FAT (g)
HILLSHIRE FARM	2
'HEALTHY BRANDS' LEADING BRAND*	7

Taste the difference when it comes from...

\*BASED ON MANUFACTURER'S PRINTED DATA FOR REGULAR AND LIGHT PRODUCTS



HILLSHIRE FARM

# Don't Know Beans About Brown Rice? Try This.

## RICE WITH BLACK BEANS

**20 MINUTES**

- 1 tablespoon oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 can (14 oz.) stewed tomatoes
- 1 can (15 oz.) black beans, rinsed, drained
- $\frac{1}{2}$  cup water
- $\frac{1}{2}$  teaspoon dried oregano leaves
- 1  $\frac{1}{2}$  cups MINUTE® Instant Brown Rice, uncooked



Heat oil in large skillet on medium-high heat. Add onion and garlic; cook and stir until tender but not browned. Stir in tomatoes, beans, water and oregano. Bring to boil. Stir in rice. Return to boil. Reduce heat to low; cover and simmer 5 mins. Remove from heat. Let stand 5 mins. Stir. Makes 4 servings.

Nutrition information per Serving: 290 calories, 9g fat, 0mg cholesterol, 100mg sodium, 41g carbohydrate, 6g dietary fiber, 10g protein.



# MINUTE RICE-IPES®

© 1994 KRAFT GENERAL FOODS, INC. RECIPES

## Blue ribbon recipes

*continued*

### PEPPER RELISH

Louise H. Waterman, First Prize Winner, Vegetable Relish, 1993 New York State Fair Preserving is a fine old state-fair tradition, and as Louise Waterman's unusual pear-and-pepper relish proves, it's also an art.

Prep time: 65 minutes plus standing ▽ ○ ▽

Cooking time: 65 minutes

- 5 pounds firm, ripe pears, peeled, cored and chopped fine (10 cups)
- 3 cups finely chopped red peppers
- 3 cups finely chopped green peppers
- 2 cups finely chopped onions
- $\frac{1}{4}$  cup Kosher or canning salt
- $1\frac{1}{2}$  cups cider vinegar
- $1\frac{1}{2}$  cups sugar
- 1 teaspoon mustard seeds
- 1 teaspoon celery seeds

1. Toss pears, peppers and onions with salt in large bowl; let stand 3 hours.
2. Meanwhile, combine vinegar, sugar, mustard seeds and celery seeds in large Dutch oven. Bring to boil, reduce heat

and simmer 30 minutes.  
 3. Rinse pear mixture under cold water. Add to syrup. Bring to boil, reduce heat and simmer 15 minutes.  
 4. Meanwhile, place ten clean 1/2-inch five 1-pint canning jars in enough water to cover by 2 inches in canning kettle. large stockpot fitted with canning rack or rack on bottom. Bring to boil; drain.  
 5. Spoon boiling relish into hot jars to 1/2-inch from top. Tightly screw on clean caps and bands. Transfer to canning kettle, adding boiling water to cover top by 2 inches. Boil gently 20 minutes, adding more boiling water if necessary.  
 6. With jar lifter or tongs, transfer jars to draft-free place 12 to 24 hours. Check seals of jars: Lids should be slightly concave in center; if not, push down (if it does not stay down, store in refrigerator). Store in cool, dry, dark place for 1 year. Makes ten 1/2-pints.

Per tablespoon		Daily goal
Calories	15	2,000 (F), 2,500 (M)
Total fat	0g	60g or less (F); 70g (M)
Saturated fat	0g	20g or less (F); 23g (M)
Cholesterol	0mg	300mg or less
Sodium	111mg	2,400mg or less
Carbohydrates	4g	250g or more
Protein	0g	55g to 90g

## CONTEST CALENDAR

Here are the vital statistics on the contests in this story. If it's too late to enter this year's competition, take heart: All of the events are annual or biennial, so there's still time to perfect your recipe before the next entry deadline.

### THE NATIONALS

**World's Championship Chili Cookoff** September 30–October 2, 1994, in Reno, Nevada. Finalists are winners of state and regional events, sponsored by the International Chili Society (ICS), which holds 300 cooking events a year. For more information, contact ICS, P.O. Box 2966, Newport Beach, CA 92660.

**National Chicken Cooking Contest** April 27–30, 1995, in Atlanta; entries must be received by October 15, 1994. The Chicken Cook is held every two years under the sponsorship of the National Brailer Council. A finalist is selected to compete from each state and the District of Columbia. For more information, contact National Brailer Council, P.O. Box 5806, Columbia, SC 29250.

**National Beef Cook-Off** September 22–23, 1995, in Little Rock, Arkansas. The deadline for this Cook-Off is already past, to allow time for selection committee to choose finalists from each state; the best fifteen recipes will compete in Little Rock. (The next Cook-Off will be in 1997.) For more information, contact National Beef Cook-Off, 444 N. Michigan Avenue, Chicago, IL 60611.

**Pillsbury Bake-Off Contest** February 24–27, 1996, in Dallas; entry deadline October 1995. Held every two years, this is the premier baking and cooking contest in the country, where new-classic desserts (such as the Tunnel of Fudge Coke) started as prizewinners. For more information, contact The Pillsbury Company, 200 S. 6th Street, M.S. 27A1, Minneapolis, MN 55402.

### STATE FAIRS

**Minnesota State Fair** August 25–September 5, 1994, in St. Paul. This annual fair began in 1855 (three years before Minnesota became a state!). To enter one of the 184 cooking contests, you must be a state resident. For more information, contact Minnesota State Fair, 1265 Snelling Avenue, N., St. Paul, MN 55108.

**New York State Fair** August 25–September 5, 1994, in Syracuse. Held since 1841, the annual state fair in Syracuse is one of the oldest and largest fairs in the nation. For more information, contact Art and Home Center, New York State Fair at the State Fairgrounds, Syracuse, NY 13209.

**State Fair of Texas** September 30–October 23, 1994. The Lane Star cooking contest at the State Fair of Texas has been an annual blue-ribbon event for 107 years. For more information, contact State Fair of Texas, Creative Arts Department, P.O. Box 15009, Dallas, TX 75315.

# MINUTE®

◆ ORIGINAL INSTANT RICE ◆



MINUTE RICE-IPES® ARE EASY, DELICIOUS RECIPES  
YOU CAN MAKE IN 30 MINUTES OR LESS.

## CHEESEBURGER RICE

- 1 pound ground beef
- 1 medium onion, chopped
- 2 cups water
- $\frac{1}{4}$  cup catsup
- 2 tablespoons prepared mustard
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{8}$  teaspoon pepper
- 2 cups MINUTE® Original Rice, uncooked
- 4 ounces KRAFT® Natural Cheddar Cheese, sliced



## 20 MINUTES

- ▶ BROWN meat and onion in large skillet on medium-high heat; drain.
- ▶ STIR in water, catsup, mustard, salt and pepper. Bring to boil.
- ▶ STIR in rice; cover. Remove from heat. Let stand 5 minutes. Fluff with fork. Top with cheese; cover. Let stand 3 minutes or until cheese melts. Makes 4 servings.

◆ GREAT MEALS FOR THE TIME YOU HAVE ◆

# RICE-IPES®

WHAT'S MORE DELICIOUS THAN A CRISP FALL DAY? COMING HOME TO THE WARMTH OF



# Harvest Pies



UNBAKED PIE. CURL UP WITH A MUG OF CIDER AND A SLICE OF HEAVEN. BY LISA BRAINERD



**Left: Four-Fruit Pie** (sliced apples, pears, plums and grapes in a decorative double crust). **Above: Pear Anise Pie** boasts two kinds of pears plus aniseed in a delicate lemon crust

OUR PERFECT PIES AND TEMPTING TARTS STAR FRESH-FROM-THE-ORCHARD APPLES, PLUMS, PEARS AND MORE—THEY MAY JUST BECOME YOUR NEW FAMILY FAVORITES



**Fig and Pear Tart, served with a topping of sweet mascarpone**

- Easy ● Challenging ▼ Low-fat  
 ● Moderate Ⓜ Microwave □ Low-carb  
 ✱ Can be frozen up to 1, 3, 6 or 9 months

### FIG AND PEAR TART

An exceptionally rich, flaky pastry makes a wonderful base for any kind of tart. Ours is filled with an unusual combination of fresh pears and figs.

*Prep time: 30 minutes plus chilling*

*Baking time: 25 to 35 minutes*

#### Pastry

- ½ cup cold butter, cut up
- 1 cup all-purpose flour
- ¼ cup sour cream
- 4 tablespoons sugar, divided

- 2 Bosc pears, unpeeled, cut into 16 wedges each
- 4 figs (5–6 oz.), quartered
- 2 tablespoons sugar
- ½ cup mascarpone cheese
- 1 tablespoon honey

1. *Make pastry:* Cut butter into flour in medium bowl until mixture resembles coarse crumbs. Stir in sour cream. Roll into ball; flatten into 5-inch square. Wrap and refrigerate at least 2 hours.
2. On lightly floured surface, roll pastry into 12x8-inch rectangle. Sprinkle evenly with 2 tablespoons sugar. Fold pastry into thirds, letter-style. Wrap and refrigerate 30 minutes.
3. Place pastry on lightly floured surface with an open end facing you; roll to 15-inch long strip. Sprinkle evenly with 2 tablespoons sugar and fold up again, letter-style. Wrap and refrigerate 30 minutes more.
4. Roll pastry to 13-inch square. Transfer to large ungreased cookie sheet. Use sharp knife, trim to 13-inch circle. Refrigerate or freeze 10 minutes.
5. Preheat oven to 375°F. Arrange pears overlapping, with rounded side at outer edge of pastry circle. Layer figs in same circle in center. Sprinkle with sugar. Bake 25 to 35 minutes, until pastry is golden and fruit is tender. Slide long, flexible metal spatula under pastry to loosen. Cool on wire rack.
6. To serve, combine mascarpone and honey. Add a dollop to each serving. Makes 8 servings.

Per serving		Daily goal
Calories	320	2,000 (F), 2,500 (M)
Total fat	20 g	60 g or less (F); 70 g or less (M)
Saturated fat	8 g	20 g or less (F); 23 g or less (M)
Cholesterol	54 mg	300 mg or less
Sodium	130 mg	2,400 mg or less
Carbohydrates	34 g	250 g or more
Protein	3 g	55 g to 90 g

(cont.)

# Finally, a scrumptious homemade brownie that's easy. Guaranteed.



## One Bowl Brownies

4 squares **BAKER'S®**  
Unsweetened Chocolate  
3/4 cup (1 1/2 sticks)  
margarine or butter  
2 cups sugar  
3 eggs  
1 teaspoon vanilla  
1 cup flour  
1 1/2 cups chopped  
**DIAMOND®** Walnuts

Makes 24 fudgy brownies.

HEAT oven to 350°F (325°F for glass baking dish).

MICROWAVE chocolate and margarine in large microwavable bowl on HIGH 2 minutes or until margarine is melted. Stir until chocolate is completely melted.

STIR sugar into chocolate until well blended. Mix in eggs and vanilla. Stir in flour and walnuts until well blended. Spread in greased 13×9-inch baking pan.

BAKE 30 to 35 minutes or until toothpick inserted in center comes out with fudgy crumbs. DO NOT OVERBAKE  
Cool in pan. Cut into squares.

To obtain high-quality results,  
be sure to use only Baker's® and Diamond® products.



**ONE BOWL™ SATISFACTION GUARANTEE** If you're not satisfied with One Bowl™ Brownies we will refund the price of your ingredients (up to \$3.50). Just send register receipt and UPC symbols from Baker's Chocolate and Diamond Walnuts, and your name, address and zip code to One Bowl, P.O. Box 24234, Kankakee, IL 60902-4234. Offer expires June 30, 1994. Allow 4 to 6 weeks for refund.  
©1994 Kraft General Foods, Inc. Baker's and One Bowl are trademarks of Kraft General Foods, Inc. ©1994 Diamond Walnut Growers, Inc.

**MOLASSES-SPICE APPLE PIE**



An amazing array of apples are available now, but for this pie, a sweet variety works best. Molasses and spices—brown sugar, cinnamon and ginger—complement the fruit with a hint of gingerbread flavor.

*Prep time: 25 minutes plus chilling*  
*Baking time: 75 minutes*

**Pastry**

- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 1/2 cup cold butter, cut up
- 1/4 cup vegetable shortening
- 4 to 6 tablespoons ice water

- 2/3 cup firmly packed brown sugar
- 2 tablespoons flour
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ginger
- 8 cups Golden Delicious apples, peeled and sliced (3 1/2 lb.)
- 1/4 cup light molasses
- 1 tablespoon butter, cut up

1. *Make pastry:* Combine flour and salt in large bowl. With pastry blender or 2 knives, cut in butter and shortening until mixture resembles fine crumbs. Add water 1 tablespoon at a time, tossing with fork just until mixture begins to hold together. Shape into 2 balls, one slightly larger than the other. Flatten into disks. Wrap and refrigerate 30 minutes.
2. Preheat oven to 425°F. Combine sugar, flour, cinnamon and ginger in large bowl. Add apples and toss to coat. Add molasses and toss again.
3. On floured surface, roll larger pastry disk to 12-inch circle. Fit into 9-inch pie pan. Spoon in apple mixture and dot with butter. Roll smaller pastry disk to 9-inch circle. Fit over fruit and flute edges. Cut vents.
4. Bake pie on cookie sheet 15 minutes. Reduce oven heat to 375°F, and bake 60 minutes more or until filling is bubbly in center. (If pastry browns too quickly, cover loosely with foil.) Cool on wire rack 1 hour. Makes 8 servings.

**MAPLE-BUTTERNUT TART WITH GLAZED PECANS**

*pictured on page 197*

This fall tart is an elegant alternative to the usual pumpkin pie. Either fresh or frozen squash can be used, but real maple syrup makes all the difference.

*Prep time: 30 minutes plus chilling*  
*Baking time: 45 to 53 minutes*

**Pastry**

- 1 cup all-purpose flour
- 3 tablespoons granulated sugar
- Pinch salt
- 6 tablespoons cold butter, cut up (no substitutions)
- 1 large egg yolk
- 1 tablespoon water

- 1 1/4 pounds butternut squash, peeled and diced in 1/2-inch pieces, or 1 package (10 oz.) frozen winter squash puree, thawed
- 2 teaspoons butter, melted
- 1/3 cup plus 2 tablespoons pure maple syrup

- 16 pecan halves
- 1 large egg white, lightly beaten
- 1/3 cup heavy or whipping cream
- 2 tablespoons granulated sugar
- 2 large eggs, lightly beaten
- 1/8 teaspoon nutmeg

**Maple Whipped Cream**

- 2/3 cup heavy or whipping cream
- 2 tablespoons pure maple syrup

1. *Make pastry:* Pulse flour, sugar and salt in food processor to combine. Add butter and process until mixture resembles fine crumbs. Combine egg yolk and water in cup and add through feed tube with machine on; process just until mixture holds together. Shape dough into ball; flatten into disk. Wrap and refrigerate 30 minutes.
2. Between 2 sheets of lightly floured wax paper, roll pastry to 11-inch circle. Fit into 9 1/2-inch tart pan with removable bottom. Fold and press overhang in against sides. Freeze until ready to use.
3. Meanwhile, preheat oven to 375°F. Bake squash in covered baking dish until very tender, 30 minutes, or microwave in shallow 2-quart microwaveproof dish 15 minutes. Press through a sieve into medium bowl. Makes 1 1/4 cups.
4. Combine butter, 2 tablespoons maple syrup and the pecans in pie plate. Bake 10 minutes. Cool in pan on wire rack, turning nuts occasionally to coat.
5. Line pastry with foil and fill with dried beans. Bake 10 minutes. Remove foil and beans. Brush inside of pastry with egg white and bake 5 to 8 minutes more, until golden. Cool on wire rack.
6. Reduce oven temperature to 350°F. Whisk 1/3 cup maple syrup and the cream, sugar, eggs and nutmeg into squash.

Place tart pan on cookie sheet over wire rack; carefully pour squash mixture into pastry. Bake 20 minutes. Remove from oven and arrange glazed pecans around edge. Return to oven and bake 10 to 15 minutes more, until just set. Cool completely on wire rack. Serve with a dollop of Whipped Cream. Makes 8 servings.

**7. Make Maple Whipped Cream:** Beat cream to stiff peaks. Beat in maple syrup.

Per serving with whipped cream	Daily goal
Calories	405
Total fat	24 g
Saturated fat	14 g
Cholesterol	146 mg
Sodium	154 mg
Carbohydrates	44 g
Protein	5 g

**PEAR ANISE PIE**

**Test-kitchen favorite** The key to a perfect pear pie is using two kinds of pears for a range of flavors and juices. If you can get them, try fragrant Concord. A hint of anise adds a unique touch.

*Prep time: 30 minutes plus chilling*  
*Baking time: 65 to 75 minutes*

**Pastry**

- 2 cups all-purpose flour
- 1/4 cup confectioners' sugar
- 1/2 teaspoon salt
- 1/2 cup cold butter, cut up (no substitutions)
- 1/4 cup vegetable shortening
- 3 tablespoons fresh lemon juice
- 1 to 3 tablespoons ice water

- 1/2 cup plus 1 tablespoon granulated sugar
- 1/4 cup all-purpose flour
- 3/4 teaspoon grated lemon peel, divided
- 1/4 teaspoon crushed aniseed

- 8 cups assorted peeled, ripe pear, cut into 8 wedges each
- 1 large egg white, lightly beaten
- 1 tablespoon butter, cut up

1. *Make pastry:* Combine flour, confectioners' sugar and salt in large bowl. With pastry blender or 2 knives, cut in butter and shortening until mixture resembles fine crumbs. Add lemon juice 1 tablespoon at a time, then water if necessary, tossing with fork. Knead just until pastry holds together. Shape pastry into 2 balls, one slightly larger than the other. Flatten into disks. Wrap and refrigerate 30 minutes.
2. Preheat oven to 425°F. Combine granulated sugar, the flour, 1/2 teaspoon lemon peel and the aniseed in large bowl. Add pears and toss to combine.
3. On lightly floured surface, roll larger pastry disk to 12-inch circle. Fit into 9-inch pie pan and flute edges. Freeze 15 minutes. Line pastry with foil and fill with dried beans. Bake 10 minutes. Remove foil and beans. Brush with some of the egg white and bake 5 minutes more.
4. Spoon pear mixture into pie plate. (continued on page 2)

Per serving	Daily goal
Calories	450
Total fat	20 g
Saturated fat	10 g
Cholesterol	35 mg
Sodium	280 mg
Carbohydrates	67 g
Protein	4 g





IT'S 5:00.



*Time to pull another rabbit out of the hat.*



*Quick* GET THE BISQUICK.

**NEW QUICK CHEESEBURGER BAKE**  
PREP TIME: 12 MIN · BAKE TIME: 30 MIN

- 1 lb ground beef
- 1/4 cup chopped onion
- 1 can (10 1/2 oz) condensed Cheddar cheese soup
- 1 cup frozen mixed vegetables, if desired
- 1/4 cup milk
- 2 cups Bisquick® Original or Reduced Fat baking mix
- 1/4 cup water
- 1 cup shredded Cheddar cheese



*Heat* oven to 400°. Generously grease 13x9x2" baking dish. Cook beef and onion in 10" skillet until beef is brown, drain. Stir in soup, vegetables and milk. *Stir* baking mix and water in baking dish until moistened, spread evenly. Spread beef mixture over batter, sprinkle with cheese. *Bake* 30 min. 8 to 10 servings. High Altitude: No changes.



*We were looking for*

*a way to tell you about our*

**RICHER and CREAMIER** *BonBon*

*but the taste says it all.*



### JOURNAL SHOPPING CENTER

#### THE CLUTTER COP Pages 118-130

**MASTER BEDROOM:** greeting card box, letter-size file box, bill/check file box, storage boxes, Lillian Vernon, 800-285-5555; three-bar hook, belt hanger, step stool, Bed Bath & Beyond, 516-424-1070; shoe box, 5-quart and 17-quart storage containers, maxi basket, laundry hamper, stacking laundry basket, wastebasket, hangers, Tucker Housewares. **MASTER BUREAU:** 5-, 9- and 36-section jewelry stacker, Lillian Vernon. **FRONT HALL CLOSET:** deluxe belt/scarf holder, Bed Bath & Beyond; hat boxes, Hold Everything, 800-421-2264; full storgemate crate, hangers, Tucker Housewares; shoebag, Lillian Vernon. **LINEN CLOSET:** plaid dishtowels, Lillian Vernon. **CHILD'S CLOSET:** necktie holder, organizer boxes, three-drawer stacker, blue hangers, Lillian Vernon; serve-and-store food containers, Tucker Housewares. To order Stephanie Schur's video, *How To Organize Your Home*, call 800-383-8811, ext. 128.

#### 1994 ROOM MAKEOVER WINNERS Pages 188-193

**KITCHEN:** pasta set, colander, whisk, bread knife, wood utensils, cookbooks, daisy platter, Krups coffeemaker, The Devine Interior, 803-765-0272; rug, Karastan, 800-234-1120; "Pears" painting, sculpture, Portfolio Art Gallery, 803-256-2434; apple plate, plate stand, clay pot jug, urn planter, Ali's Alley, Antiques and Interiors, 803-799-2516; cutting board, Cornucopia dinner and salad plates, raspberry dinner plates, green dinner plates, salad bowls, throw, house canisters, wood salad bowl, platter, napkins, gold planter, Dansk International Design, 914-666-2121; floral and plaid chair

pillows, Southern Exposures, 803-771-4579; grape-and-leaf-handled planter, Blossom Shop, 803-799-3730; majolica salad plates, floral plant stand, Expressions, 203-629-9100; mustard ceramic fruit bowl, Gourmet Shop, 803-799-3705; dishwasher, refrigerator, Kitchen Aid, 800-422-1230. **BEDROOM:** hat boxes, scarlet throw, white pitcher, Expressions, 513-984-4422; burgundy, postcard, checked, ruffled pillows, Expressions; bed linens, neck roll, Dan River, Inc., 800-782-9568; duvet cover, dust ruffle, tassel on pillow, Linens Etc., 513-791-4197; alarm clock, Howard Miller, 860 East Main Avenue, Zeeland, MI 49464; rug, Lazarus Furniture Gallery, 513-244-3230; fabric for bench, skirted table, "Cornish Stripe," "Canasta Check," Laura Ashley, 800-367-2000; feather pillows, The Company Store, 800-323-8000; floral throw, Ballard Designs, 404-351-5099. **SUNROOM:** pillows, rug, plates, glasses, frames, lamp, Pier I Imports, 800-44-PIER1; Eleanor Doll, Here's My Heart, 609-354-2064; framed print, Masters of Tomorrow Gallery, 609-429-8422; windows, Andersen, 800-426-4261. **LIVING ROOM:** upholstered armchairs, Strawflower Shop, 708-232-7141; rug, The Rag Merchant, 708-232-9623; coffee table, ivory box, tapestry pillows, The Bombay Company, 817-870-1847. **BATHROOM:** bath towel, toothbrush holder, tumbler, soap dish, "Verde," "Energetic," "Luxuriant," bath products, Bath & Body Collection, Dawson Home Fashions, 800-805-805-BATH; "Seeing Stars," tumbler, Collage, 800-805-BATH; rug, Berbere Imports, 310-274-7064; prints, Yesteryear, 310-278-2008; towels by Fieldcrest, Bed, Bath & Beyond, 310-652-1380; plant baskets, Pier I Imports.

### ROOM MAKEOVER CONTEST RULE

As seen on page 194

1. To get an official entry form and complete details, mail a completed application for entry or a photocopy (or a 3x5 card). Mail to Ladies' Home Journal Room Makeover Contest, P.O. Box 8882, Flushing, NY 11377. Application forms must be received no later than February 1, 1995. Official entry form with entry materials, and a family photo must be received by February 28, 1995. 2. Makeover projects in living room/family room, (2) kitchen, (3) bathroom, (4) bedroom, and (5) any room redesigned to make the most of the light completed by February 28, 1995, are eligible. 3. Entry materials will be returned. By submitting your entry, you agree to assign all rights, including copyright, in the entry materials to Meredith Corporation. 4. Prizewinners will be notified on or about April 1, 1995, by the editors of LHJ and notified by mail. Contest will be judged on the overall how well the room reflects your lifestyle, and your products and appliances. Decisions of the judges are final. LHJ will enter into no correspondence or phone communication about contest or judging. 5. By acceptance of the prize, winners consent to the use of their names, entry, likeness, photos and additional interviews and photos (to be taken in Ladies' Home Journal) for publication in and promotion of LHJ and by co-sponsors in promotion of their products except where prohibited by law. 6. Prizes will be listed in the entry packet. Entrants are eligible for one room category prize only. All entrants are eligible for co-sponsored prizes. Co-sponsor prizes void in AZ, MD, VT. There will be no substitution of prizes, and prizes are not exchangeable or transferable except at the discretion of Ladies' Home Journal. 7. Prizewinners will be required to sign an eligibility affidavit and release within 10 days of notification. 8. Contest is open to U.S. residents eighteen or over. Employees of Meredith Corporation and co-sponsors and their families, affiliates, subsidiaries and advertising agencies are not eligible. Contest void where prohibited or restricted by law. Taxes on prizes are the responsibility of the winner. 9. For a list of prizewinners, send a SASE to: Ladies' Home Journal Room Makeover Contest, Winners List, 100 Park Avenue, New York, NY 10017.

est pics  
ied from page 210

e into pastry shell and dot with  
Roll smaller pastry disk to 9-inch  
and fit over fruit, tucking in edges.  
ents. Brush top with egg white.  
ne remaining 1 tablespoon sugar  
remaining ¼ teaspoon lemon peel  
rinkle over top.  
e pie on cookie sheet 15 minutes.  
e oven temperature to 375°F. and  
0 to 60 minutes more, until filling is  
in center. (If pastry browns too  
, cover loosely with foil.) Cool on  
ck 1 hour. Makes 8 servings.

Daily goal	
470	2,000 (F), 2,500 (M)
20 g	60 g or less (F); 70 g or less (M)
10 g	20 g or less (F); 23 g or less (M)
35 mg	300 mg or less
276 mg	2,400 mg or less
70 g	250 g or more
5 g	55 g to 90 g

**FOUR-FRUIT PIE**

ed an assortment of seasonal  
—apples, pears, plums and  
, all at their peak—to make a sur-  
sweet-tart filling for a double-  
ie.

ne: 1 hour plus chilling  
time: 65 to 70 minutes

- for Molasses-Spice Apple Pie  
ee p. 210)
- sugar
- all-purpose flour
- peeled, sliced apples (¾ lb.)
- peeled, sliced pears (1 lb.)
- thinly sliced plums (1 lb.)
- halved, seedless grapes (¾ lb.)
- spoon fresh lemon juice
- spoon butter, cut up

and chill pastry as directed.  
eat oven to 425°F. Combine sugar  
our in bowl. Add apples, pears,  
grapes and lemon juice; toss to  
ie.  
lightly floured surface, roll larger  
disk to 12-inch circle. Fit into 9-  
e pan and flute edge. Spoon in  
d dot with butter. Roll smaller pas-  
: to 9-inch circle; place over filling,  
in edges. Cut vents. Cut scraps  
if shapes; moisten with water and  
to top pastry.  
e pie on cookie sheet 15 minutes.  
e oven temperature to 375°F. and  
0 to 55 minutes more, until filling  
oly in center. (If pastry browns too  
, cover loosely with foil.) Cool on  
ck 1 hour. Makes 8 servings.

Daily goal	
510	2,000 (F), 2,500 (M)
21 g	60 g or less (F); 70 g or less (M)
10 g	20 g or less (F); 23 g or less (M)
35 mg	300 mg or less
270 mg	2,400 mg or less
81 g	250 g or more
5 g	55 g to 90 g

# The First Five Ways to Enjoy California Ripe Olives



## Have Some Tonight!

California Ripe Olives. They're a fast, delicious way to add flavor to all your family favorites. Open up a can and add zip to your spaghetti sauce, snap to your enchiladas or liven up your salads. Or let your kids enjoy them as the ultimate finger food.

Pick up a can of ripe olives today so there's always one on hand. You can start counting the ways California ripe olives can jazz up even everyday meals.

For FREE Ripe Olive nutritional facts and tasty recipes, send a postcard with this coupon to: California Ripe Olives • Dept. LH394 • P.O. Box 7796 • Fresno, CA 93747

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_



© California Olive Industry 1994

## Vegetable Lasagne

- Easy   ● Challenging ▼ Low-fat  
 ● Moderate   ⊕ Microwave   ▽ Low-calorie  
 ✱ Can be frozen up to 1, 3, 6 or 9 months

### VEGETABLE LASAGNE

Pasta is a great low-fat boon—if you're careful about what you put on it. Our baked lasagne is topped with veggies and part-skim cheeses: pure comfort, no guilt.

Prep time: 40 to 45 minutes   ○ ▽ ✱3  
 Baking time: 30 to 40 minutes

- 2 teaspoons vegetable oil
- 3 cups unpeeled diced eggplant
- $\frac{3}{4}$  cup chopped onions
- 1 teaspoon minced garlic
- 1 can (28 oz.) crushed tomatoes
- Salt
- $\frac{1}{2}$  teaspoon sugar
- $\frac{1}{4}$  teaspoon basil
- 1 pound carrots, peeled and shredded
- 1 package (10 oz.) frozen chopped spinach, thawed and squeezed dry
- 1 container (15 oz.) part-skim ricotta cheese
- 1 cup shredded part-skim mozzarella cheese
- 1 large egg, beaten
- Pinch nutmeg
- 9 lasagne noodles, cooked according to package directions
- 2 tablespoons freshly grated Parmesan cheese

1. Heat oil in large nonstick skillet over medium-high heat. Add eggplant, onions and garlic; cook, stirring, 5 minutes. Stir in tomatoes, 1 teaspoon salt, and the sugar and basil. Bring to boil; reduce heat to low, cover and simmer until eggplant is tender, 20 minutes. Makes  $4\frac{3}{4}$  cups.

2. Meanwhile, preheat oven to 375°F. Bring 2 quarts water to boil in large saucepan. Add carrots and cook 1 minute; drain. Combine carrots, spinach, ricotta, mozzarella, egg,  $\frac{1}{4}$  teaspoon salt and the nutmeg in large bowl.

3. Spoon  $1\frac{1}{4}$  cups eggplant sauce in 13x9-inch baking dish. Layer with 3 lasagne noodles and half the spinach mixture, 3 more noodles and  $1\frac{3}{4}$  cups sauce, then remaining spinach and noodles. Top with remaining sauce. Sprinkle with Parmesan. Bake uncovered 30 to 40 minutes, until hot. Makes 8 servings.

Per serving		Daily goal
Calories	305	2,000 (F), 2,500 (M)
Total fat	10 g	60 g or less (F), 70 g or less (M)
Saturated fat	5 g	20 g or less (F), 23 g or less (M)
Cholesterol	52 mg	300 mg or less
Sodium	721 mg	2,400 mg or less
Carbohydrates	39 g	250 g or more
Protein	18 g	55 g to 90 g

(continued)

better than  
**ROSIE**

We checked out *In The Kitchen With Rosie*, the top-selling cookbook by Oprah's chef, Rosie Daley, and knew we could do better.

So we did: Our low-fat recipes for everyone's favorite dishes are the *best!*



*U* **SING A DIFFERENT FAT FREE SLICE ON THIS SANDWICH  
WOULD BE LIKE MAKING FETTUCINI ALFREDO WITH TOMATO SAUCE.**

Free<sup>®</sup> Singles. The best tasting fat free slice.  
and have an old favorite again. And enjoy.

**5** Skim  
Milk



Look for this and other intriguing recipe ideas in  
specially marked packages of Kraft Free<sup>®</sup> Singles.

*T* **HE BEST IN THE FREE WORLD.**



**Crispy Fried Chicken with No-Fry French Fries**

### CRISPY FRIED CHICKEN

Our oven-baked "fried" chicken works well with boneless or bone-in breasts. Our trick for crispy low-fat frying: Spray the chicken with vegetable cooking spray halfway through baking.

Prep time: 15 minute  
Baking time: 30 to 35 minutes



- 1/3 cup buttermilk
- 2 teaspoons hot pepper sauce
- 4 chicken-breast halves (1/2 lb. each)
- 1/4 cup seasoned dry bread crumbs
- 1/4 cup yellow cornmeal
- 1 teaspoon salt
- 1 teaspoon chili powder
- 1 teaspoon dried cilantro
- 1/2 teaspoon cumin
- 1/4 teaspoon ground red pepper

1. Preheat oven to 425°F. Spray cookie sheet lightly with vegetable cooking spray.
2. Combine buttermilk and hot pepper sauce in 13x9-inch baking dish.
3. Remove skin and fat from chicken; discard. Rinse chicken under cold water; pat dry. Place in buttermilk mixture, turning to coat. Set aside.
4. Combine bread crumbs, cornmeal, salt, chili powder, cilantro, cumin and ground red pepper in shallow dish.
5. Dip chicken in crumb mixture, turning to coat well. Place chicken, meat side up, on cookie sheet. Spray with vegetable cooking spray.
6. Bake chicken 20 minutes (10 minutes for boneless); remove cookie sheet from oven and spray again with vegetable cooking spray. Bake 10 to 15 minutes more, until juices run clear when chicken is pierced. Makes 4 servings.

Per serving	Daily goal
Calories 225	2,000 (F), 2,500 (M)
Total fat 3 g	60 g or less (F), 70 g or less (M)
Saturated fat 1 g	20 g or less (F), 23 g or less (M)
Cholesterol 86 mg	300 mg or less
Sodium 818 mg	2,400 mg or less
Carbohydrates 12 g	250 g or more
Protein 36 g	55 g to 90 g

We added great flavor and satisfying crunch with a few tricks of our own so you'd never guess our foods are low-fat. Hey, Oprah, want a bite?

### NO-FRY FRENCH FRIES

After developing this low-fat recipe years ago, we wouldn't eat fries any other way. Try regular or sweet potatoes, and if you want more heat, add ground red pepper or cumin.

Prep time: 20 minutes  
Baking time: 40 to 45 minutes



- 2 pounds large baking potatoes, scrubbed\*
- 1 teaspoon olive or vegetable oil
- 1 large garlic clove, minced
- 1 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper

1. Preheat oven to 450°F. Line jelly-roll pan with foil. Spray foil generously with vegetable cooking spray.
2. Cut each potato lengthwise into 1/2-inch-wide slices; cut each slice into 1/2-inch-wide strips.
3. Toss potatoes in jelly-roll pan with oil, garlic, salt and pepper to coat well. Bake 40 to 45 minutes, tossing once or twice, until potatoes are crisp and golden. Serve immediately. Makes 4 servings.

Per serving	Daily goal
Calories 195	2,000 (F), 2,500 (M)
Total fat 2 g	60 g or less (F), 70 g or less (M)
Saturated fat 0 g	20 g or less (F), 23 g or less (M)
Cholesterol 0 mg	300 mg or less
Sodium 564 mg	2,400 mg or less
Carbohydrates 41 g	250 g or more
Protein 5 g	55 g to 90 g

\*For sweet potatoes: Prepare 2 pounds sweet potatoes as directed above, except bake 35 to 40 minutes, turning once.

Per serving	Daily goal
Calories 255	2,000 (F), 2,500 (M)
Total fat 2 g	60 g or less (F), 70 g or less (M)
Saturated fat 0 g	20 g or less (F), 23 g or less (M)
Cholesterol 0 mg	300 mg or less
Sodium 580 mg	2,400 mg or less
Carbohydrates 56 g	250 g or more
Protein 4 g	55 g to 90 g

### NO-FAT GRILLED VEGETABLE SALAD

Fastest recipe of the month This salad really is no-fat! The apricot preserves in the dressing round out the flavor (you can substitute orange marmalade). Grilling the veggies gives them such a taste you'll never miss the oil.

Prep time: 15 minutes  
Grilling time: 8 to 10 minutes



- 1 large baby eggplant
- 1 large red onion
- 1 large red pepper
- 1 large yellow pepper
- 1 medium zucchini
- 1/3 cup apricot preserves
- 1/3 cup balsamic vinegar
- 1/2 teaspoon minced garlic
- 1/4 teaspoon dried rosemary, crushed
- 1/4 teaspoon salt
- 4 cups assorted salad greens (Boston lettuce, watercress and arugula)

(continued)



**No-Fat Grilled Vegetable Salad**

# The Vegetables.



# The Secret.



**Lipton**

With Lipton's special blend of herbs and garlic, you can create..

#### RECIPE SECRETS OVEN ROASTED VEGETABLES

- 1 envelope Lipton Recipe Secrets Savory Herb with Garlic or Recipe Secrets Onion Soup Mix
- 1 1/2 pounds assorted fresh vegetables\*
- 2 tablespoons olive or vegetable oil

Preheat oven to 450°. In plastic bag or bowl, shake or toss all ingredients until vegetables are coated. Empty into 13 x 9-inch baking or roasting pan; discard bag. Bake, stirring once, 20 minutes or until vegetables are tender. Makes 4 (1/2 cup) servings.

\*Choose from sliced zucchini, yellow squash, red or green peppers, carrots, celery and mushrooms.



Lipton® Recipe Secrets® Savory Herb with Garlic. Everything from Chicken to Veggies.  
The Secret Worth Passing Around.

(Continued) 1. Prepare grill. Quarter eggplant lengthwise. Slice red onion crosswise 1/2 inch thick. Slice peppers lengthwise into 1 1/2-inch-wide strips. Slice zucchini diagonally 1/2 inch thick. Place vegetables in 13x9-inch glass baking dish. 2. Combine apricot preserves, vinegar, garlic, rosemary and salt in small saucepan. Heat to boiling, stirring frequently, over medium heat. Pour hot dressing over vegetables. 3. Grill vegetables, in batches if necessary, over medium-hot coals, 8 to 10 minutes, until tender, turning occasionally and brushing with dressing. Transfer to baking dish and toss with any remaining dressing. 4. To serve, arrange greens on platter and top with grilled vegetables. Makes 4 servings.

Per serving	Daily goal
Calories	200 (F), 2,000 (M)
Total fat	10 g or less (F), 70 g or less (M)
Saturated fat	2 g or less (F), 23 g or less (M)
Cholesterol	300 mg or less
Sodium	2,400 mg or less
Carbohydrates	250 g or more
Protein	55 g to 90 g



Super-Chocolate Sorbet

## NO-CREAM BROCCOLI SOUP

A satisfying soup doesn't need any cream when you add potato for smooth texture

and extra taste. If you prefer it chunkier, reserve one cup of broccoli and puree the rest.

Prep time: 25 minutes   
Cooking time: 25 minutes

- 2 teaspoons olive oil
- 1 cup chopped onions
- 1 garlic clove, crushed
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/4 teaspoon dried thyme
- 2 cans (14 1/2 oz.) chicken broth, defatted
- 1 cup water
- 8 ounces all-purpose potatoes, peeled and cut into 3/4-inch cubes (1 heaping cup)
- 1 large bunch broccoli (about 1 1/2 lb.)
- 1 teaspoon fresh lemon juice
- Lemon wedges, for garnish

- Heat oil in 5-quart Dutch oven over medium-high heat. Add onions, garlic, salt, pepper and thyme; cook, stirring frequently, until onions are tender and begin to brown. Remove garlic.
- Add chicken broth and water; bring to boil over high heat. Stir in potatoes; return to boil, reduce heat and simmer, covered, until potatoes are fork-tender, 5 minutes.
- Meanwhile, trim ends and tough parts of broccoli stalks. Cut florets and stalks into 1-inch pieces. Add broccoli to Dutch oven; cook over high heat uncovered until broccoli is tender, 8 to 10 minutes.
- Puree soup in blender, in 2 batches, until smooth. Return soup to Dutch oven; stir in lemon juice. Serve with lemon wedges. Makes 4 servings.

Per serving	Daily goal
Calories	225 (F), 2,200 (M)
Total fat	4 g or less (F), 70 g or less (M)
Saturated fat	0 g or less (F), 23 g or less (M)
Cholesterol	0 mg or less
Sodium	1,061 mg or less
Carbohydrates	18 g or less
Protein	7 g or less

## No-Cream Broccoli Soup



## SUPER-CHOCOLATE SORBET

**Food editor's choice** This refreshing dessert has the rich chocolate taste of premium ice cream and the low-fat punch of sorbet.

Total prep time: 10 minutes plus freezing

- 1/2 cup water
- 2 squares (2 oz.) semisweet chocolate
- 1/3 cup light corn syrup
- 2 tablespoons coffee-flavored liqueur
- 1 cup low-fat (1%) milk, at room temperature

- Heat water, chocolate, corn syrup and liqueur in medium saucepan over medium heat until chocolate is melted. Stir in milk.
- Immediately transfer to ice-cream maker and freeze according to manufacturer's directions. Makes 2 cups.

Per 1/2 cup	Daily goal
Calories	190 (F), 2,000 (M)
Total fat	5 g or less (F), 70 g or less (M)
Saturated fat	3 g or less (F), 23 g or less (M)
Cholesterol	2 mg or less
Sodium	65 mg or less
Carbohydrates	35 g or more
Protein	3 g or less

Recipes by Kathy Kaliban Nolan.

## LOW-FAT COOKING TRICKS

■ Hot spices are the key to giving low-fat foods great flavor. Use cumin, chili powder, peppers, chiles and ginger to season lean meats, fish and vegetables.

■ Remember that grilling—whether over a barbecue fire or in a stovetop grill pan—makes almost everything taste better without adding any fat.

■ Sugar is the secret ingredient in many of these dishes, from entrées (like our Vegetable Lasagne) to salad dressings. It replaces flavor lost by cutting fat.

■ You can make any soup creamy without using milk or cream. How? By adding pureed vegetables for extra thickness, smoothness and flavor.

■ Adding a little alcohol to recipes we did in our Super-Chocolate Sorbet heightens the flavors of other ingredients.

■ Vegetable cooking spray is a must-have for every low-fat cook. It pinches perfectly for vegetable oil to coat pan and make crusts crispy (the proof is in the crunchiness of oven-fried chicken!).



Sand, cat-hairs, dust and dust-mites...



Advertising Supplement



FROM THE GARDEN TO  
THE GRILL, HIDDEN VALLEY® HAS  
A TASTE FOR SUMMER.



One-step recipes. One-of-a-kind flavor.™

computer and piano keys. WITH 8 ACCESSORIES. LOUIS FREE WITH  
you purchase an ORECK XL upright. Offer limited, so act now.

area code

(optional)

(Continued) 1. Prepare grill. Quarter eggplant lengthwise. Slice red onion crosswise 1/2 inch thick. Slice peppers lengthwise into 1 1/2-inch-wide strips. Slice zucchini diagonally 1/4 inch thick. Place

and extra taste. If you prefer it chunkier, reserve one cup of broccoli and puree the rest.

No-Cream  
Broccoli Soup

## IN ONE STEP, MAKE YOUR STEAK SIZZLE BEFORE IT HITS THE GRILL.



**Ranch Steak.** Dissolve 1 packet (1 oz.) Hidden Valley® Milk Recipe Original Ranch® Salad Dressing Mix in 1 Tbsp. water and 2 Tbsp. olive oil. Grill 1 1/2 lbs. flank steak for 4 min., brush top with half of mixture. Grill 3 min. longer. Turn, and grill 4 min. Brush on remaining mixture. Grill 3-5 min. more. Slice diagonally. Serves 4.

For more One-step recipes™ call toll free 1-800-723-2343.

ter without adding any fat.

thickness, smoothness and flavor.

crunchy overfried chicken!)

Sand, cat-hairs, dust and dust-mites...



WHEN WAS THE LAST TIME  
YOU FLIPPED OVER A BURGER.



Ranch Burgers. Simply add 1 packet (1 oz.) of Hidden Valley® Milk Recipe Original Ranch® Salad Dressing Mix to 1lb. ground beef, mix well. Form into 4 patties and grill or broil until done. Serves 4. For more One-step recipes™, call toll-free 1-800-723-2343.

computer and piano keys. WITH 6 accessories. yours FREE when you purchase an ORECK XL upright. Offer limited, so act now.

area code

(optional)

(Continued) 1. Prepare grill. Quarter eggplant lengthwise. Slice red onion crosswise 1/2 inch thick. Slice peppers lengthwise into 1 1/2-inch-wide strips. Slice zucchini diagonally 1/4 inch thick. Place

and extra taste. If you prefer it chunkier, reserve one cup of broccoli and puree the rest.

No-Cream  
Broccoli Soup

## IN A MINUTE, YOUR POTATO SALAD IS GOING TO BECOME FAMOUS.



**Ranch Potato Salad.** Combine about 8 med. russet potatoes (boiled, peeled and cubed) with 1 cup sliced celery and 1/2 cup chopped red onion. Combine 1 packet (1 oz.) Hidden Valley® Milk Recipe Original Ranch® Salad Dressing Mix with 1/2 cup mayonnaise and 1/4 cup water; add to potatoes and toss to coat. Chill. Serves 4-6.

For more One-step recipes, call toll-free 1-800-723-2343.

Sand, cat-hairs, dust and dust-mites...



**NEW FAT FREE CREAMY PARMESAN.  
IT'S FULL OF REAL  
PARMESAN CHEESE, NOT FAT.**



Now try a fat free dressing that's loaded with flavor. New Hidden Valley® Fat Free Creamy Parmesan. It's full of flavor because it's full of real parmesan cheese for that sharp, authentic taste. Giving up fat was never so easy.



computer and piano keys. with 8 accessories. Yours FREE when you purchase an ORECK XL upright. Offer limited, so act now.

area code

(optional)

(continued) 1. Prepare grill. Quarter eggplant lengthwise. Slice red onion crosswise 1/2 inch thick. Slice peppers lengthwise into 1 1/2-inch-wide strips. Slice zucchini diagonally 1/2 inch thick. Place

and extra taste. If you prefer it chunkier, reserve one cup of broccoli and puree the rest.

No-Cream  
Broccoli Soup



And don't forget as the holiday season approaches, good things come in small packages. Look for more delicious One-step recipe™ ideas from Hidden Valley.®



Cut along dotted line

**25¢  
OFF**

MANUFACTURER'S COUPON EXPIRES 1/31/95

**25¢  
OFF**

Save 25¢ now

on any size or flavor of Hidden Valley Ranch® Salad Dressing Mix.



Consumer: Only one coupon per purchase on specified HVR product. You pay sales tax. Retailer: You are authorized to act as our agent to redeem this coupon in accordance with The HVR Company redemption policy (available on request). We will reimburse you for face value plus \$08 handling. Send coupons to: The HVR Co., P.O. Box 880409, El Paso, TX 88588-0409.

Please complete so that we can include you in any future offers.

Name \_\_\_\_\_

Address \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_



One-step recipes. One-of-a-kind flavor.™

for... without adding any fat.

...tenderness, smoothness and flavor.

...crunchy overfilled chicken!.

# Sand, cat-hairs, dust and dust-mites... Nothing gets by the 8-lb. ORECK XL!

The favorite vacuum of over 50,000 hotels and more than 1 million professional and private users. Now you can use this powerful vac to clean your home better than ever before.

**Exclusive 5-Way Filtering System assures hypo-allergenic cleaning.** Ideal for those who suffer from dust-related or allergic discomforts. There's virtually no after dust. Its unique top-fill action carries the litter up through the handle and deposits it on the inside top of the bag. Yesterday's dirt can't seep out. And the steel-tube top-fill performance works without hoses to crack, leak or break... ever.

**The ORECK seems to float across your floors.** The easy-glide feature propels the vac forward. Cuts cleaning time in half.

**The lightest full-size vac available.** It weighs just 8 pounds. So stairs are a snap. It's super-powerful, with twice the cleaning power: the fast, double helical brushes revolve at 1,500 times a minute - much faster than other commercial models.

**ORECK's Helping Hand®** handle orthopedically designed on the principles of ergonomics. To put it simply: no need to squeeze your hand or bend the wrist. A godsend for arthritics.

**Exclusive New Microsweep®** gets bare floors super clean, without any hoses, attachments or adjustments.

**A full 10-year Guarantee** against breakage or burnout of the housing PLUS a full 3-year Warranty on the extended life motor.

What more could you ask? How about complete information FREE without cost or obligation... and a chance to use ORECK's finance plan with no interest and no finance charge. Better yet, we'll let you try the ORECK XL in your home for 15 days. If you don't love it, you don't keep it.



Made in USA.



## Super Compact Canister Vac

The 4-lb. dynamo you've seen on TV. The motor's so powerful it lifts a 16-lb. bowling ball! Hand-holdable and comfortable. Cleans under refrigerators... car seats... books... ceilings... even typewriter, computer and piano keys. With 8 accessories. Yours FREE when you purchase an ORECK XL upright. Offer limited, so act now.

Call toll-free 1-800-989-4200 Ext. 66048  
Or mail coupon today. No salesperson will visit.

**ORECK CORPORATION**  
100 Plantation Road, New Orleans, LA 70123

66048

**Yes!** I want to learn how the ORECK XL Hotel Vacuum can help me clean my home faster, easier and more effectively. Please send me your FREE information kit, without cost or obligation.

I understand I will receive absolutely FREE a Super Compact Canister, with the purchase of the ORECK XL Hotel Vacuum.

Also include details of ORECK's Extended Payment Plan with No Interest or Finance Charge.

Name \_\_\_\_\_  
(please print)

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone(\_\_\_\_\_) \_\_\_\_\_  
area code (optional)



# The dogs of America implore you to use Control

AT LAST, A PROVEN SYSTEM GUARANTEED TO BREAK THE FLEA AND TICK CYCLE. IT'S THE HARTZ CONTROL PET CARE SYSTEM.™

There's nothing more irritating to pets and their owners than flea and tick problems. But the insidious cycle of infestation and irritation that makes fleas and ticks so annoying can now be broken.

Thanks to Hartz' technology, this cycle can be interrupted and controlled. The Hartz Control Pet Care System uses the remarkable

active chemical ingredient vIGRen™\* Insect Growth Regulator (IGR) which helps fight fleas in a scientific and guaranteed effective way.

The simple ABC system works like this:

**A. Treat your pet.** First bathe your pet with Hartz Control Flea & Tick Conditioning Shampoo. Our



**B. Protect your pet.** A weekly treatment with Hartz Control Flea & Tick Repellent keeps insects and pests from infesting your pet. And then for added protection make sure your pet is wearing a Hartz 2 in 1® Flea & Tick Collar.

**C. Treat your home.** Fleas and ticks infest homes as well as pets. So treat your home with Hartz Control Home Flea & Tick Killer or Home Fogger. One application kills

exclusive formula kills adult fleas and ticks while cleaning your pet's coat.

fleas and ticks on contact and prevents re-infestation, from hatching flea eggs, for up to seven months.

**The Hartz Guarantee.** We absolutely guarantee the Hartz Control Pet Care System. If you don't see a real change in flea and tick infestation in your home and on your pet after 30 days, we'll refund your money.

1-800-275-1414. For

more information about flea and tick problems and how Hartz Control Pet Care System can solve them, call our 800 number.



## It starts with Hartz.

Control  
Pet Care System  
**HARTZ**



\*vIGRen™ is a registered trademark



# IT WHIPS EGGS, CREAM AND OTHER MIXERS

Cookie dough isn't all this KitchenAid® hand mixer beats. Unlike other mixers, it powers through even stiff chocolate chip dough and automatically maintains consistent beater speeds. You can cook up a storm, too, because we made cleanup a breeze. For maximum power and minimum cleanup, legendary KitchenAid quality, and the only Total Replacement Warranty Program, one mixer wins hands down. For more, call 1-800-422-1230.

**KitchenAid®**  
FOR THE WAY IT'S MADE.

## travel journal

### Las Vegas gambles on family fun

oller coasters coexisting with racy revues? Video arcades tucked between slot-machine parlors? At first glance, it would appear that Vegas is suffering an identity crisis. With the advent of casino gambling everywhere in New Jersey and other states, Nevada recession-proof—and kiddie-friendly—glitter gulch is rapidly positioning itself as a destination for families. By transforming the arid gambling mecca into a desert Disneyland fantasy-themed mega-resorts—of which have opened in the past—casino owners are wagering that will continue to earn a jackpot. Treasure Island (800-874-7444), a ring hotel with a theme inspired by Robert Louis Stevenson novel, features a stunt-filled “sea battle” between a steamship and a British frigate outside the resort’s wharflike front entrance.

The Old World spirit continues inside with eight distinctive eateries, including The Plank, a gourmet restaurant. And while parents plunk doubloons into the slots, younger swashbucklers can take over the Mutiny Bay entertainment center. Accommodations start at \$89, double occupancy.

If eighteenth-century buccaneering isn't your style, you can board a barge on a miniature replica of the River Nile and get a taste of Ancient Egypt at the Luxor (800-288-1000). The striking, thirty-story pyramid is capped by a beam of light that shines several miles into space. Inside, innovative family attractions include a high-tech arcade called VirtuaLand and a trio of dynamic movie experiences with startling 3-D effects. Outside, a ten-story sphinx guards the front entrance, and one of the city's biggest, most beautiful pools adorns the rear of the hotel. Basic accommodations start at \$59 midweek; the roomier Jacuzzi suites, at \$150.

The vast MGM Grand Hotel & Theme Park (800-929-1111) features a trademark eighty-eight-foot lion that stares down Luxor's sphinx just a block away. This luxury hotel, claimed to be the world's largest, is adjoined by an outdoor theme park with over a dozen major attractions. To avoid long waits, the park operates on a metered reserva-

tion system that limits the number of daily visitors (hotel guests get priority). Pay-one-price admission is \$25 for adults and \$20 for children ages four to thirteen; kids under four are admitted free.

About two miles north, at the Circus Circus complex, Grand Slam Canyon (702-734-0410) offers its own unique blend of themed amusements. Sandstone cliffs populated by frighteningly realistic animated dinosaurs provide a dramatic backdrop for the Canyon Blaster, a very intense looping roller coaster, and other rides. The Canyon Arcade, with the usual coin-operated games, and the Comida Rica Restaurant and Cantina, specializing in Mexican fare, round out the five-acre park. A basic \$10 ticket covers admission and unlimited rides; kids under three are admitted free.

A few blocks due east, on Paradise Road, visitors of all ages will be thoroughly awed by the Las Vegas Hilton's multimillion-dollar production of Andrew Lloyd Webber's *Starlight Express* (800-222-5361). The ninety-minute musical—inspired by the classic children's story *The Little Engine That Could*—is performed entirely on roller skates and features lasers, stunts and other eye-popping effects.

For more information, call the Las Vegas Convention and Visitors Authority, 702-892-0711. —DEAN LAMANNA

# Rx: Eat right. Exercise. And get the **best sleep** possible on a **Select Comfort** mattress.

—Dr. Mary Pullig Schatz, M.D. and Author of *Back Care Basics*

## Quality sleep adds the balance your body needs.

A good night's rest is one of three essential requirements your body needs. The other two are good nutrition and sensible exercise.

Together, they form the Triumvirate of Health.

When you fall short of your needs, your body falls out of balance. And it can affect everything you do. Select Comfort can help you get the *highest quality sleep* possible with a revolutionary mattress that's so comfortable, it's recommended and *used* by doctors.

## Sleep better on air.

Do you toss and turn at night? Can't seem to find a comfortable position? Does your back ache when you awake? These are signs that your mattress doesn't support you properly.

A Select Comfort Air Sleep System doesn't rely on springs or water.

Instead, it supports your body perfectly on a cushion of air. Air is better because it gently contours to your body's shape and keeps your spine in its natural alignment.

**"With Select Comfort,  
your body has  
optimum support."**

Dr. Mary Pullig Schatz, M.D., is the author of *Back Care Basics*, physician at Centennial Medical Center in Nashville, and owner of a Select Comfort mattress.

And that lowers the tension in the surrounding muscles. So you can sleep comfortably and wake feeling great.

With Select Comfort, you can change the firmness depending on how your body feels each night. Go from extra-firm to extra-soft, simply at the touch of a button. In fact, the firmness adjusts independently on each side of the bed so you and your partner can get custom support without compromising comfort or quality of sleep.



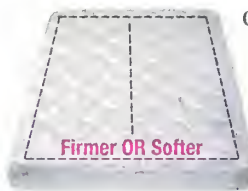
Select Comfort provides proper back support and distributes weight evenly.



Innerspring mattresses create pressure points and uneven support.



Waterbeds rely on displacement and can cause a "hammock effect", bending your spine unnaturally.



## FREE Video and Fact Kit.

To learn more about the mattress that gives you the healthiest, best sleep possible, call us or mail the coupon below. We'll send you a FREE Video and Fact Kit, and tell you how you can try a Select Comfort Air Sleep System for 90 nights at no risk!

**Call 1-800-831-1211**



**Send me your FREE Video and Fact Kit.**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Zip \_\_\_\_\_ Phone \_\_\_\_\_  
Mail to: Select Comfort, 6105 Trenton Lane N., Minneapolis, MN 55444  
© Select Comfort Corp., 1994 **Dept 306**

# TRAVEL PLANNER

**K** For an unforgettable vacation, ask for **AMTRAK'S A**™ a free 80-page travel guide that highlights our best, comfortable accommodations and Amtrak's Great Vacation Packages, including our unique Air-Rail Travel. Why there's something about a train that's magic.

**MA** Right strolling under the stars among **ALABAMA'S** beaches or driving through autumn-color mountains in Alabama and you'll know why stars tell you "Alabama day!" Send for your free travel guide.

**SAS** **ANSAS'S** autumn is breathtaking. Enjoy sight-seeing, fishing, shopping and more. Send for your free Vacation Kit.

**ADO** **VER METRO CONVENTION & VISITORS BUREAU**—FREE Denver and Colorado Vacation Guide. Over 140 pages of Denver and Rocky Mountains, entertainment, dining, accommodations and information.

**CTICUT** **HE CONNECTICUT** Vacation Guide highlights vacation destinations with an extensive easy-to-use index, attractions, lodging, activities and special events. Conquer full of surprises. For information or room reservations, number 5.

**THEASTERN CONNECTICUT**—Home of Hospitality! Where you'll find the Nauticus Submarine, Mystic Aquarium, Mystic Seaport and Foxwoods Bingo & Casino! Plus scores of antiques shops, estates, historic homes and superb accommodations—all from New York.

**ES** **BOATIN**—**LIVE THE LEGEND**—Free color highlighting tantalizing cuisine and exciting entertainment—three- to twelve-night Mississippi and Ohio river steamboat vacations aboard the legendary *Delta* the magnificent *Mississippi Queen*. Circle number 7. **LD EXPLORER CRUISES**—An uncommon Alaska aboard the S.S. *Universe*. Fourteen-day cultural cruises of Alaska, with more ports and more options than any other cruise line. Fares start at \$2,495.

**CT OF COLUMBIA** **INGTON, D.C.**—Discover America's play city in Washington, D.C.; hotels have holiday and week-end beginning at \$59. Some come for the free museums and shops and eateries. Senior discounts available.

**E** **L EUROPE**—One source for all your European Railpasses, combination Rail/In Drive passes and rail 3 European countries. Send for your FREE brochure.

**IA** **SIMMEE**—**ST. CLOUD, FLORIDA**, next to *World*® offers discounts at nearly 100 accommodations during the 1994-95 Great Fall/Winter Getaway discount coupons are available through a free guide.

**ANDO!**—Save hundreds of dollars on your vacation!

Send for your **FREE FLORIDA MAGIC**—Over 100 vacation spots in Florida—accommodations, dining, shopping and more! Your free Florida Magic Visitors Guide.

**13. CENTRAL FLORIDA'S POLK COUNTY**—There's more than magic here. Excellent fishing. Over 600 lakes. Waterskiing and water sports. professional baseball. Over 100 antique shops and dealers. Cypress Gardens. Bok Tower Gardens. Great accommodations. Camping. So close to Disney World and other attractions. Send for free vacation guide.

**14. SANIBEL AND CAPTIVA ISLANDS, FORT MEYERS BEACH**—Southwest Florida's beautiful coast. Offering a variety of accommodations, white sand beaches, wildlife sanctuaries, an assortment of water and winter sports. Send for FREE vacationers Guide and order for \$6.75 *Vacation's Value*.

**15. THE SARASOTA AREA AND ITS GULF COAST ISLANDS**—Enjoy sunshine and serenity on the world's whitest beaches when you visit the relaxing island, Florida. For information, circle number 15.

**16. ST. PETERSBURG/CLEARWATER, FLORIDA**—Just 90 minutes from Walt Disney Resort is another enchanted place—the beaches of St. Petersburg/Clearwater. Send for a free Visitor Guide.

**HAWAII** **17. ASTON AT THE WAIKIKI BANYAN**—A family condominium resort. Spacious suites feature separate bedrooms, complete kitchens, daily maid service. The luxuries of a hotel, the comforts of home. Perfect for friends, family.

**ILLINOIS** **18. ILLINOIS**—Scenic riverboat cruises, world-class dining, shopping and rich Lincoln heritage. For a FREE Illinois Visitors Guide, circle number 18.

**IOWA** **19. HAVE THE TIME OF YOUR LIFE IN IOWA**—There are more things to see and do than you ever imagined. Send for your free Visitors Guide, Iowa State Map and Calendar of Events, and discover the warm and welcoming land between two rivers.

**MAINE** **20. GOLDEN ANCHOR INN**—Relax and enjoy world-class breezes at Bar Harbor's famous resort located right on the water. Let us help you discover why Bar Harbor is called by the most beautiful island in America. Send for a free color brochure.

**MASSACHUSETTS** **21. OLD STURBRIDGE VILLAGE**—One brochure describes the peaceful experience of exploring the Northeast's largest living history museum and our superlative, lodging accommodations.

**22. PLYMOUTH**—Share the Spirit of Massachusetts. Discover the Pilgrim Story, colorful cranberries, local wines, whale watch cruises and much more—here, where it all began. Send for a free brochure.

**MISSISSIPPI** **23. Experience the wonders of beautiful MISSISSIPPI**, The South's Warmest Wetlands. Discover the gathering atmosphere of our casinos, history heritage, unparalleled outdoor recreation and much more. Send for your FREE Travel Planner.

**24. NATCHEZ**—Ageless beauty, timeless fun, vibrant culture. Natchez on the Mississippi features a grand antebellum mansions, a national historic park, riverboat jamming and more.

**NEW JERSEY** **25. GREATER ATLANTIC CITY**—World's most visited resort destination! Over 100 packages, four weekly, including two, where's glassmaking, golf, amusement, fishing, fishing, great hotels, restaurants, strip festival—plus exciting casinos with superstar entertainment.

**26. NEW JERSEY**—Where else can you kick a boardwalk in Atlantic City, catch a pro game, feel an ocean breeze and a Ferris wheel ride, catch a sports expo, Ellis Island, meet Lady Liberty and enjoy the VFW for a vacation you'll never forget. Circle number 26 and the group label with your FREE New Jersey Travel Guide.

**PENNSYLVANIA** **27. BUCKS COUNTY**—With so much to see and do, it's wonder we've been selected for a third year as one of 25 America Express Great America Destination.

**28. DELAWARE COUNTY, PENNSYLVANIA**—Escape to the romance of the Brandywine Valley. Savor Longwood Vineyard, Brandywine River Museum, Franklin Mint Museum and Winterthur Museum & Gardens. Longer, cozy inns and country inns. Free 40-page guide.

**29. PENNSYLVANIA DUTCH COUNTRY**, Lancaster County Beautiful, country's great food and scores of fascinating attractions. FREE 36-page Visitors Guide, America Starts Here!

**30. PITTSBURGH**—Rich ethnic neighborhoods, sophisticated urban shopping, world-class symphony and opera, landmark architecture, sports fans, parade, riverboat entertainment on three rivers, world-class multi-line railroads. Free Visitors Guide, Hotel Packages and Attractions, Entertainment discounts.

**31. POCONO MOUNTAINS**—Vacation planning kit for planning your vacation in Pennsylvania's Poconos. Free brochures, maps and maps of where to go, what to do, and how to get there. Circle number 31.

**32. Family vacations in READING, AND BERKS COUNTY, PENNSYLVANIA** "Outlet Capital of the World!" Discover original outlet savings at VF Outlet Village and Reading Outlet Center. Explore antique markets, folk festivals, recreation and attractions in the heart of Pennsylvania's Dutch Country.

**33. VEST VALLEY FORGE NATIONAL PARK**—See the history, shop the East Coast's largest indoor mall, dine and enjoy the deep in a budget. Send for a Visitors Guide and Calendar of Events.

**RHODE ISLAND** **34. RHODE ISLAND**, America's first resort. Four legendary Newport Streets, Providence's historic Benefit Street. For a complete listing of 400 miles of spectacular coastline. And sail away to Block Island and a rustic jewel just a boat ride offshore. Send for a free catalog.

**SOUTH CAROLINA** **35. CROWN REEF RESORT**—Grand opening June 1994. A. Rooms and suites, waterfront, oceanfront, sun decks, grills, 125-foot outdoor pool, indoor pool, kiddie pool, hot tubs, spa, restaurant, dining center, fitness center, 275-foot, lazy river and 10 entertainment packages available. Send for information.

**36. SOUTH CAROLINA, THIS IS YOUR DAY IN THE SUN** FREE Travel Guide and map, 128 pages of un-splashed beaches, championship golf, beautiful resort islands, coastal retreats, historic plantations and gracious gardens, scenic parks, lake and mountains, colorful festivals, Southern cuisine and outlet shopping. Send for events calendar.

**37. TROPICAL SEAS**—A oceanfront accommodations, private balconies, two oceanfront pools & hot tub, coffee shop, walk-in diving range, par 3 and much more. Golf and entertainment packages available. Send for information.

## HJ TRAVEL PLANNER

Box 1989  
Morton, New Jersey 08077-7589

Circle items requested: 1 2 3 4 5 6 7 8 9 10 11 12 13 14  
15 16 17 18 19 20 21 22 23 24 25 26 27  
28 29 30 31 32 33 34 35 36 37

Expires December 31, 1994

Name \_\_\_\_\_  
Address \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_

## WHAT'S COOKING

SHEILA LUKINS  
ALL AROUND  
THE WORLD  
COOKBOOK

From the co-author of the best-selling *Silver Palate* cookbooks, recipes from all around the world

Global cuisine is today's hottest trend: More restaurants across the country are offering ethnic dishes, and international ingredients are turning up in mainstream supermarkets. Helping to take this trend into American kitchens is Sheila Lukins, co-author of the popular *Silver Palate* and *New Basics* cookbooks. In her new *All Around The World Cookbook* (Workman Publishing, \$18.95), you'll find four hundred fifty recipes for everything from salads to exotic

desserts. Lukins spent over a year traveling the globe to master tastes, techniques and ingredients; her easy recipes will add diversity to any cook's repertoire.

This salad from the Italian Riviera makes a perfect light appetizer.

### INSALATA D'ESTATE

Total prep time: 20 minutes

- 3 large tomatoes (8 oz. each), cut into thin wedges
- 3 large navel oranges, peeled and sliced thin crosswise
- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 1 tablespoon plus 2 teaspoons balsamic vinegar
- Coarse salt and coarsely ground black pepper
- 5 to 6 cups trimmed arugula, rinsed well and patted dry
- 3 tablespoons julienned fresh basil leaves
- ¼ pound thinly sliced prosciutto ham

1. Place tomatoes and oranges in separate shallow bowls. Drizzle each with 1 teaspoon oil and 1 teaspoon vinegar.
2. Place arugula leaves in bowl. Toss with 1 tablespoon each oil and vinegar and sprinkle with salt and pepper to taste.
3. Divide arugula among 6 salad plates. Arrange orange slices in center. Surround with tomatoes and sprinkle with basil. Arrange prosciutto on top. Makes 6 servings.

From ALL AROUND THE WORLD COOKBOOK. Copyright © 1994 by Sheila Lukins. Used with permission of Workman Publishing.



## BEYOND DELICIOUS

September is the best time to rediscover the simple joy of biting into a crisp, juicy apple. If you usually buy the popular varieties, such as Red and Golden Delicious and Granny Smith, you may not be aware of newer types, whose distinctive flavors make them ripe for the picking, right now:

**Braeburn** Medium size; yellow with red striping. Sweet and crisp. Also tasty in salads.

**Fuji** Medium to large size; color ranges from yellow-green with red highlights to nearly all red. Sweet, juicy and crisp. Terrific for cooking. Stores particularly well.

**Gala** Small to medium size; color ranges from yellow-green with red striping to nearly all red. Fragrant, with a rich, sweet taste. Delicious in salads.

**Jonagold** Medium size; bright-red-over-gold color. Exceptional sweet-tart flavor, juicy and crisp, with tender skin. Also good for cooking and baking.

Apples can be kept at room temperature for a day or two, but they last longer—up to several weeks—in plastic bags in the refrigerator.



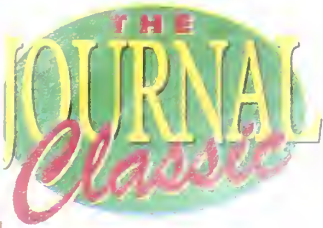
# HOW DO YOU SPELL CALCIUM?



## THE SAME WAY YOU SPELL RELIEF.

Calcium Rich Rolaid's™ gives you the relief you want plus the extra calcium you need. In fact, Calcium Rich Rolaid's fruit flavors has more calcium than regular Tums.™ More of what it takes to stop heartburn fast. And with Cherry and Assorted Fruit flavors, it's a great-tasting way to spell calcium rich relief.

## CALCIUM RICH RELIEF IN FRUIT FLAVORS.



Starting this month, in every issue we'll showcase a classic LHJ recipe, selected from more than a century of great food

September 1945

In the months after World War II ended, food rationing was still in effect on the home front. To help women feed their families well from a limited food supply, the *Journal* created this hearty recipe, using only one and one half pounds of meat. It's still a tasty, low-budget supper.

**GLAZED CEREAL MEATLOAF**

Prep time: 10 minutes

Cooking time: 55 minutes

1/2 pound each ground beef, pork and veal (or any combination)

1 cup oats

1 cup milk

2 large eggs, beaten

1/4 cup finely chopped onion

1 tablespoon prepared mustard  
1 1/2 teaspoons salt  
Dash of freshly ground pepper

1. Preheat oven to 375°F.
2. Combine meats in large bowl. Add oats, milk, eggs, onion, mustard, salt and pepper; mix well. Shape into 10x5-inch loaf in roasting pan. Bake 30 minutes.
3. For glaze, combine 2 tablespoons currant jelly with 1 tablespoon prepared mustard.

Brush over meatloaf. Bake 25 minutes more. Let stand 10 minutes before slicing. Makes 8 servings.

*Editor's note: The original recipe included a gravy made from pan drippings. We prefer it plain or with ketchup.*



Glazed Cereal Meatloaf, from the September 1945 issue of *Ladies' Home Journal*, is a penny-pinching family dinner that still tastes terrific

# SHAKE THE SALT HABIT?

If you've been having trouble eliminating sodium from your diet, you'll be happy to know you can put the saltshaker right back on the table. Though a low-salt diet is still recommended for most people with hypertension, there is no evidence that consuming excess salt can cause hypertension in people with normal blood pressure.

"We're dealing with a lot of myths," says David A. McCarron, M.D., co-head of the Division of Nephrology, Hypertension and Clinical Pharmacology at the Oregon Health Sciences University, in Portland. "Many people blame the increase in hypertension in this country on salt-laden processed foods, but the truth is Americans' consumption of salt has remained constant over the past hundred years, roughly 3,900 milligrams per day."

The possible link between salt and hypertension was evaluated in

the landmark 1988 Intersalt study, conducted by researchers at the London School of Hygiene and Tropical Medicine. More than 10,000 people from fifty-two cultures around the world participated in the study, which calculated precise salt consumption based on urine samples. The findings? Sodium intake isn't linked to hypertension. And contrary to popular belief, Americans don't account for the lion's share of salt consumption. The study placed the U.S. in the center of the world's salt-intake curve.

McCarron's research indicates that a lack of calcium, potassium and magnesium in the diet has more to do with hypertension than salt

does. "But the three factors that contribute most to hypertension are weight, alcohol (more than two drinks a day) and a sedentary lifestyle," says McCarron. So, unless your doctor tells you otherwise, there's no need to shake the salt habit. —LINDA FEARS



Yes, this was made with the type  
of oil lowest in saturated fat.\*

**Crisco® Puritan® Canola**

With Crisco Puritan 100% canola oil, there's  
no heavy oily taste. So, the full flavor of all your  
dishes comes through ever so deliciously.

Because after all, eating right should mean  
savoring every single bite.

**Cooks who know trust Crisco.**

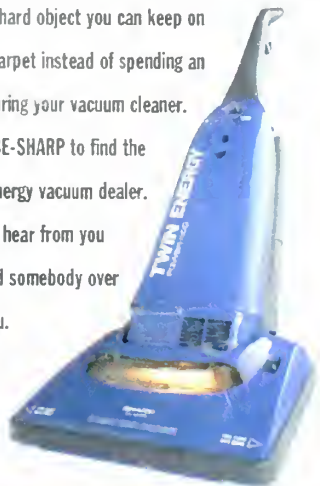


# TWO WEEKS LATER THEY FOUND HIM, MOVING A VACUUM BACK AND FORTH, OVER THAT ONE PIECE OF FUZZ THAT REFUSED TO COOPERATE.



The new Sharp upright vacuum cleaner comes with an innovative dual fan motor we call the Twin Energy™.

This powerful 1,100 watt motor drives the agitator to remove even the most ground-in dirt from your carpet. The motor's powerful vacuum suction pulls out that dust, dirt and everything else and sends it through a separate hose—completely by-passing the motor—and into the unit's large, micro filtration Twin Ply™ bag. This way, if you run over a hard object you can keep on cleaning your carpet instead of spending an afternoon repairing your vacuum cleaner. So call 1-800-BE-SHARP to find the nearest Twin Energy vacuum dealer. And if we don't hear from you soon, we'll send somebody over to check on you.



**SHARP**  
FROM SHARP MINDS  
COME SHARP PRODUCTS™

## INSIDE THE JOURNAL KITCHEN

Dear LLL:

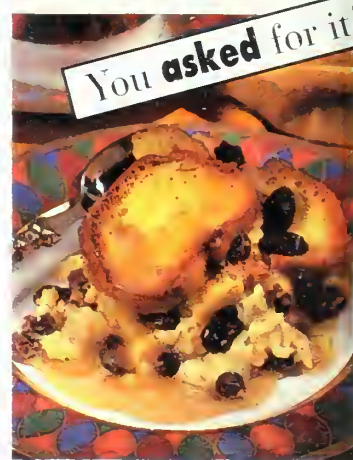
While in Fort Lauderdale, Florida, my husband and I enjoyed a wonderful bread pudding with whiskey sauce at the Marriott Marina Hotel. Can you help us get the recipe?

—Marcia L. Deeb, Nokesville, Virginia

### THE PROOF'S IN THE PUDDING

At the Marriott Marina, chef Brian Shaffer gives a new look to this old-fashioned dessert by baking it in a springform pan. If you prefer, serve whipped cream instead of the classic whiskey sauce.

1. Combine  $\frac{3}{4}$  cup raisins with 1 tablespoon rum in bowl; let stand 1 hour.
2. Preheat oven to 325°F. Grease 9-inch springform pan; wrap outside of pan with heavy-duty foil. Heat 4 cups milk with 1 cinnamon stick, broken, and  $\frac{1}{2}$  teaspoon nutmeg in saucepan. Stir in 1 cup sugar; bring to boil, stirring until sugar is dissolved. Set aside.
3. Whisk 6 large eggs with 2 large egg yolks in bowl until frothy; gradually whisk in hot milk, then 1 teaspoon vanilla extract.
4. Slice 1 loaf (8 oz.) French bread  $\frac{1}{2}$  inch thick and arrange half in prepared pan. Strain half the custard mixture on top. Sprinkle on all but 1 tablespoon raisins. Add remaining bread. Strain remaining custard on top, pressing bread to moisten. Sprinkle with reserved raisins. Place pan in roasting pan on oven rack; pour boiling water in roasting pan to come halfway up sides of springform pan.
5. Bake 50 minutes or until knife inserted in center comes out clean. Cool 30 minutes. Serve warm with whiskey sauce. Makes 12 servings.
6. Make whiskey sauce: In double boiler over simmering water, cook  $\frac{1}{2}$  cup sugar,  $\frac{1}{4}$  cup butter,  $\frac{1}{4}$  cup corn syrup and 2 tablespoons water, stirring, until mixture reaches 175°F. on candy thermometer. Remove from heat. Beat 1 large egg in bowl until frothy; gradually whisk in butter mixture. Return to double boiler and cook, stirring constantly, until mixture thickens slightly and coats back of spoon, 5 minutes. Remove from heat and stir in 2 tablespoons rum. Makes 1 cup.



### RECIPE INDEX

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk include microwave instructions.

#### DESSERTS

- Bread Pudding with Whiskey Sauce p. 224
- Fig and Pear Tart p. 208
- Four-Fruit Pie p. 213
- Fudgy Bonbons p. 200
- \*Maple-Butternut Tart with Glazed Pecans p. 210
- Molasses-Spice Apple Pie p. 210
- One Bowl Brownies p. 209
- Pear Anise Pie p. 210
- Super-Chocolate Sorbet p. 218

#### ENTRÉES

- Caribbean Chicken Drums p. 203
- Cheeseburger Rice** p. 205
- Citrus Shrimp Kabob** p. 90
- Crispy Fried Chicken p. 216
- Glazed Cereal Meatloaf p. 222
- New Quick Cheeseburger Bake** p. 211
- No-Fat Grilled Vegetable Salad p. 216
- Pronto Spicy Beef with Black Bean Salsa p. 203
- Puppy's Breath Chili p. 200
- Sensational Spinach-and-Zucchini Pie p. 200
- Vegetable Lasagne p. 214

#### MISCELLANEOUS

- \*Apricot Tea Ring p. 202
- No-Cream Broccoli Soup p. 218
- Pepper Relish p. 204

#### SIDE DISHES

- Insalata d'Estate p. 220
- No-Fry French Fries p. 216
- Recipe Secrets® Oven Roasted Vegetables p. 217
- Rice with Black Beans p. 204

### COMING IN OCTOBER

**The healthy heart** Most women think that only men have heart attacks—but they could be dead wrong. What every woman must know about heart disease.... **David's kitchen** Meet the creator of David's Cookies, and take a peek at his amazing kitchen at home.... **I went to cooking school** Hit the books with two of our reporters as they go back to school for a lesson in dishing up healthful meals that taste great.... **The secrets to ageless beauty** Turn-back-the-clock beauty tips that will help you look terrific all the time....

Plus interviews with your favorite celebs and lots, lots more!

ON SALE SEPTEMBER 13

THANK YOU FOR BUYING THIS ISSUE. WE HOPE YOU ENJOYED IT. SEE YOU NEXT MONTH.



## ight my rapist?"

ed from page 171

id waited, knowing that Officer was once again posted in the liv-

ing happened. But Denise later l that during the night, someone gled the doorknob at the young ouse, but had run off before the on guard could get into position. w then that I was right and that e coming for me [that] night," enise. "I was taking it into my nds. I was getting stronger."

t evening, the Calis entertained s and family with a barbecue. ent the last of the stragglers home en, then worked to make their as enticing as possible for an in- They left a purse on a table vis- m the backyard; they strategically ps in the den to re-create the way ouse had looked on previous . When Lewis arrived at midnight, lis went to bed, after making sure acker's favorite den window was htly ajar.

Denise predicted, at about one- Lewis heard a noise at the back . Then someone opened the front door and tried the knob. Finally, een in the den window popped ad a young man wearing black and black gloves appeared.

is drew his gun as the man low- imself into the den. The Calis to the sound of the command: "Police!" But this time, the er was armed with John's stolen n. Shots rang out, and the in- fled toward the kitchen. Lewis to the darkness, exploding bottles id soap and cans of baked beans reamed corn on the kitchen r. In the bedroom, Denise and ropped to the floor, aiming their t the doorway. They heard foot- oming toward them, but weren't ho was approaching until they Lewis's familiar voice order, : shoot—it's me."

Lewis crouched in the bedroom, ng, the couple heard the attacker he back door so violently it shook use. But the deadbolt held tight, g him in. "He was trapped," John Trapped like a rat." His gun now Lewis warily inched his way out ke the arrest—but the attacker a small panel of windows on the oor and managed to get out yet despite the police who were just g at the scene.

ng bloodstains on the back porch, Lewis suspected the gunman had suffered a bullet wound or been the broken glass on the door. Stified area hospitals, yet, as the morning minutesturned into

hours, each lead seemed to dry up. The house was dusted for fingerprints, but none were found. And because the surveillance camera was set to run only during the day when they were at work, the gunfight was not recorded. Denise felt physically ill, thinking they had no choice now but to move away.

Then, shortly after three A.M., a dispatcher announced over the police band radio that an arrest had been made at a local hospital. An eighteen-year-old named Harvey Miguel Robinson had sought treatment for multiple cuts. Lewis was sent to the scene, where he identified the youth as the man who had shot at him.

"I couldn't believe they'd actually caught him," admits Denise. "I kept thinking they had the wrong guy."

### "NOW IT'S MY TURN"

Soon, however, it became apparent that Harvey Robinson was the right guy. Police even found Denise's bite mark—standing out like an angry brand—on their prisoner's upper right arm. Five days later, Denise picked him from a photo lineup. "If it wasn't for Denise, it would have taken us much longer to stop him. God knows how many more women Harvey Robinson could have murdered," says District Attorney Steinberg. "She hung in there and really came through."

From prosecutors, Denise learned that Robinson lived within blocks of her house and frequented a friend's home situated catty-corner to her business. "He could have seen me walking to work," she speculates. "Or working in the yard. I'll never know."

Last September, Denise faced her would-be killer in person at a preliminary hearing. Feeling triumphant, she whispered, "Now it's *my* turn," to a sneering Robinson before she took the stand. Then she told the judge of her rape and battery and the month of terror that followed. Robinson was held to stand trial for her rape and the attempted murders of both Denise and Lewis. Charges later broadened when the FBI returned DNA reports: Genetic information derived from blood samples taken from Robinson, who'd been in and out of trouble and institutions since the age of nine, matched that of the semen samples taken from Denise and the three murdered women.

With evidence mounting, Robinson's attorney offered a deal: His client was willing to plead no contest to the attempted murder and rape charges pending from his assault on Denise, but that meant he would not be required to admit his guilt. Defiant, Denise told Steinberg, "Tell him the bitch says no."

In February, Robinson pleaded guilty in a courtroom filled

(continued)

# WENDY COULD TAKE THE ALL-NIGHT PARTIES, AND THEIR FIGHTS. BUT WHEN THE NEIGHBORS RAN A VACUUM AT 7:30 AM, THAT WAS THE LAST STRAW.



The new Sharp Twin Energy™ upright vacuum cleaner was designed to clean your carpet,

not terrorize your neighbors. A unique system gives you Library Quiet™ operation without giving up power. As a matter of fact, the Twin Energy is actually 20% quieter than average vacuums while the new 1,100 watt motor makes it the most powerful Sharp vacuum cleaner to date. And with its attractive design and unique colors, it's also the best looking. So call 1-800-BE-SHARP to find the nearest Twin Energy vacuum dealer. Your carpet will be happy, you'll be happy, and you'll even keep your neighbors happy.



**SHARP**  
FROM SHARP MINDS  
COME SHARP PRODUCTS™

## "I caught my rapist"

*continued*

with Denise's family and friends, and in April was sentenced to forty to eighty years. This fall, he is again expected in court; this time, the charges will include murder, and prosecutors will ask for the death penalty. "He's somebody who should never see the light of day again," says Steinberg.

It was after the sentencing that Denise first felt she was healing. Though Robinson's face continues to disturb her dreams, she now visualizes herself in the strong, victorious role—capturing him. In fact, in most ways she's gradually returned to normal. "Little things surprised me," she says. "Like running water over my hands. I'd been numb. I thought, Oh, this is how water feels."

What Denise Sam-Cali has been unable to reclaim thus far is her sense of security. The alarm system, bars and bolt locks remain on her house. She has a giant black schnauzer to guard her, and she's thinking of getting a second

dog. She and John continue to keep guns at their bedside. "When something bad happens, you shouldn't have to worry about it happening again," she says. "But that's not the way life is. There's no insurance."

Denise doesn't know if or when she'll be able to go through a complete day without remembering the night Harvey Robinson entered her life. "I have his fingerprints on my face," she says, running her hand beside her right eye and hesitating over a slight indentation. "I can still see the shape of his knuckles on my skin."

Nonetheless, she seems determined to put painful memories behind her. "I had the luck and the will to live, and I'm not afraid to fight back," she says, smiling. "You know Harvey Robinson wanted me dead. I've always loved life, but now everything seems special, because there was a chance I wouldn't be here to enjoy it all." ■

*Kathryn Casey is a contributing editor to the Journal.*

## The most monstrous criminals

After Harvey Robinson's arrest, his friends were stunned that the young man they knew could be a violent rapist and serial killer. Robert Hazelwood, co-author of a 1989 FBI study on serial rapists, isn't surprised. "We have a stereotypical belief about 'perverts,' and they're not supposed to look like us," he explains. "But by and large, these are men just like the guy next door."

In number, true serial rapists—men who have raped a minimum of three times and repeat a pattern of assault—are relatively rare. Rapists who batter and sometimes kill their victims are rarer still.

The FBI study surveyed forty-one incarcerated offenders who admitted committing a total of 837 sexual assaults and approximately 400 attempted rapes. The majority of these men lived with family, and more than two thirds had been married at some time. They came from average to above-average socioeconomic backgrounds, had stable jobs and average or better intelligence. Yet their childhoods were nightmarish: Almost all the men surveyed recounted instances of abuse—physical, psychological and, said 31 percent, sexual. They often came from homes with abusive fathers who degraded or demeaned women.

Those men who do become serial rapists frequently display tendencies toward violence early in life. As they develop into full-fledged rapists, such attackers go through a learning process, exploring what heightens their sexual excitement. The majority of serial rapists are known as "power reassurance rapists"—their gratification stems from their fantasy that their victims are willing and enjoying the assault. Men like Harvey Robinson are "sexual sadists," excited by the fear, humiliation and pain of the women they rape.

Apprehending serial rapists presents a dilemma for police departments across the country. Such criminals are smart—some have even been known to study law-enforcement techniques to learn how to avoid capture. Since their victims are usually strangers, there are few clues tying the attacker to the crime. Most experts—even those who treat sexual offenders and contend that the majority can be rehabilitated—agree that, once they are caught, truly violent sexual criminals with long histories are rarely good candidates for parole. "I think there are people who ought not to be [set free], and anyone that suggests otherwise is being dishonest," says Fred Berlin, M.D., Ph.D., founder of the Johns Hopkins Sexual Disorders Clinic, in Baltimore.

—K.C.

## The many faces of Kathie Lee

*continued from page 166*

(Management at local station WAB which produces the show, had retained veto power over her outside ventures)

Gifford candidly admits differing vocally with *LIVE*'s thirtysomething producer, wunderkind Michael Gelman, his allies. "We had some strongly worded discussions," she says. "They were trying to tell us our audience was dying to hear the latest rap group and the host of *Son*. Let's see how Rosie Clooney's doleful bring on Tony Bennett. Why should we be like every other show? I didn't think they had a better grasp of our audience than I did. I said I was going to leave if things didn't change."

They clearly have. Gifford and her husband now enjoy, she says, "an understanding and respect we didn't have there for a while." She re-signed, only for a year, so that her contract with Philbin's will be concurrent. The deal: If he goes, she goes. "I don't want to be stuck doing the show with anybody else," she says emphatically.

Gifford also felt hemmed in by WABC's veto over her other pursuits. Among them was an infomercial with Gary Smalley, a relationship counselor who had a standing \$1 million, one-of-work offer to the Giffords to do a series for his series called *Hidden Keys to Lasting Relationships*. The Giffords had their own on giving "every penny" to their charity, babies and children afflicted with crack addiction and AIDS, under the auspices of the Association for Better Children. (They have privately contributed vast sums to two Manhattan charities for terminally ill children in their families, named the Variety Club Gifford House for Children with Special Needs, and Cassidy's Place.) WABC clamped down and said no; they thought the infomercials were "cheesy," she says.

She took a stand. "I've done a pretty good job at building an image I'm proud of. I don't need anyone baby-sitting me in my career choices. It was all about power. I've gotten tougher."

Ironically, her hard-won freedom only risks cutting into the one thing only one else can give her—downtime at home. Gifford has come through several personal dramas the past two years, and she senses she and her husband have drawn the wagons in a tighter circle.

When she got pregnant with Cassia several months after her heartbreaking 1992 miscarriage, a national tabloid published a story claiming the Giffords used a high-tech insemination technique ("sperm spinning") to ensure her second child would be a girl. The Giffords sued for \$43 million, and, she says, the tab is ready to settle. "We don't want their money," she says. (*contin*



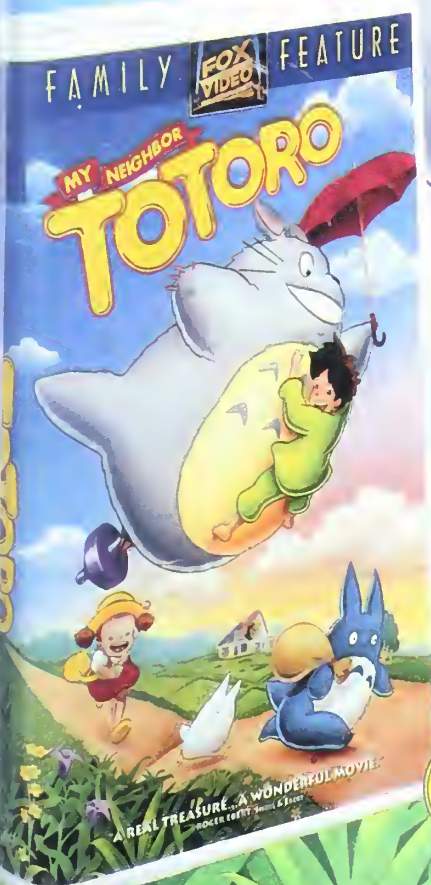
"MAGICAL...WHOLESOME... INTELLIGENT AND ENTERTAINING."

ew films come along that are magical for  
and are wholesome, sane, intelligent  
entertaining. MY NEIGHBOR TOTORO is  
them."

- Roger Ebert, "SISKEL & GALT"



The imaginative, heartwarming and visually striking enchanting fantasy adventure is now available on video. It's the charming tale of two children and the huge, furry loveable creatures who become their friends - the wondrous magical Totoros



**\$19<sup>98</sup>**  
SUGGESTED RETAIL PRICE



**Work at Home**  
 Earn up to \$25,000 a year  
 typing medical histories!  
 Find out how you can train at home  
 to be a Medical Transcriptionist  
**CALL 1-800-475-0100**  
 or write At-Home Professions, 2001 Lowe St  
 Dept W184 Fort Collins, CO 80525

**PUBLISH YOUR BOOK!**  
 Join our satisfied authors in a complete  
 and reliable publishing program. This  
 program includes attractive books, publicity,  
 advertising and quality service since 1959. All  
 subjects are invited! Send for a FREE manuscript  
 report & copy of *How To Publish Your Book*  
**CARLTON PRESS** 11 W. 32nd St. Dept. LHI  
 New York, NY 10001

**Labor of love**  
*continued*  
 keep any baby she carried, the Schaps  
 would have to take her to court to get  
 custody. Likewise, the Paynes would  
 responsible for any baby she gave birth  
 to if Linda and Marty changed their  
 minds. Theirs would be an arrangement  
 based on mutual trust.

**High School At Home**  
**DIPLMA AWARDED**  
 With no cost to you, free to on low cost  
 home study method accreditation, Diploma.  
 No summer vacation on you  
 American School, Dept. 204  
 350 E. 58th St.  
 Chicago, IL 60637  
**CALL FREE ANYTIME**  
**1-800-228-5600**

**Classified Lady Rates:**  
**\$25.50 a word - 10 word min.**  
**MC/Visa Accepted**  
**Call Diane - Media People, Inc.**  
**1-800-542-5585**

In April 1993, the two sisters began a  
 series of hormone shots to synchronize  
 their cycles. Silber and his partner, Rolfe  
 Cohen, M.D., harvested about a dozen  
 good eggs from Linda's ovaries, and they  
 scheduled the IVF procedure for May  
 two days before Mother's Day.

**Earn up to \$30,000 a year**  
**typing legal testimony!**  
 We show you how to type from the notes of court  
 reporters. No experience needed...work at home the  
 hours you choose. Our experts train you at home to  
 work at home typing depositions and court testimony.  
 Nationwide job placement assistance. Get free facts  
 by return mail! No cost or obligation! Call toll-free...  
 1-800-593-0100...or write At-Home Professions, 2001  
 Lowe St., Dept. WJL84, Fort Collins, CO 80525.

**classified lady**

**1-800-322-5850. HOUSE DRESSING FURNITURE.** Save up to 60% off  
 (300 brands) Nationwide in-home delivery **FREE BROCHURE.** 3608  
 W Wendover, Greensboro, North Carolina 27407

**ABSOLUTE BEST VALUE!** Name-brand furniture at wholesale prices.  
 High Point, NC - Direct 1-800-442-9049

**ALERT! YOUR SKIN ABSORBS.** Do you know what's in your makeup?  
 We know what's in ours! Purely natural, 100% sunblock, totally  
 nonallergenic. Testimonials! Guarantee Your Look 1-800-817-LOOK

**BECOME A MEDICAL TRANSCRIPTIONIST.** Great work at home  
 opportunity. Approved home study. Free literature. P.C.D.I. Atlanta,  
 Georgia. 800-362-7070 Dept. YYK203.

**BECOME A PARALEGAL.** Lawyer instructed home study. Join  
 America's fastest growing profession. P.C.D.I. Atlanta, Georgia. Free  
 catalogue. 1-800-362-7070 Dept. LLK203

**ORDER FAT FREE SNACKS/FOODS!**  
 Chips, dips, cookies, sauces, more! Catalog \$1.00 (Creditable  
 to order) FATWISE Box 25LHJ, Colonia, NJ 07067-0025

**FURNITURE FROM HIGH POINT.** 1-800-695-4814. Discount prices,  
 Major manufacturers, Hekman, Pearson, Lexington. Visit or call show-  
 room for great buys on market samples.

**GET PAID FOR READING BOOKS!** \$100 per book. Send name,  
 address to Calco Publishing (Dept. C-649), 500 South Broad, Mendon,  
 CT 06450

**"GOLDEN VALLEY LIGHTING.** Savings to 50% on Lighting Fixtures  
 and Lamps (800) 735-3377 for Pricing or Order Our Color Lighting or  
 Lamp Catalogs (\$5 each, REFUNDABLE)

**GREAT EXTRA INCOME!** Work from home assembling products from  
 National companies. Fun/easy! As seen on T.V. Guaranteed! 1-800-  
 377-6000 ex6140

**GREAT MONEY! EASY WORK!** Assemble, decorate or stitch  
 products at home. Call toll free 1-800-984-1835

**HOME TYPISTS.** PC users needed. \$35,000 potential. Details Call  
 (1) 805 962-8000 Ext. B-2901

**LEARN FLORAL DESIGN/FLOWER BUSINESS.** Home study. The  
 flower industry is growing. Free literature. P.C.D.I. Atlanta, Georgia.  
 800-362-7070 Dept. FLK203

**LIVE PSYCHIC** Confused, Lonely, Unhappy, Reunites Lovers, Removes  
 Others, Obstacles, Negatives, Reveals Love, Career, Marriage, Law-  
 suits 512-385-5803

**MOMS Love CHEERFUL CHERUB MAGAZINE.** Angels, Feastdays  
 Ave Mana! 1-800-443-4946

**PARALEGAL TRAINING BY BLACKSTONE SCHOOL OF LAW.**  
 Approved legal training since 1890. Affordable. Comprehensive. Free  
 catalog call 800-826-9228 Dept. LH

**PAY ALL YOUR BILLS WITH LESS MONEY!** FREE Information  
 1-800-369-4539

**PERSONAL DEFENSE PEPPER GAS** Available in Key ring holster  
 or spray "pen" Send \$12.95 to G-Seven Enterprises, Box 1520,  
 Layton, Utah 84041 (801) 546-9945

**RUTH GARFIELD CALIFORNIA PSYCHIC** Seen on T.V. 2 On The  
 Town, Heard on Radio KFI & KFVB. Telephone Readings Reveals  
 Future "SPECIALTY LOVE PROBLEMS" 818-791-4586, 800-736-  
 2717. VISA MC DIS. AMEX

**TELEPHONE RECORDERS.** Bug/Phone Tap Detectors, Electronic De-  
 vices, more! For catalog mail \$5.00 EDE, POB 337LJ, Buffalo, NY  
 14226 (716) 691-3476

The morning of the procedure, both  
 couples were excited and a little tense  
 was just thinking, Please, let one of us  
 pregnant," Barb recalls. "I really, I  
 felt if Linda and Marty were going  
 have children at all, it had to happen  
 now." Just before the doctors came  
 Barb's room, Marty said, "You know,  
 not too late to change your mind." He  
 gave him a reassuring smile. "Now, Mar-  
 ty, you know better than that," she said.  
 He was nervous and perspiring, and  
 stood beside her, patting her hand, while  
 the embryos were transferred. "I don't  
 think he knew exactly what to do, but  
 wanted me to know he was there for  
 me," says Barb, laughing.

Both Linda and Barb were instructed  
 to rest and avoid heavy lifting for several  
 days, so Barb spent the weekend with  
 the Schapers. The two sisters sat to-  
 gether in bed, sending Marty to the store  
 pickles, pastrami and cream cheese.  
 "They swore they had cravings, and I  
 said, 'You guys are only three hours  
 pregnant!'" he recalls. "It was great."

For the first time in years, Linda and  
 Marty dared to hope. "Barb told me  
 had been praying very hard that God  
 would look down on us and grant us  
 family," Linda says, her voice quav-  
 ering. "She said, 'I've never, ever felt  
 strongly about anything—I know I  
 going to have a baby for you.' She was  
 so positive about it, I started to believe  
 it, too. As for what might be happen-  
 ing inside me, I didn't think about it. I  
 was convinced Barb was going to get  
 pregnant, so I relaxed."

Two weeks later, both couples gath-  
 ered at Barb and Bill's house to wait for  
 the lab results. When the call finally  
 came, the news was better than they  
 hoped: Both women were pregnant, and  
 their due date was January 30. The  
 couples jumped to their feet, screaming  
 crying and hugging each other.

**SPECIAL DELIVERIES**  
 Within a month, however, Barb began  
 to experience bleeding, and her doctor  
 ordered an immediate ultrasound. A  
 first the technician (continues)

**Tan At Home!** Don't You Love To Be Tan!  
**SunQuest**  
**WOLFE**  
**TANNING BEDS**  
 Buy Direct and Save Up To 50%  
 Call for a **FREE** Color Catalog  
 and Wholesale Pricing!  
**Home Delivery** **1-800-462-9197**

**POETRY CONTEST!**  
**\$24,000** Send one original poem  
 20 lines or less to  
**The National Library of Poetry**  
 11419 Cranridge Drive  
 PO Box 704 1211  
 Owings Mills, MD 21117  
**Possible Publication**

**LIVE PERSONAL PSYCHIC**  
**Numerology • Tarot • Astrology**  
**Clairvoyant**  
 Love • Success • Money • Difficult Decisions  
**LOOK INTO YOUR FUTURE!**  
**Sensational Results with Rare Gifted Psychics**  
**1-900-933-7333**  
 24 Hrs. Call Now OR MC/VISA & CUST. SERV. **\$297 Per Min.**  
**1-800-972-1117**  
 Mile-Hi Psychics • Must be 18 +  
 Also Spanish, French & German Speaking Psychics

**E**VEN IN THE BEST RELATIONSHIPS, love-making can lose its excitement all too soon. Sex can become boring instead of pleasurable, frustrating instead of fulfilling. That's why we've created The Better Sex Videotapes, hosted by nationally famous sex educator Dr. Judy Seifer.

The Better Sex Videotapes show how to put fun back into lovemaking. They teach us not to be satisfied with "going through the motions," but to aim for heights of ecstasy most people only dream about.

Dr. Seifer introduces three typical couples who show how to overcome inhibitions and make sex fun again. They begin with the basics—intimacy, gentleness, and good communication.

This series is controversial—so much so that it has been featured on HBO. Yet tens of thousands have ordered Better Sex Videotapes. They are used in universities and recommended by family doctors, gynecologists, psychologists and sex therapists.

Why is this controversial? Simply because it is explicit. Each and every technique is not just talked about, but demonstrated. Each lesson is shown start to finish, in detail—preferably to be watched and discussed by both partners together.

Who orders Better Sex Videotapes? Married people seeking to restore the sense of discovery they had when they first met. Sexually active young men and women who seek only to find new ways to satisfy the ones they love. Couples in their 40's, 50's, and 60's desiring to rekindle the passion of their younger days—often as a specially meaningful gift.

Who else should order these tapes? Perhaps you should for yourself, or for someone you love very much.



# After years of making love the same old way, here's an exciting new beginning.

## THE Better Sex Video SERIES

INTRODUCTORY OFFER  
**\$10 OFF**  
ORIGINAL PRICE OF \$39.95

The Townsend Institute • P.O. Box 8855, Chapel Hill, NC 27515 • 1-800-888-1900

The Townsend Institute, P.O. Box 8855, Dept. ZLH5, Chapel Hill, NC 27515

VIDEO	QTY.	PRICE EA.	TOTAL
Vol. 1. Better Sexual Techniques 9501		\$29.95	
Vol. 2. Advanced Techniques 9502		\$29.95	
Vol. 3. Making Sex Fun 9503		\$29.95	
The 3-Volume Set—Save \$20! 9500		\$69.85	

Postage & Handling \$ 3.00

Format: Tapes are VHS Only TOTAL \$

VISA  MasterCard  
 Check  Money Order

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Canadian Orders Welcome. Please Make Checks Payable In U.S. Dollars. An Additional \$5.00 Is Required For Shipping.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Signature \_\_\_\_\_

For Fastest Service Credit Cards Customers Call

**1-800-888-1900**

24 Hours A Day 7 Days A Week

## Labor of love

*Continued*

couldn't find any signs of life at all, and the Paynes' hearts sank. On the second try, though, she located one fetus, which appeared to be doing fine. "When I got the news, I felt the first stirrings of bonding with this baby," Barb says. "Not in the sense that I wanted it to be my child, but rather that we had a journey to take together."

That journey, though, was a difficult one. Barb continued to experience bleeding throughout the first trimester. Once, when she was away at a conference, she was rushed to a hospital, where a physician warned her that a miscarriage was imminent. Miraculously, the child survived.

Barb began writing a series of letters to God. "Please don't let anything bad happen to this child," she wrote in one. "I know Linda and Marty will accept whatever child You give them for the gift that it is, but I hope and pray it is Your will for them to have a healthy baby."

Meanwhile, the Schapers had learned that Linda was carrying twins, but they were hesitant to get too excited. And they were worried about Barb. Yet, as

## BARB SAID, "I'VE NEVER, EVER FELT SO STRONGLY ABOUT ANYTHING—I'M GOING TO HAVE A BABY FOR YOU."

terrifying as it was, Barb's threatened pregnancy loss cemented the bond between the two sisters. "I know how scared she was," Linda explains. "And I think Barb really understood better some of what I'd been through."

As it turned out, both sisters' pregnancies had complications. In her twenty-second week, Linda began to have contractions. She was diagnosed with Group-B streptococcus, which can cause premature delivery and is fatal to newborns, but rapid treatment with antibiotics averted disaster.

Then, Barb developed bronchitis and ear infections, and she started retaining too much fluid. Linda began to suffer from constant itching all over her body, and was getting only a few hours of sleep each night. Her doctor decided to induce labor and scheduled the procedure for early January.

But the babies had other plans. About four A.M. on Christmas morning, Linda went into labor. Madison Barbara Ann and Jackson Frederick were born later that day, each weighing just under six pounds. Marty and Linda were overjoyed. "Then it sank in that we were going to

experience all this again very soon," Linda says. "We felt our circle would not be complete until our third baby was born."

Exactly one month later, on January 25, Barb went into labor. Linda and Marty packed up the twins and rushed to be by her side. For two hours, they cheered Barb on. But when she became feverish and the baby's heart rate went up, the doctor decided to do a caesarean.

Within minutes, Allison Rosemarie Schaper was born, weighing in at a whopping ten pounds, five ounces. She had a slight case of pneumonia, but Linda held her for a few moments before she was moved to the intensive-care unit. "I was crying and Barb was crying because we just couldn't believe Allison was finally here," Linda says. "I fell in love with her the first moment I saw her, just as if I'd had her myself. There was a connection I can't even begin to explain. I just couldn't believe Barb had given me this gift." As Linda held her daughter tight, she whispered a quiet thank-you to God for allowing her and Marty to be parents to three beautiful babies.

When Barb first saw Allison, she was struck by the uncanny resemblance between the infant and the way her own two daughters had looked as newborns.

"It was a little strange," she says, "but then I realized that it made sense for Allison to look like my girls, since they're related." Barb didn't hold the baby for about twenty-four hours, to give Allison and Linda ample opportunity to get to know each other.

Shortly after being moved to intensive care, Allison began to cry, and Barb watched Linda caress the baby's hand. Allison immediately quieted and snuggled down contentedly. "That's when I thought, Yeah, this will be all right," Barb says. "That was a great moment."

### A FAMILY AT LAST

These days, life is back on an even keel for the Paynes. Their older daughter, Kelsey, turned four in the spring, and Taylor is two. "The pregnancy probably did take my focus off Taylor's babyhood a little bit," admits Barb, but she quickly adds that seeing her sister happy again was worth every stretch mark, scar and sacrifice it entailed. And she and her husband say the experience made them even closer.

"When people said, 'How can you do this?' I'd think, Well, it's no different,

really, from giving a kidney—I'd do it if my sister needed it," Barb says. "I was pretty intense baby-sitting for a few months, but I never thought of myself as this baby's mother. I was giving my mother and her husband something we've never, very much: a family."

As for Linda and Marty, they are a bit frazzled, but they couldn't be happier. "It's incredible," says Marty, beaming at his wife. "It's like I just won the World Series or something."

The logistics involved in caring for three babies are formidable: Each baby gets up with the babies for the A.M. feeding, allowing Linda a few moments of sleep. He heads off to work and at seven-thirty, she puts the infants back to bed. They're up again at nine, and by ten, they're ready for breakfast. Next comes bath time and playtime. Around noon, Linda puts the triplets down for their naps, and uses the next hour to grab lunch and catch up on chores. The babies wake about one to eat again and then some more. In the late afternoon, Linda puts her threesome into their tri-stroller, and they spend an hour toting around the neighborhood. When they get home, the babies eat yet again, by six-thirty they're off to bed. Linda and Marty get about three hours of evening to eat dinner, watch a little work on projects around the house and spend some rare time alone.

One of the things the Schapers enjoy most is watching the babies' different personalities emerge. Madison looks most like her dad, and is unflappably easygoing and content to entertain herself. Jack is very energetic, with a radiant smile. Allison is the one who requires the most attention, Linda says, and she will shriek indignantly if she doesn't get it right away. The largest of the triplets, Allison also is the most social, constantly grinning and giggling.

"They're all good babies, just wonderful," Linda reports happily. "My only regret is that I'm not able to just sit and hold each of them as much as I'd like."

Recently, she says, as she admired the brood, all snoozing in their baby stroller, she was overwhelmed by Barb's generosity. "I called her, crying, and I said, 'I can't believe what you've done for me.' And she said, 'Oh, you're welcome. I'm just so happy for you.'"

"We wouldn't have any of these babies if it weren't for Barb—it takes a special person to do what she did," Linda concludes, her eyes moist. "I can't help but think of all the people who are still struggling, who are still unable to have children. I don't know why we've been blessed, but I'm so, so grateful."

*Deborah Diamond is a contributing writer to Ladies' Home Journal.*



ill got reinfected.

But Jane is protected.

**Only Nix™ kills head lice today and prevents reinfestation tomorrow.**

All too often, a single head lice treatment isn't enough. Because lice lay eggs - nits - that cling to your child's hair and hatch after treatment, causing reinfestation.

That's why the head lice treatment you choose should be Nix™ Creme Rinse. Nix not only kills lice and their eggs on contact, it protects your child against reinfestation for two full weeks - something no other lice treatment can do. No wonder Nix is the one recommended most by Pediatricians, Pharmacists, and School Nurses.

Don't waste time with lice treatments that don't protect against reinfestation. Kill lice once and for all with Nix.

WARNER  
WELLCOME

Full  
Prescription  
Strength

**Nix™**  
Permethrin

Lice Treatment

**A Single  
Application**

- **Kills Lice  
& Their Eggs**
- **Prevents  
Reinfestation**

Creme Rinse with  
Nit Removal Comb

2 FL OZ

**The One You Only Have To Use Once**

# OUT OF THE NIGHT

I had suffered the cruelest loss a mother could know. Would I ever feel life's magic again? By Melody Beattie

After the funeral of my twelve-year-old son, Shane, who was killed in a skiing accident, I returned to my home in Stillwater, Minnesota, broken in a way I had never been broken before. For weeks, months, I went through the motions of life. I walked around, I breathed air, but I wasn't participating. My heart and soul weren't present. People praised me for my courage, but I knew better. I wasn't facing my loss; I was merely enduring it.

Little by little, however, a new rhythm began to emerge in my relationship with Scotty, the closest thing to a childhood sweetheart I'd ever had.

**"IT'S NOT THE BIRD I'M WORRIED ABOUT," SAID THE VET. "IT'S YOU."**

One evening, Scotty was idly flicking the TV remote control when he suddenly stopped at a special about birds.

The little bird they featured was scraggly and had lost most of his feathers, but I was taken by his sweet, intelligent personality.

I turned to Scotty. "I want a bird."

At the pet store the next day, I found myself looking at the parrots.

"If you're going to get a parrot," Scotty told me, "get an African Gray."

He went on to praise this breed of parrot. Vocabulary of hundreds of words. Bonded with their owners.

"Look at this," he said, pointing to an article in a bird magazine. It detailed how one African Gray, when left at the vet's, turned to its owner and said, "Please don't leave me." That's when I knew I wanted an African Gray.

It wasn't an easy breed to find, but a friend in California sent me one for

my birthday. I picked her up at the airport. Her name was Max.

I peered into the cage. She was gray, the size of a pigeon, with red tail feathers.

She looked at me. "Well?" she said.

But soon after arriving in Minnesota, Max got sick. I was terrified she was going to die. Already she'd brought so much joy into my life. From the start, she began imitating my laugh, and I was surprised how much



I was laughing.

When I took her to the vet, the doctor assured me Max would be fine. She asked me how I handled the bird. "Carefully," I said. If I picked her up, I wore oven mitts. It took hours to get her back in her cage.

"It's not the bird I'm worried about," the doctor said. "It's you. That bird is dominating you. She knows you're scared of her. You've got to take charge."

I took a deep breath. "I'm no bird expert," I said, "but from what I've read, this bird has three hundred pounds of pressure in her beak?"

The vet said yes.

"So, in one sweep, she could take my finger off. Is that right?"

The vet said yes.

"And you want me to stand up to her?"

The vet said yes.

I took Max home, put on my oven mitts, and put her back in her cage. Then I went to my bedroom and watched two videos I had watched over and over the past two years.

The first was the basketball game I had attended with Shane the morning of his accident. One mother had taped her son, and she'd sent me a copy.

The second was a video of Shane's funeral. I had known I was too overwhelmed to register much of what happened, so I asked someone to film it.

I watched the basketball game. Shane looked so vital, so full of life. Then I watched the funeral clips, ending with hundreds of balloons soaring up into the sky. Shane had always loved balloons, and when as a child he lost one, I would comfort him by saying that God catches all your lost balloons so that first thing when you get to heaven, you get a big bouquet of them.

No wonder I've been so stunned. I thought. We went from a basketball game to a funeral in a matter of days. As I sat there, I sensed God watching me. For the first time since Shane's death two years before, I sensed that this presence was watching me with love.

And then I wondered if life wasn't like the bird. You might know full well what it could do to you. But sometimes you've got to square your shoulders, get in its face and stand up to it anyway.

I walked over to Max's cage, opened the door and stuck my hand in. She climbed on and looked at me.

"Hello," she said.

*Melody Beattie is author of the best-selling "Codependent No More."*





3 9042 03746640 3

THE WORLD'S  
BEST COOKIE RECIPE

5 Ways to Lose  
Ten Pounds

Heart Attacks

Doctors  
Women

WHAT KEEPS  
COUPLES IN  
Love

Models Do It  
WAYS TO  
LOOK YOUNGER

THE JURY'S VERDICT?  
A Jury Decides

Special Interview  
Robert Redford

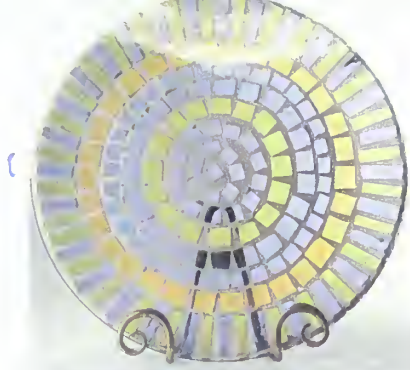
Melanie Griffith  
She's Learning To Be  
Strong For Her  
Kids—And Herself

BURLINGAME  
SEP 12 1994  
LIBRARY

#BXBCBFS\*\*\*\*CAR-RT SORT\*\*CD30  
#LBRLP000097 1#302496 EF  
APR 95  
BURLINGAME PUB LIB BA1D  
480 PRIMROSE RD #UH10  
BURLINGAME CA 94010-4010

Floor design copyrighted by Armstrong. Designer Solarian Mosaic Court



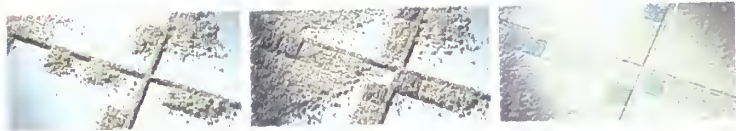


ARMSTRONG  
INLAID COLOR.<sup>™</sup>  
IT'S NOT JUST PRINTED  
ON THE FLOOR.  
IT IS THE FLOOR.

Deep-down richness of color and a uniquely handcrafted look are what give Solarian<sup>®</sup> Inlaid Color<sup>™</sup> floors their remarkable beauty.

Choose from dozens of stylish colors and patterns, all with the easy care you expect from a Solarian floor.

See for yourself. Visit a nearby Floor Fashion Center.<sup>®</sup>  
Call 1-800-233-3823 for the one nearest you.



*Millions of tiny grains of color, applied layer by layer, create the uniquely rich, handcrafted look of a Solarian Inlaid Color floor.*

**Armstrong**

The Height of Fashion Right at Your Feet





Wearing NeuDuoLife PR  
COSMAIR, INC

É

A

L  
PARIS

NEW

# DUALITÉ

Perfectly Flawless Compact Makeup

A FLAWLESS  
FINISH NOW FINDS ITS  
PERFECT MATCH.

## ONE FINISH, TWO FINISH

DRY, coverage is light with a refined powder finish.

WET, it becomes flawless makeup coverage with a soft, matte finish.

## OIL-FREE DEFENSE

L'Oréal's advanced oil-free formula now defends against shine to extend wear and keep skin fresh.

## SO COMPLETE, SO DISCREET

So discreet it goes anywhere. So complete, its smooth, gentle finish diminishes time's effects to reveal a natural beauty.

# L'ORÉAL

More

Beautiful

By

Design





"Now Go STRAIGHT TO THE PRO  
 AND MAGNIFY YOUR LASHES  
 LIKE YOU'VE NEVER SEEN."

Bridget Moynahan

**Introducing  
 Professional Mascara's  
 New Lash-Enhancer  
 Straight Brush**

It's the secret to separating your lashes better than ever before. The plusher brush zeroes-in on every lash to lengthen and thicken incredibly. For a new, eye-opening look of totally magnified lashes. Without a clump or glob in sight. It's a brush with greatness. And there's still the Pro Curved Brush too.

COVER GIRL

COVER GIRL  
 Bridget Moynahan

Magnify Your Lashes Like Never Before.

October 1994 • VOL. CXI NO. 10

## in the news

**58 CNN NEWSLINE REPORT** LHJ teams up with the world's news leader to bring you the latest stories. This month: predicting cancer through genes; networking nineties' style; designers' fall fashion forecast; and more.

**74 SCARED SILLY** Spine-tingling TV shows and ghoulish mystery novels are more popular than ever—why do we like to be spooked so much? *By Dean Lamanna*

## personalities

**60 THE WAY HE IS** LHJ's editor-in-chief sat down with Robert Redford for an intimate talk about films, family—and what he loves about women. *By Myrna Blyth*

**150 GRIFFITH'S TRUE GRIT** In her struggle to recover from alcohol, drugs and Don Johnson, Melanie Griffith finds her new best friend: herself. *By Jim Jerome*

**COVER STORY**



**BEST FRIENDS**  
PAGE 162

**90 "MY TEACHER TOUCHED ME"** A popular teacher was arrested for molesting one of his students, and the town blamed not the educator but the boy who accused him. Who was telling the truth? *By Tamara Jones and Patricia Davis*

**120 THE CASE OF THE FALLEN FRUIT** When one child after another became ill in a small New England town, doctors had to play detective to track down the source of the mystery sickness. *By Jonathan A. Edlow, M.D.*

**130 UNDER THE INFLUENCE** Is there such a thing as a truly impartial jury? As the O.J. Simpson case goes to trial, questions are being raised about who really determines the innocence or guilt of a defendant. *By Mark Stuart Gill*

**152 THE MARRIAGES THAT SHOULDN'T BE SAVED** Millions of women are victims of domestic violence, and not even marital therapists are certain how to help them: Should a woman leave her partner? Should she stay? Find out how some experts are trying to handle this horrible problem. *By Margery D. Rosen*

**158 KATE CAPSHAW: LOVING STEVEN** Ten years ago she was a grade-school teacher in the Midwest—today, she's a successful actress, busy mom and Hollywood wife to Steven Spielberg. A candid chat with Kate Capshaw. *By Melina Gerosa*




**THE WAY HE IS**  
PAGE 60

## body and mind

**82 WHAT KEEPS COUPLES IN LOVE?** Husbands and wives reveal their personal stories of lasting romance.

**106 THE 25 BEST NEW (YES, NEW!) WEIGHT-LOSS TIPS** Finally, effective, *easy* ways to shed those extra pounds. *By Joe Mullich*



# REVITALIZING

*Why deny your age? Deny the signs.*

New. And only from Maybelline.

Revitalizing Skin Care.

Gentle. Easy. Truly effective.

Alpha Hydroxy with an exclusive moisture complex.

*Proven to uncover fresher skin.  
Restore natural moisture.*

Fine lines retreat.

The glow returns.

In 4 weeks.

Younger-looking,  
younger-feeling skin rebounds.

So age is irrelevant.



MAYBE SHE'S  
BORN WITH IT.

MAYBE IT'S  
**MAYBELLINE.**



**TAKE A  
BREAK**  
PAGE 184



**112 A WOMAN'S HEART** If you think that only men have heart attacks, what you—and your doctor—don't know could kill you. A shocking report. *By Leslie Laurence and Beth Weinhouse*

**126 MEDINEWS** A quicker Lyme-disease diagnosis; avoiding dangerous drug interactions; and more. *By Sally Squires*

**144 OUR SECRET OBSESSIONS** Everyone has her little worries—did I turn off the coffee pot... set the alarm? But sometimes these fears can go too far. Have yours? *By Gini Kopecky*

**154 THE HABIT OF SUCCESS** Boost your self-confidence with these tips from the experts for everything from giving a great speech to throwing a terrific party. *By Sharlene Johnson*

**families today**

**68 GOOD NEIGHBORS** How one caring community brought joy to a grieving family. *By Christine Hurley Deriso*

Cover: photo, Francesco Scavullo; hair, Dov for Orbe at Elizabeth Arden; makeup, Lamar for Orbe at Elizabeth Arden, Revlon (Age Defying Makeup in Natural Beige; Age Defying Concealer in Medium; Age Defying Pressed-Loose Powder in Translucent Medium; Naturally Glamorous Blush-On in A Rose is A Rouge; Overtime Shadow in Nudes; Timeliner for Eyes in Teakwood; Natural Brows Color and Style System in True Blond; Lashfull Curvaceous Mascara in Black Brown; Super Lustrous Lipstick in Berry Rich; Timeliner for Lips in Plumwine); suit, hosiery and shoes, Donna Karan. This page: photo (top), David Bishop, prop stylist, Randi Barritt, food stylist, Dora Jonassen; Capshaw photo, Chris Carroll.

**136 "WE BOUGHT A HOUSE"** A first house is more than just a place to live—it's a symbol of the American Dream, and, for one woman, the passage to becoming a grown-up. *By Linda Fears*

**style**

**44 BEAUTY & FASHION JOURNAL** Caring for winter wools: \$2 beauty bargains, dress-slim strategies; and more.

**162 BEST FRIENDS** After time out for marriage and motherhood, two top models are back in the business and looking better than ever. Find out their secrets for ageless beauty. *By Lois Joy Johnson*

**170 DAVID'S KITCHEN** The man behind David's Cookies invites you into his kitchen—and shares his world-famous recipe. *By Leslie Lampert*

**food**

**175 FOOD JOURNAL** What's cooking in October.

**176 CATCH OF THE DAY** America's top chefs show you how to make restaurant-perfect seafood at home.

**184 COFFEE BREAK** Trade in your ordinary coffee mates for these yummy coffee cakes, muffins and scones.

**190 TWICE AS NICE** We've got the ultimate timesavers—cook once, serve twice recipes that turn tonight's leftovers into tomorrow's delicious dinner.

**196 "I WENT TO COOKING SCHOOL"** LHJ sent two women to class for lessons in low-fat and Italian cooking. Here's what they learned.

**204 THE LATEST DISH** Tea-time trends; foods that are migraine-makers; and more.

**208 INSIDE THE JOURNAL KITCHEN/RECIPE INDEX**

**regular features**

**12 EDITOR'S JOURNAL**

**16 CAN THIS MARRIAGE BE SAVED?** "He never listens to me" When a couple can't communicate.

**32 A WOMAN TODAY** "I gave up my baby" One mother's agonizing choice. *By Nikki Reed*

**219 LHJ TRAVEL PLANNER**

**226 WISE WORDS** "Splendor in the grass" Celebrating nature. *By Evelyn H. Lauder*



Max Factor Pan-Stik Makeup

the  
impeccable finish  
that  
just won't stop.

If  
your makeup  
disappears with  
the day, try Pan-Stik.  
Its creamy, full-coverage  
formula slips on lightly  
for a silky-matte finish.  
The look is smooth.  
Polished. Perfect. And it  
stays true. 12  
shades.

MAX FACTOR  
INTERNATIONAL



impact

FAN-STYK MAKEUP IN TRUE BEIGE.

WHAT'S SHE WEARING

Now, the first *creme* haircolor.  
It actually *protects* as it colors.



O

R

E

A

L<sup>®</sup>

PARIS

Toneya is wearing Excellence 6G Light Golden Brown.  
© 1994 Cosmar, Inc.

New  
**EXCELLENCE**  
*Crème*

roducing the first crème haircolor.\* As thick and  
 ra-rich as a moisturizer, this gentle crème smoothes  
 , enveloping every hair strand completely, easily,  
 ) dripping, no mess.



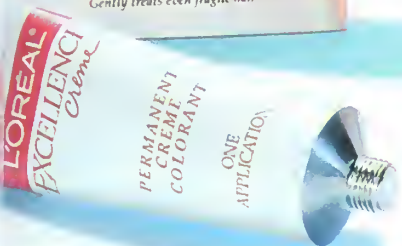
*protects*  
 hair's strength

This breakthrough formula has a patented molecule that works with hair's own structure to protect while coloring. So hair keeps its strength, its silkiness. And since the protection is built-in, fragile hair is cared for even better than before.

for  
*superior*  
 gray coverage

This new crème haircolor covers gray better than before. It penetrates each strand so even the most resistant gray is covered from roots to ends. And the color lasts and lasts. It's color that's truly healthy, so rich and shining. Available in 26 rich shades.

*Caring and Protecting Color.*



SAVE \$2.00 ON  
 L'ORÉAL  
**EXCELLENCE**  
*Crème*



CONSUMER: THIS COUPON GOOD ONLY ON PURCHASE OF PRODUCT INDICATED ANY OTHER USE CONSTITUTES FRAUD. RETAILER COSMAIR INC. will reimburse you for the face value of this coupon plus 8c if submitted in compliance with Cosmar, Inc. Coupon Redemption Policy. Cash value 1/20c. Mail to: Cosmar, Inc., Box Number 880379, El Paso, TX 88568-0379.

MANUFACTURER'S COUPON

12/31/94

REDEEMABLE AT DRUG, FOOD, AND MASS MERCHANDISE STORES



71249 310633

5 71249 11282 8

## AN ALL-STAR ISSUE



This is an issue that is full of the glamour of superstars—yet is full of reality as well. Yes, we have interesting and hard-to-come-by interviews with Melanie Griffith and Kate Capshaw, the wife of director Steven Spielberg, as well as megastar Robert Redford.

To find out why I, personally, conducted the interview with Redford, see page 60. Oh, you think you can guess the reason? Well, you're right. However, I want you to know, when preparing this bountiful October issue we weren't only hanging out in East Hampton. We also got the goods from a variety of experts in some closer-to-home fields. For example, David Liederman, who is the creator of those delicious David's Cookies, gave us a close-up look at his dream kitchen. He also handed over his recipe for what may be the world's best cookie. And Clotilde White and Linda Tongé, who have been superstar models for years, told us some real and reassuring secrets for ageless beauty. Also, you'll find experts' advice on dieting and on building self-confidence in a variety of important ways.

Beyond that, there's surprising information about heart disease, a health concern that can affect us all. Also note our special report on an issue that is very much in the news: domestic violence. Plus, take time to read several fascinating tales of life today, a couple that are thought-provoking, a couple that are just plain heartwarming.

This issue certainly has lots to read, to enjoy, to ponder, to find useful. But then, we believe you deserve nothing but the best. And, so, we plead guilty—it is full of top experts and acknowledged superstars.

Myrna Blyth



Me and Robert Redford

MYRNA BLYTH  
Editor-in-Chief & Publishing Director

Jeffrey Saks Art Director

Jane Farrell Articles and Fiction Editor Carolyn Noyes Managing Editor

Lois Joy Johnson Beauty & Fashion Director Jan Turner Hazard Food Editor

Mary Mohler Senior Editor Linda Fears Senior Writer

### ARTICLES

Pamela Guthrie O'Brien features and books editor

Margery D. Rosen family and child-care editor

Mary C. Hickey senior editor

Shana Aborn associate editor

Karyn Dabaghian assistant editor Katherine Lee researcher

Christine Urgola

### BEAUTY AND FASHION

Gwen Flamberg assistant editor

### FOOD

Susan Sarao Westmoreland associate editor

Lisa Brainerd Margot Abel

### LIFESTYLE

Leslie Lampert editor

Sharlene King Johnson associate editor

Kimberlie A. Waugh assistant editor

### EDITORIAL PRODUCTION

Stephanie Makrias copy editor Julie A. Mettenburg copy editor

Mandana Massiha assistant editor

### PUBLIC AFFAIRS

Margaret Hickey

### READER SERVICE

Jill Benz

### ART DEPARTMENT

Stacy Marchelos associate art director

Kimberly Ann Koppel designer

Peter Cober studio manager

Ayesha Hakki

### PRODUCTION

Lawrence P. Bracken manager

Doreen Yip Hackett type director

Kin Quon type assistant

Alberta Harburt assistant to the editor-in-chief

Donna Ortiz editorial business associate

### Contributing Editors

Lawrence Balter, Ph.D. Katherine Barrett Kathryn Casey

Deborah Diamond Ellen Galinsky Jeanne P. Goldberg, R.D., Ph.D.

Andrea Gross Mary Lou Mullen Hall Dean Lamanna Paula Lyons

Sofia Marchant Diana McLellan Carol Lynn Miethers

Evelyn Firestone Moschetta, D.S.W. Paul Moschetta, D.S.W.

Andrea Rock Michael J. Weiss (Washington, D.C.) Rosalind Wright

### DONNA GALOTTI

Publisher

Michael L. Brownstein Advertising Director

Esther Laufer Promotion-Marketing Director

Vicki Dreyer-Fischer Sales Development Director

Robin Billie Midwest Manager

Mindy Picon Eastern Manager Paul Bode West Coast Manager

Jeannine Shao New York Manager Leslie A. Light Associate New York Manager

Sharon Rogers San Francisco Manager Christi Neill Home Journal Manager

Nancy Hall Beauty & Fashion Manager Terry Giella Sales Administration Manager

John Condit I.P. Operations/Manufacturing

Michael C. Senior Newsstand Sales Director

Wanda Ziembinski Production Director

Michael I. Cook Business Manager

Tricia Gonzalez assistant to the publisher

### A Meredith Publication

E.T. Meredith, III Chairman of the Executive Committee

Jack D. Rehm Chairman & CEO

William T. Kerr President & COO

Christopher M. Little President, Magazine Group

The Journal cannot process unsolicited manuscripts or art material, and the Publisher assumes no responsibility for their return. Postmaster: Send address changes to Ladies' Home Journal, P.O. Box 53940, Boulder, CO 80322-3940.

© 1994 Meredith Corporation. All rights reserved. "Never Underestimate the Power of a Woman," "Can this marriage?" and "L.H.J." are trademarks of Meredith Corporation, registered at U.S. Patent Office. Title "Ladies' Home Journal" registered at U.S. Patent Office and foreign countries.

### CUSTOMER SERVICE INFORMATION

For service on your subscription, including change of address, write to Ladies' Home Journal Customer Service, P.O. Box 53940, Boulder, CO 80322-3940. Please enclose your address label from a recent issue. If you wish to phone, call toll-free 800-374-4545. Send all other correspondence to Ladies' Home Journal, 100 Park Avenue, New York, NY 10017.

Printed in the U.S.

© 1998

# CLINIQUE CAN COST TWICE AS MUCH AS ALMAY.

On an ounce per ounce basis, Clinique's 3-step regimen costs more than twice as much\* as Almay's 3-step regimen, Toners and Moisturizers. Hypo-Allergenic Almay. Would I use anything else? And why would you?



# ALMAY®

## HYPO-ALLERGENIC

# NOW YOU CAN CHOOSE skin care that's right for you



*Even great looking skin needs  
light care every day to keep it  
healthy looking*



*Normal to dry skin loves the every  
day attention of original cherry  
almond scent Jergens.*



*Our special formula with  
Vitamin E & Lanolin helps restore  
moisture and smooth away flakes.*





# The Jergens® Difference:



**N**o one knows more about your skin than you do. That's why Jergens created new formulas from Light Care to Ultra Healing that leave the decision making up to you. Each formula contains a patented form of your skin's own lipids which penetrate to *work with your skin not just on it.*® It's your skin, it should be your choice. That's the Jergens Difference.



Extra dry rough skin needs extra healing power and lasting moisturization.



For extra dry rough skin that demands healing power without a fragrance.



When a lotion alone isn't enough for severe dry rough spots like hands, knees and elbows.



designed for specific skin care needs.

# CAN THIS MARRIAGE BE SAVED?

The most popular, most enduring women's magazine feature in the world



“He never  
listens to me”

By Margery D. Rosen

**DIANE'S TURN** “I’m tired of fighting with Carl over discipline,” said Diane, thirty-seven, in a tight voice. “I’m tired of playing bad cop to his good cop. The kids are far apart in age—Cassie, my daughter from my first marriage, is fourteen, and Sam, our child together, is three—so I didn’t expect this to be easy. But Carl and I really need help to make this work.

“I met Carl at the local college, where I was taking evening courses toward a degree in counseling to supplement my degree in early-childhood education. He was teaching another course the same evening, and we kept noticing each other in the hallway. One thing led to another, and before long we were dating seriously. He moved in about six months later.

“Carl was absolutely wonderful with my daughter. I’d been a single mother for nine years—Cassie’s father had moved out of state, so for all intents and purposes, Carl took his place in her life. He was attentive and understanding in a way I couldn’t be; during those preadolescent years, when she was nice to

me one minute then screaming at me the next, somehow he was able to get through to her.

“We hadn’t planned on having a baby of our own, but when I discovered I was pregnant we both felt it was meant to be. So we were married in November, and in March I had Sam. My pregnancy was wonderful. Nothing prepared me for the deep postpartum depression I sank into right afterward.

“In fact, the first six months of Sam’s life are a complete blur. I was overcome with sadness and inertia. Some nights I’d lie awake tossing with anxiety. I couldn’t cope with anything. I saw a therapist, who put me on an antidepressant for six months, and it worked. I no longer need the medication, and I stopped seeing the therapist. Now I’m back at work as a guidance counselor in the elementary school.

“But during that time when I wasn’t functioning at all, Carl took over everything. I had a baby-sitter during the day who took care of Sam and did a little cleaning, but as soon as Carl came home, he did everything with Sam. They have a

very special relationship, but it has caused problems: We now have a three-year-old terror—and a temperamental teenager. On top of that, Carl no longer lifts a finger around the house unless I nag him to death. I ask him to fix something, and he never gets around to it—or anything else he promises to do.

“But our biggest problem, unquestionably, is that Carl is so overindulgent with Sam it’s ridiculous. Whenever I try to discipline him, Carl sabotages my efforts. Sometimes he contradicts me outright, other times he makes it clear that even though Mommy says no, chances are good Daddy will say yes! We’re in the middle of a huge bedtime battle right now. Every night, Sam wakes up around two A.M., says he’s scared and wants to sleep with us. Maybe one time it’s okay—but night after night? I want him back in his room, but Carl lets him get in bed with us.

“To make things even more complicated, Cassie has grown to hate Sam. When he was born, she was a little jealous, but mostly seemed happy to be a *(continued)*

**THIS MONTH'S CASE IS FROM INTERVIEWS AND INFORMATION FROM THE FILES OF JANE GREER, D.S.W., A MARITAL THERAPIST IN PRIVATE PRACTICE IN NEW YORK CITY AND DOUGLSTON, NEW YORK. THE STORY TOLD HERE IS TRUE, THOUGH NAMES AND OTHER DETAILS HAVE BEEN CHANGED TO CONCEAL IDENTITIES.**

2000 CALORIE MASCARA

thickens  
lashes  
200%



Now,  
2000 Calorie  
Mascara is twice as  
rich so lashes are  
twice as fat. All plump,  
no clump. For lashes  
they'll notice, it's  
impact.



© 2000 AX FACTOR INTERNATIONAL

AX FACTOR  
INTERNATIONAL

## He Said:

"Would you like to request something from the violinist?"

## She Said:

"How about a light?"

BENSON & HEDGES  
100's



THE LENGTH YOU GO TO  
FOR PLEASURE

## Can this marriage be saved?

*continued*

big sister. About four months ago, things started to change. I understand a baby brother can be a real pain. He messes up her room and interrupts her all the time, but he just wants to get her attention. Try to explain that to her. She insists we're playing favorites.

"Most of the time, Carl laughs at Sam's antics, which totally undermines anything I might say. As lenient as he is with Sam, he's now the opposite with Cassie. Lately, he has no patience for her. I'm very concerned that Cassie may be hanging out with the wrong crowd at school. She's also impossible at home: Her room is a mess, her clothes are all over the place, and she can't talk civilly to me.

"But Carl comes down so hard on her sometimes that I find myself having to defend her, even though I'm also furious at her! Instead of being a team, we're a triangle.

"More than anything, I want to be close to my daughter. I have such a terrible relationship with my own mother, and now she even picks on my daughter. The other day she was here for brunch, and when I went into the kitchen I overheard her say to Cassie, who is a little bit overweight, 'Do you really need that bagel?' Cassie burst into tears and ran out of the room. I was so angry—at my mother for being so mean, and at myself for not having the courage to tell my mother off.

"I adored my father, but he was always working. Mother was usually off doing one of her social things. She never let me be who I wanted to be or like what I wanted to like. She even picked out my wedding dress—both times!—and made all the arrangements; I couldn't stand up to her then, and I can't now.

"I thought when I married Carl my life was finally going to work out. But the bottom line is, we don't have a relationship anymore. We used to share a lot; now all we do is argue. He rarely talks to me about work except to tell me how much worse his problems are than mine. The only way I find out what my husband is thinking or planning is if I overhear his conversations with friends. A few weeks ago, when we were out for dinner with friends, Carl was telling them about some big changes he wanted to make at work—he's a financial consultant with his own business. It was the first I'd heard about these changes.

"Just once it would be nice to have someone to talk to when I'm upset, about work, about the kids, whatever. It would be nice to hear him say, 'Gee, I'm sorry, what can I do?' instead of pointing out his own problems.

"Is it all that surprising that I'm not

in the mood for making love? I'm too exhausted. Besides, Carl's timing is always wrong. When he's in the mood, I'm half asleep. Of course, then he's rejected—and we have another thing to fight about. When is this going to end?

**CARL'S TURN** "I can't win," said Carl, thirty-six, a tall man in a tweed sport coat and corduroys. "For almost a year when Diane wasn't well, I held this family together. I did the best I could—trying to make a living and keep my financial-planning firm afloat when everyone around me was losing touch, to care for an infant and to stepfather to Cassie.

"I do listen when she tells me something—but, you know, when Diane gets going on a subject, there's no stopping her in sight. She can talk anything to death. She even brings her problems into bed with her. Diane has never been particularly affectionate or demonstrative, which I am, but I live with that. But I refuse to live with a marriage devoid of sex. Ever since I was born, our sex life has shrunk to nothing. I try to kiss her, to put my arms around her and take her mind off everything, and she brushes me off. I get the same feeling of being cut out that I did when I was little.

"Massive indifference is the way to describe my parents' attitude toward me. As the youngest of three boys, I remember getting all the attention until I was about twelve. That's when my father's business—he manufactures kitchen appliances—began to falter. Mother started helping him in the office, and the two of them would spend seven days a week there. I was pretty much forgotten. Once I wrote a note saying that I was running away. I hid it on my mother's bureau, caught a train to the city and spent the day roaming around. By evening, I was cold and tired, so I caught a train home. No one had even noticed my absence, and when they ever found the note, they never said anything to me. My parents divorced when I was a freshman in college. To tell you the truth, I felt relieved when they divorced me, too.

"I finished college with two degrees—one in business, one in counseling. I was working with people, but after graduation I couldn't focus on what I wanted to do for a living. I moved back East and bummed around for a while. After a couple of false starts, I heard about a financial-planning program. That program was all together for me: As a financial consultant, I'd be able to help people and make a good income, too. So I got my certificate of financial planning, at the same time plus my stockbroker's license, and I was hired by a local firm. Three years later I opened my own (continued on page

the only thing allowed to smoke in some restaurants  
these days is the grill.  
For a great smoke, dine out.



**B E N S O N   &   H E D G E S   1 0 0 ' s**  
**T H E   L E N G T H   Y O U   G O   T O   F O R   P L E A S U R E**

Finally, a welcome sign for people who smoke.  
Call 1-800-494-5444 for more information.

© 1994 Philip Morris Inc. 1994  
tar, 1.1 mg nicotine av. per cigarette by FTC method.

**U R G E O N   G E N E R A L ' S   W A R N I N G :   Q u i t t i n g   S m o k i n g**  
**n o w   G r e a t l y   R e d u c e s   S e r i o u s   R i s k s   t o   Y o u r   H e a l t h .**





*Melanie Griffith*

# Don't Lie About Your Age. DEFY IT.

(With Makeup That Acts Like Skincare)

## NEW REVLON AGE DEFYING MAKEUP

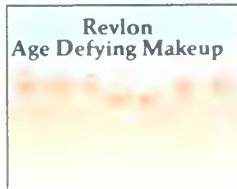
**PROBLEM:**  
MAKEUP CAN MAKE  
YOUR SKIN LOOK OLDER.

Ordinary makeup can settle into the fine lines on skin's surface, making them more noticeable. It can even rob your skin of moisture!



**SOLUTION:**  
NEW AGE DEFYING MAKEUP.

Unique color particles are wrapped in moisturizers so the coverage floats above fine lines – makes them seem to disappear.



Your makeup stays virtually line-free all day. You stay beautifully younger-looking!



# REVLON

*Revolutionary*

# INTRODUCING THE ALL IT HOLDS SEVEN PASSENGER

1. WINDSTAR IS THE ONLY MINIVAN THAT COMBINES STANDARD DUAL AIRBAGS,\* 5-MPH BUMPERS, AND FOUR-WHEEL ANTI-LOCK BRAKES, PLUS IT MEETS ALL PASSENGER CAR SAFETY STANDARDS.\*\*

2. WINDSTAR HAS MORE INTERIOR ROOM THAN ALL THE LEADING MINIVANS.

3. WINDSTAR HAS THE MOST CARGO ROOM OF ALL LEADING MINIVANS.



9. WINDSTAR'S SLEEK DESIGN CONTINUES INSIDE WITH AN EXCLUSIVE WRAP AROUND INSTRUMENT PANEL.

8. WINDSTAR MOVED THE WHEELS OUT GIVING YOU THE WIDEST STANCE FOR SECURE HANDLING.



# NEW FORD WINDSTAR. AND NINE BIG SURPRISES.

WINDSTAR HAS THE  
LATEST INTERIOR OF ALL  
LEADING MINIVANS.

5. WINDSTAR HAS THE  
SMOOTHEST CAR-LIKE RIDE  
OF ALL MINIVANS.



WINDSTAR OFFERS FREE 24-HOUR  
ROADSIDE ASSISTANCE FOR MORE  
SECURITY ON THE ROAD.†

6. WINDSTAR HAS THE LOWEST  
STEP-IN HEIGHT OF ALL  
LEADING MINIVANS.



†wear your safety belt. \*\*Excluding models with privacy glass. †3 years/36,000 miles. See dealer for details.



Our Terrace Garden China Cabinet is lavishly appointed with glass shelves and mirror-backed interior, plus three dimmer lights to let your china and crystal shine.



Present your meals gracefully with our Terrace Garden Sideboard. Iron scrollwork, marble, and oak are united for a singular elegance.

Don't miss the Thomasville 90th Anniversary Dining Room Sale. We're offering the biggest savings in our history. Now through November 15, 1994.

**THE PLACE  
TO START IS  
Thomasville**

©1994 Thomasville Furniture Industries, Inc.

## Can this marriage be saved?

*continued from page 18*

company, and now I have over a hundred people working for me.

"My hours are insane, though: I work long days and teach two night courses. Because of the enormous workload, I can't say I really enjoy what I'm doing. But I'm making a good living, and it would be nice if my wife appreciated that instead of lambasting me because I get home late and then want to spend a little time with my son.

"This discipline thing is driving me nuts. I recognize the need for consistency in a child's life, but sometimes I think you need to bend the rules. Diane is so rigid, so stuck on doing things her way, she loses sight of the important stuff.

"Not that I want to abandon all discipline. Cassie needs a firm hand now. It's a little hypocritical, don't you think, to scream at me for being overindulgent with Sam when that's precisely what she's doing with Cassie? If we don't want her hanging out with the wrong crowd, or if her room is a minefield, we should ground her for a week. If I try to, Diane turns on me. We end up arguing with each other while Cassie storms out of the room.

## "I RECOGNIZE THE NEED FOR CONSISTENCY IN DISCIPLINE, BUT I THINK DIANE IS BEING TOO RIGID," SAID CARL.

"You should hear the way my wife talks to me. Well, I refuse to be treated like a two-year-old. She berates me. I'm not stupid. But if I don't do something exactly the way she wants me to do it, when she wants me to do it, I'm a screwup in her book.

"I used to be able to talk to Diane, but not anymore. She says she wants to know more about what I do at work. But she only wants to hear the good, happy stuff. If I tell her how stressed out I am or that I'm worried about a client, she freaks out.

"Listen, I got married to stay married. I love Diane and I love our kids, but I don't know where we got off track. And if we can't figure that out, how can we possibly be close?"

**THE COUNSELOR'S TURN** "In all areas of their lives, these two were running on separate tracks," noted the counselor. "Unable to connect on almost any level, physical or emotional, they had to learn how to share, compromise, negotiate and, most important, empathize with each other.

"This would be a tall order for any

couple. For Diane and Carl, it was especially difficult. Both of them felt deprived, abandoned and angry—surprising, considering their family history of cold, rejecting mother, who made them feel unloved and inadequate. Diane, in particular, had grown up with the message that no matter what she did, it wasn't good enough.

"However, this couple were determined to make their marriage work. I believe when that commitment is there, even the most wrenching problems can eventually be resolved.

"An important beginning step is to identify the problems and stresses that had thrown their relationship off balance. The first had been the birth of their son. This was compounded by Diane's acute postpartum depression, by the strain of blending their family, and, as by the difficulties inherent in parenting a young teenager.

"The way Diane and Carl reacted to these external stresses compounded their problems. If she was angry or anxious, Diane would lash out and Carl in much the same way because his mother had demeaned her. It's not uncommon for people with low self-esteem to project their feelings of worthlessness onto others. Once Diane understood

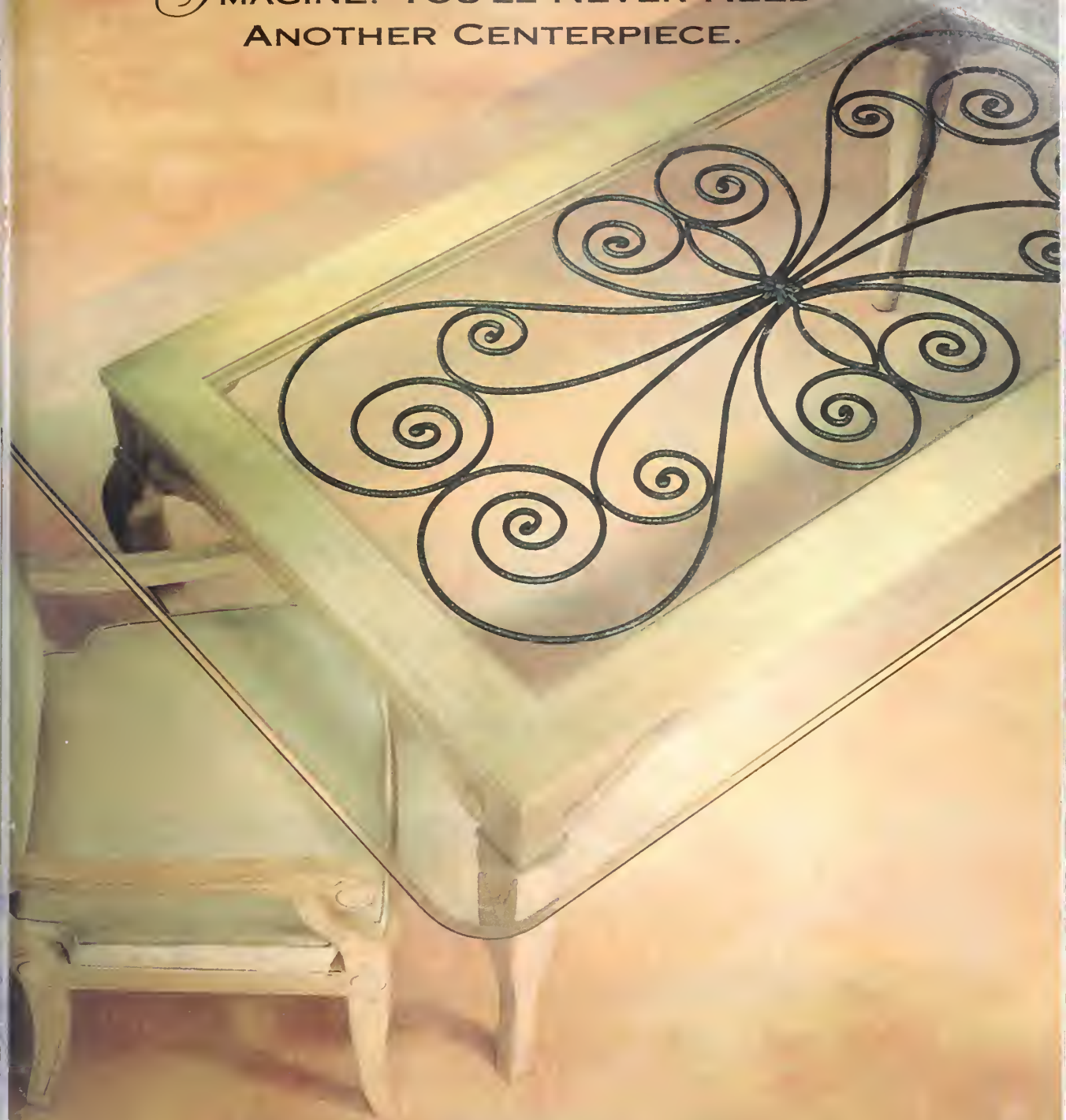
this connection, we set about trying to determine how she could set limits with her mother. She has since learned to be clear and firm if her mother criticizes her or her children. She told me: "My Mother started to comment on Carl's clothes the other day. I told her I was blank that I wouldn't listen to her complaints. She said, 'You're going to let me talk you down.' Once Diane was no longer the target for her mother's criticisms, she felt considerably less antagonistic toward Carl.

"Over the years Carl had learned to handle Diane's verbal abuse in a non-defensive aggressive manner: Either he wouldn't show up when he promised, or he'd 'forget' to do something. This infuriated Diane. In my individual sessions with Carl, I told him that he had to put his anger into words. It wasn't easy for him to do; for so many years, his attempts to get the attention of his parents had also fallen on deaf ears. He had gotten into the habit of simply accepting things.

"Once the hostility between them had eased, my hope was to help this couple reconnect—emotionally as well as practically. When I first (continued on page 24)



IMAGINE. YOU'LL NEVER NEED  
ANOTHER CENTERPIECE.



Flowers would only distract from all the beautiful details that make the new Terrace Garden Dining Table so unique. The sumptuous design of the iron scrollwork, beveled glass, and sculpted white oak moldings capture everyone's attention magnificently. It's one centerpiece that doesn't need arranging. To experience more of the Terrace Garden Collection, call 1-800-225-0265. Ask for Dept. X64K.

THE PLACE TO START IS *Thomasville*

**"Kmart pharmacists do more than just fill prescriptions. They're**



**also trained to talk. And not just about the weather, but**

**whether my prescription might make me sleep or cause an allergic reaction, for example**

?

**Other questions to ask your Kmart pharmacist. (Remember, answers are free)**

*Is there a vitamin supplement I could take with this prescription?*

*Is there anything I shouldn't eat or drink with this medicine?*

*Are there any over-the-counter drugs you can recommend for a rash?*

?

**"I used to only think of pharmacists as a source of prescription drugs, but now I think of them as a source of information."**

acted with questions of  
own such as, 'Could this  
medicine make my child  
per?' Any question asked  
a pharmacist is a good  
question. My Kmart phar-



Kmart  
pharmacists  
are kept  
up-to-date  
on the  
latest drug  
information  
via satellite.

macist told me

so and on that matter,

anyway, I didn't question him.

Sure, they're not M.D.s. And

you don't need an appointment

see them. You can go to Kmart and see them

anytime. Just speak up. Ask away.

at better sooner."

course, some questions you have for a Kmart pharmacist may be answered over  
phone. Call 1-800-866-0086 for the location and phone number of your nearest  
Kmart store or pharmacy. ©1994 Kmart Corporation





© 2002 A. J. BROWN. ALL RIGHTS RESERVED. FOR MORE INFORMATION, VISIT WWW.AJBROWN.COM



Wool suit with 2% LYCRA  
and mesh skin dress with 35% LYCRA by Karl Lagerfeld.

Because even if soccer  
isn't on your itinerary this evening you can still make all the  
right moves.

Look for the LYCRA Brand.

Nothing Moves Like LYCRA.





**"Menopause is much more comfortable now that I know what to expect."**

I'd heard that menopause was going to be a difficult time in my life. But while some of the symptoms can get me down, knowing what to expect helps me feel more positive. So when vaginal dryness starts to make sex uncomfortable, I use Gyne-Moistrin.<sup>™</sup>

Gyne-Moistrin is a clear, moisturizing gel that's very soothing because it supplements my own internal moisture. There are no hormones or medications. And it feels natural. Not greasy or messy.

Today, women aren't just talking about menopause and vaginal dryness...we're doing something about it. Gyne-Moistrin. What a comfort to find something made specially for me.

**For a woman's changing needs.**  
Gyne-Moistrin Vaginal Moisturizing Gel

Schering-Plough ©1994, Schering-Plough HealthCare Products, Inc.  
Will not harm condoms

Relieves vaginal dryness

**Gyne-Moistrin**  
Vaginal Moisturizing Gel

## Can this marriage be saved?

*continued from page 24*

met them, Diane and Carl acted like strangers: They sat at opposite sides of the room, rarely looked each other in the eye when they spoke, never kissed hello. I urged them to acknowledge each other in small ways or with simple acts of kindness or gestures. They also had to plan time together, even if it was just lunch at a restaurant without the kids.

"They caught on quickly. 'The other day, Carl suggested going out for breakfast,' Diane reported. 'We'd never even thought of doing that before. So, after I dropped Sam at preschool, we went to a coffee shop. It wasn't expensive, and it was a lovely way to start the day.' As their relationship grew more loving outside the bedroom, it became more intimate inside, too.

"At this point, they were able to

### SKILL BUILDER

#### Seeing the world through your partner's eyes

One of the biggest problems this couple had to overcome was their inability to empathize with each other. As a result, both of them felt alone and labeled their partner insensitive and unavailable. It's not easy to listen to another's point of view, especially if you don't agree with it. We all tend to jump in with our own opinions, judgments or a similar experience we had. That frustrates and devalues your partner. On the other hand, when you can be empathic, your partner feels loved and safe confiding in you. How can you learn to be more empathic, to really see the world from your spouse's eyes?

Remember how critical it is to validate your spouse's point of view, even if you don't feel the same way. He is entitled to feel the way he feels. Refrain from making a judgment about someone else's emotions. Instead of saying "How dare you be angry at me," try "I can see how that might have made you feel."

Take responsibility for the role you play in causing a problem. Acknowledge that something you did, or didn't do, may have made your partner upset.

If you're wrong, apologize. A simple "I'm sorry" defuses hostility and makes your mate feel appreciated.

start parenting as a team, to make decisions and support each other through those decisions. Diane and Carl forgotten the cardinal rules of parenting: to be consistent and present a united front. Their home had become a divided camp where they argued and through the kids. We discussed the importance of talking privately about problems first—be it Sam's bedtime or Cassie's curfew—deciding a plan and then presenting it together.

"When they stopped hashing out in front of Cassie, she realized she was not going to be able to spend them off. Issues are resolved smoothly now: Cassie has a curfew on weekends and is not allowed to go with friends during the week unless it's a special school function. Her room remains a mess, but Diane and Carl have chosen not to fight this particular

"Getting Sam to stay in his own room at night has proven more difficult because Carl is willing to see I point now, he, too, insists that Sam get back into his own bed.

I also reminded them that in many ways Cassie's behavior was typical. She had been an only child for many years now that her baby brother was not getting the attention she used to get, but also getting in her way, she was bound to be jealous. 'She needs to put her own anger into perspective. Try to give her as much special attention with you, together or separately, as you can,' I advised. 'Be patient, let her know you're there for her, but prepare yourself for some stormy weather.'

"Diane had always found it hard to handle even the slightest negative feedback. For this reason, whenever Carl informed her of a problem at work, she would act far out of proportion to the situation. However, now that she feels closer to Carl, she is able to talk about his unhappiness over his job without panicking. We spent several sessions discussing ways to alleviate work-related stress. Carl finally came to the conclusion that he really didn't want to be running his own firm all that time anymore. He decided to sell his company and set up a smaller consulting business near his home. Even with teaching commitments, which he enjoys, this allows him to keep a more regular schedule.

"Diane and Carl were in counseling for two years. 'I feel like we're finally running on the same track, toward the same goal,' Diane told me at our last session. 'It's not always smooth sailing with a toddler and a teen, but I feel like Carl and I once again have a relationship that nurtures the family.' "

**"CAN THIS MARRIAGE BE SAVED?"**  
*a registered trademark of Meredith Corporation*



*"Of course  
nourish my skin.  
It's the  
only skin I've got."*

*Keri nourishes skin with  
replenishing moisture.  
And it's dermatologist-tested.  
Keri® is so very...nourishing.*



**SAVE 75¢**  
Good on any size Keri® product  
except trial size.

CONSUMER: Only one coupon is redeemable per purchase and only on specified product. You pay any sales tax. RETAILER: You are authorized to act as our agent and redeem this coupon at face value of this coupon plus 8¢ if submitted

in compliance with Bristol-Myers Coupon Redemption Policy, incorporated herein by reference and available upon request. Send coupons to Coupon Redemption Center, P.O. Box 8796, El Paso, TX 88587-0027. Cash Value 1/20 of 1¢.

Manufacturers Coupon. Exp 5/30/95



# “I gave up my baby”



I wanted my son to have a better life than I could give him. But the heartache never goes away. By Nikki Reed

**M**y son turned one year old recently—but I didn't bake his birthday cake or watch him open his gifts; those privileges went to the couple who are now his parents. I gave up my baby for adoption; yet, unlike the image most people have of birth mothers, I'm not a teenager, nor am I unemployed, impoverished or heartless. I'm a thirty-year-old single mother of two, with a college education and a decent job as a co-host of a morning radio show. This was the most difficult choice I have ever made, but it was one I made for love.

My long journey to this point began early in 1992, shortly after I separated from my ex-husband,

*\*All names but the author's have been changed.*

with whom I had a two-year-old boy, Chris,\* and a five-month-old, Jason. Feeling emotionally and economically stranded, I was looking for someone who could be a good husband and father. Todd, a police officer, seemed like the answer to my prayers—handsome, sensitive, sweet and great with my sons. But six months later, after we became engaged and moved in together, Todd changed. He became brooding, self-centered and less interested in the boys. Couples counseling served only to amplify the differences between us.

That fall, just as I was about to leave Todd, I discovered I was pregnant. I hadn't been as careful about birth control as I should have, and I was devastated—how could I have been so stupid? Todd

went numb when he heard the news. Our engagement was off by this time, and we knew a baby was no way to patch things up. We agreed that abortion seemed the best alternative.

First, I went to my gynecologist to see how far the pregnancy had progressed. The staff, not knowing what my plans were, offered to do an ultrasound. When I saw the tiny six-week-old fetus on the monitor, my heart melted, and I knew instantly that abortion wasn't the right choice for me. My mission changed: Now I had to see to it that this baby was healthy and happy, no matter what.

Todd and I tried to keep our relationship together, but after a tumultuous couple of months, I left him for good. I knew it would be challenging raising three children alone, but I told myself that as long as I devoted my life to them, we'd all be okay.

It wasn't that easy. As the months passed, my worries grew. My ex-husband took the boys on the weekends, but during the week it was chaos. My day started at four in the morning, as I got ready to go to work; if I was lucky, I would collapse into bed by nine at night. My sons never seemed to get enough attention. The house never seemed clean. Meals were thrown together. I never prepared enough for my programs. If things were this hectic now, what would it be like with a newborn to care for?

Todd and I talked about getting back together, but our conversations always turned into shouting matches. I wondered how the baby would feel about having separated parents who were always *(continued)*

# The Jergens® Difference:



# NATURALLY DIFFERENT

skin care bars  
to meet your  
skin type needs

Unscented!



Treats Skin to a Gentle, Healthy Clean

WHITE

Long Lasting Bar!



Feel Naturally Clean, Lightly Moisturized

It took Jergens to provide skin care bars with natural ingredients for individual skin types.



Aloe & Lanolin leaves your normal to dry skin feeling naturally clean and lightly moisturized.



Vitamin E & Lanolin treats sensitive skin to a gentle kind of clean without feeling itchy or dry. Unscented and hypoallergenic.

Mail Certificate - Not Payable At The Retail Store

# 2

(Mail In For Refund)  
Jergens® Skin Care Bars  
2 Bars Free Offer  
P.O. Box 8091  
Young America, MN 55551-8091

# BARS FREE

Name \_\_\_\_\_

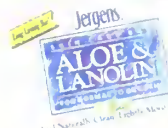
Address \_\_\_\_\_ Apt. \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**DETAILS:** To receive your refund (up to \$2.09) buy one 2 Bar Bundle of either type of Jergens Skin Care Bars. Print your name and address on this form and mail it with the UPC symbol from the soap overwrap and the cash register receipt with the purchase price circled to the address above.

Purchase Price: Maximum Value \$2.09

Limit one refund per family and/or address. No group or organization requests honored. Void where prohibited by law. Claim form may not be reproduced. Only good in the USA. Please allow 6-8 weeks for delivery. Refund does not include sales tax. Offer expires December 31 1994.  
© 1994 The Andrew Jergens Company



...ing. Late at night, as I felt my child swimming within me, I would whisper, "You deserve a better life. I'm truly sorry." I admit there were times when I did think about placing the baby for adoption, but I forced the thoughts away as quickly as they came. I would never dream of handing over Chris or Jason to anyone else—how could I do it to this child?

Ironically, it was a call from Todd that changed my mind. I was eight months pregnant when he told me he couldn't afford to pay child support, and he thought adoption would be the best solution. Furious, I hung up on him—how could he be so selfish? Yet I couldn't help wondering whether he might be right. Adoption would mean my son (I knew by now it was a boy) would be raised by two loving parents who wanted a child more than anything. He could go to college. He wouldn't be shuttled back and forth on weekends for custodial visits with his father.

On the other hand, how would my other sons feel? Would they be afraid that Mommy might give *them* up, too?

Then came another painful dilemma: How would I tell Chris and Jason? For months, we had talked about what our lives would be like after the baby arrived. We had even picked out the name Joey. Now I had to explain that Joey would have a new home, a new family and a new name—Brad. A counselor friend of mine recommended that I tell the facts to my sons honestly but simply, emphasizing the positive aspects of the situation.

Holding my boys close, I answered all their questions. "This will allow us to have more time together," I pointed out. At twenty months, Jason was too young to understand it all, but Chris, then three, seemed confused and hurt. I promised him, "I'll always be your mommy, and I'll never let you go." Gradually, they adjusted to the news.

By comparison, telling my family and close friends was easy. My mother was sad—she had always loved being a grandma—and my father said bluntly, "It seems like the prudent thing to do," as if I were just trading in a car. Most of my friends couldn't believe that the woman they'd thought of as the ultimate mom would give up her child, but many told me it was the right choice.

**"I'LL MISS YOU, LITTLE ONE," I SAID TO THE TINY INFANT. I COULDN'T HOLD HIM LONG, FOR FEAR I WOULDN'T BE ABLE TO LET HIM GO.**

How would the baby react years from now when he learned he had brothers he'd never seen, a birth mother who let him go? My head was swimming.

A few days later, I did call a few adoption agencies, telling myself I could always change my mind later. The agency I liked most handled open adoptions, in which the birth mother can meet prospective parents, make the final choice and, in some cases, stay in touch with the family after the birth.

The agency put me in touch with a few couples, one of whom was everything I could have hoped for. Already parents of an adopted son, Jeff was a doctor and Mary was an at-home mother. They had patience, intelligence, character, warmth and common sense. Their son seemed secure and well adjusted. Best of all, they were willing to let me visit the baby, because they believe an adopted child will have a stronger sense of identity if he knows who his birth parents are. We all grew close in a short period of time, and two weeks before my due date, I chose them as my baby's parents.

When I had first decided on adoption, I felt only relief. But now that I finally had time to let the reality sink in—I was actually going to give my baby to someone else—my emotions overwhelmed me. When the boys were away with their dad, I'd just lie in bed and cry. One day I was so scared I actually began to hyperventilate. I called a friend and wept, "How am I going to live through this?" My friend saw me through my grief, and other friends were equally supportive.

Like a patient with a terminal illness, I went through denial, anger and pain until I was finally at peace. By the time my labor started on a hot August day, I just wanted it to be over.

I allowed Mary and Jeff to be in the delivery room with me—after all, this was their baby now—and it was their arms that held little Brad first. They fussed over him for a few minutes before handing him to me. "I'll miss you, little one," I said to the tiny infant, "but your folks will take good care of you." I couldn't hold him long, for fear I wouldn't be able to let him go. I left the hospital

as soon as the painkillers wore off.

The next day, I picked up Jason and Chris at their father's house. "Brad came out of Mommy's tummy, guys?" I chirped. They said, "Oh," then stood to play. Was Brad so easy to forget? On the day I signed the papers relinquishing my legal rights as a mother, Mary and Jeff came to my house to say goodbye before leaving for their home, four hundred miles away. I felt the boys needed to see Brad before he left, to understand what was happening to him. Jason and Chris patted him on the head gently but otherwise ignored him.

Mary and Jeff also offered Todd the chance to see his son, and they met at the hospital. The couple told me that Todd quietly cried as he held Brad. They asked if he wanted to stay in touch through letters or calls, and Todd said he just wanted what was best for the baby. A few days later, he signed the legal papers. Todd hasn't contacted any of us since then.

But I couldn't shed the experience quickly. I went back to work a week after Brad was born, wondering how I could face a radio audience who knew I had been pregnant. Rather than skirt the issue, I decided to face it head-on and announce the news on my 11 o'clock talk show. The day before the broadcast, I told a local newspaper reporter of my plans; the next day, I was front-page news. TV crews were waiting to film me when I arrived at work.

My voice quaked as I began: "You may know that I gave birth to a baby boy a week ago. But I don't have a baby to keep me up all night, and that's why I came back to work so early. The reason is, I placed my child for adoption." I admitted how unsure I was that I could be an effective mother to three small children, and how important I felt it was for a child to live with two parents.

The phone lines immediately lit up. Most of the callers praised my courage and honesty. Others asked the toughest questions: "How will your other sons feel? Won't Brad feel bad someday when he knows you kept his brother, but not him?" For weeks, I got calls and letters, and local radio and TV stations wanted interviews. I felt I was being swept up in a flood of my own creation, but at the same time it was therapeutic to talk it out.

About 90 percent of the public response was positive. Some people hoped my words would encourage other women facing unwanted pregnancies to consider adoption. Birth mothers said they were glad someone had told their side of the story. A few people, however, condemned me. "Close your tubes tied, you irresponsible breeding sow," one man wrote. Another man accused (continued on page 4)



SUN MOON STARS

www.lagerfeld.com  
**LAGERFELD**  
PARIS

A & S • BLOOMINGDALE'S • BURDINE'S • JORDAN MARSH • LAZARUS  
RICH'S • GOLDSMITH'S • STERN'S • THE BON MARCHÉ

Photos: Karl Lagerfeld  
Styling: Karl Lagerfeld  
Hair: Karl Lagerfeld  
Makeup: Karl Lagerfeld  
Dress: Karl Lagerfeld  
Accessories: Karl Lagerfeld  
Crisis by Karl Lagerfeld

# VIRGINIA SLIMS

YOU'VE COME A LONG WAY, BABY

“Bright ideas  
will get you  
everywhere.”





SURGEON GENERAL'S WARNING: Quitting Smoking  
Now Greatly Reduces Serious Risks to Your Health.

© Philip Morris Inc. 1994

8 mg "tar," 0.7 mg nicotine  
av. per cigarette by FTC method



Everywhere

He

Goes...

Everything

He

Sees...

Everywhere

He

Looks...

You're

There.



**The new fragrance for women.**

For a store near you call 1-800-553-8611.



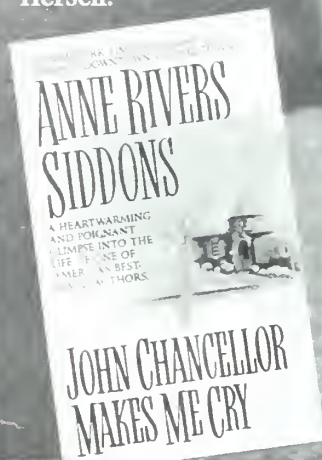


# LONGING

Make a Man Remember

# You've met her characters. Now meet her.

Through funny and sensitive stories, Anne Rivers Siddons, bestselling author of *Hill Towns* and *Downtown*, introduces us to the character she knows best. Herself.



HarperSpotlight  
A Division of HarperCollins Publishers

Photo: © [unreadable]

## A woman today

*continued from page 34*

me of glorifying unwed motherhood.

By November, the frenzy had died down. I had taken a new job at another radio station by then, the holidays were coming and my boys were doing great. Life was finally coming together. That's when I fell apart.

It was as if I hadn't allowed myself to feel the hurt until I had the time. Suddenly, I regretted everything I'd done. Maybe I could have handled another baby after all, I thought. I spent Thanksgiving afternoon in tears because Brad was the only one in my family not celebrating with me. I even fantasized about stealing Brad from his parents—but quickly shook the thought from my mind. In early December, when the adoption was finalized, I cried again. Until that day, I still had the option of petitioning the adoption. Now I could never change my mind.

Last January, I made the long trip to see Brad for the first time since he was born. He was adorable, fat and content. I took tons of pictures and fixed every moment of the day in my mind, knowing there wouldn't be many more like them. Relieved as I was that Brad had a good life and wonderful parents, I still ached, and I wept for hours afterward.

I'd never see his first steps, hear his first words, sign his first report card. The pain lingered for days, and I wondered if I should ever visit again.

Since then, I've called Mary and Jeff about once a month, and we exchange letters with photos, as well. I decided that I do want to keep visiting from time to time, though it means I'll be loving Brad and losing him again each time. Maybe I just can't let go.

I've made Brad a scrapbook with pictures of his birth family, including a long letter about the circumstances of the adoption. Jeff and Mary, who are truly special people, say that Brad will know me as "Nikki" or "my birth mom." I do worry about how Brad will feel toward me, but I think his parents will speak of the adoption as an unselfish act rather than the easy way out for a woman who wanted to get rid of a kid. Most of all, I want Brad to know I care and that I'll always be just a phone call away. If he decides he doesn't want me in his life, that's fine—but it will be *his* choice.

My sons will learn more about their half brother as they grow older. If they want to get to know him better, I won't stand in their way; and if they ever seem to be having real trouble coping with the situation, I'll get them into counseling. Right now, Chris seems to feel the loss

more. He's invented an imaginary friend, called Joey, who lives "far away."

I know there are no guarantees for any of us; all I can do is hope that we will all be better off for what has been done. In the meantime, I cope with moments of sadness when they come, and my life is pretty much back the way it was two years ago—with one important exception.

I keep a picture of Brad next to photos of Chris and Jason in my office. He may not live in my home, but he always lives in my heart.

## SHARE YOUR STORY

*The Journal* will pay \$750 for each accepted for publication in the "A Woman Today" column. Manuscripts must be first person accounts of actual dramatic events and should be 1,500 words, typed and spaced and accompanied by a self-addressed stamped envelope for return of the original. Please include your address and telephone number on the manuscript. Send manuscripts to Box WT, Ladies' Home Journal, 100 Park Avenue, New York, NY 10017.

For more information on adoption, contact the National Adoption Information Clearinghouse, 11426 Rockville Pike, Suite 410, Rockville, MD 20850, 301-231-6512.

## TELL US WHAT YOU THINK!

Clearly, the choice to give up a child for adoption is never an easy one. Is it the right decision when the birth mother already has other children? We know by taking part in our phone poll. Each call costs 95 cents; toll-free for long distance callers only. Call 900-933-6868 between eight A.M. E.T. Friday, September 16, and midnight E.T. Saturday, October 1. This is what you will hear when you make the call:

### Did this mother do the right thing?

- Press 1 for yes
- Press 2 for no; she should have kept the baby
- Press 3 for no; she should have had an abortion

### What would you do in her situation?

- Press 1 for I'd keep the baby
- Press 2 for I'd place it for adoption
- Press 3 for I'd have an abortion

### When is it right for a woman to give up a baby?

- Press 1 for if she can't afford to raise the child
- Press 2 for if she's a minor
- Press 3 for if she's unmarried
- Press 4 for never

# Snowbird

by  
Award-winning artist

*Laura Coballe*



and-numbered and accompanied  
by same-numbered Certificate  
of Authenticity

Head, arms and legs crafted of fine,  
hand-painted bisque porcelain

Complete with delightful little  
"Snowbird"



Doll shown smaller than actual seated  
height of 11" (17 1/2" from head to toe)

Caring for winter clothing bargain beauty buys and more

## 5 steps to thicker hair

Luxurious-looking hair is the result of both the right products and the expert skills of a top hairstylist like Oscar Blandi, of New York City's Peter Coppola Salon. He shared his special five-step formula with us—guaranteed to pump up the volume and add great body to even the thinnest, limpest hair.

**1 Shampoo** and towel-dry hair. Apply a generous handful of mousse (such as Senscience Effervesce or Logics Forming Foam) to roots; comb through to distribute.

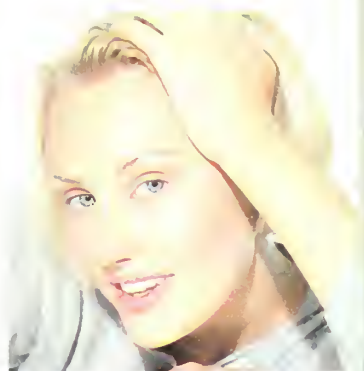
**2 Apply a silicone shine-enhancing product** to ends to give a fuller line to the base of the hair. We recommend Senscience Vitalesse, L'Oréal Colorvive Performance Daily Color Sealer or Redken Glass Smoothing Complex.

**3 Section hair** and blow-dry lower layers first so you build volume as you stack the dried sections. To dry: Wind the ends of each section around a round brush. Hold section taut and away from head as you dry the top of each section and then the underside of each

section.  
**4 Switch dryer setting to cool** and apply air to each finished section to lack in bounce.

**5 Mist** each section with hairspray (Logics ColorReserve Aerosol Hairspray is a great one to try)

and set hair with Velcro rollers for about fifteen minutes. Remove rollers, flip hair over and lightly spritz underside with hairspray. Flip hair back and use fingers to shape—do not brush.



## VITAMINS FOR YOUR SKIN

**T**he latest facial creams, gels and lotions contain moisture-trapping humectants, collagen, alpha hydroxy acids and now the newest ingredient—vitamins.

According to New York City dermatologist Howard Sabel, M.D., "The really significant topical vitamins are A, E and C because of their role as antioxidants. They help the skin maintain healthy cells by attaching themselves to free radicals [renegade cells that attack healthy ones] and enabling them to be released from the body. Vitamin C has been shown to help heal wounds also, and vitamin E helps decrease scar formation and aids in the healing of burns. Vitamin A helps heal acne, minimize the appearance of fine lines and increase blood-vessel formation in the dermis for a rosy glow."

Vitamins in skin products are not a ground-up version of those we take internally. They are specially prepared by a chemist so they can penetrate the skin. A few to try: Ultima II's Smart Mave Lotion with vitamins A and C; Maybelline's Revitalizing Enhanced Moisture Cream with vitamins A and E; and L'Oréal's EXCELL-A<sup>3</sup> with vitamin E and melanin complex.

## Editor's pick of the month

"Four LHJ staffers joined me in road-testing Revlon's new ColorStay Lipstick, a long-lasting silicone-base lipstick that claims 'it won't come off on your coffee cup, your teeth or him.' We all applied ColorStay around four P.M. one day and gathered the following morning to compare notes. Everyone's lipstick stayed put until bedtime with no touch-up required! Apply lipstick to clean, dry lips; wait sixty seconds to set [don't blot or press lips together]. Fabulous!" LOIS JOY JOHNSON, BEAUTY AND FASHION DIRECTOR





**No matter how far you're stretched,  
you have our full support.**

Designed with Lycra® spandex so every inch stretches to give you full-busted comfort and support. In **soft cup** and **underwire**.

For a store near you call 1-800-GET-18HR.

**18 HOUR COMFORT STRETCH™**

**P l a y t e x®**

Lingerie for Real Life.™



*"My husband needed a circular saw."*



Suede hooded stadium, \$99.99

"I found something even sharper."

Come see the softer side of **SEARS**

# CARING FOR WINTER WOOLS

## *An expert's guide*

HELP WOOL SUITS AND SWEATERS LAST WITH THESE TIPS FROM SHIRLEY ENG, CONSERVATOR OF THE MUSEUM AT NEW YORK'S FASHION INSTITUTE OF TECHNOLOGY, AND THE PROS AT THE WOOL BUREAU, INC.

### Keep a cap on dry cleaning:

The most you should dry-clean woolen items is three to six times a season. Between wearings, brush flat-texture wools with a short, natural-bristle brush—a baby brush is perfect—to remove surface soil. Allow garments to air for twenty-four hours between wearings.

**Refresh creased wool clothes** easily at home with a quick steaming, using a portable steamer. Two to

look for: Franzus (\$25) and Rowenta (\$40). You can also press tailored wools and flat-surface sweaters with an iron, as long as you turn the item inside out with a press cloth as a buffer between the iron and the garment. Spot-

press only where necessary—backs of trouser legs, elbows—and avoid overpressing.

**Store woollens properly** Wool bouclé and mohair jackets should be stored flat to avoid distorting the shoulders. Empty all pockets before hanging wool garments so the pockets do not become stretched out. Fold all sweaters and knits.

**Treat stains quickly** The Wool

Bureau, Inc., recommends these treatments for specific stains:

● **Lipstick, gravy, grease, sauces:**

Treat with spot cleaner. If stain remains, treat with a solution of warm water and mild detergent.

● **Fruit juice, soft drinks:**

Spot-clean with a moist rag, warm water and mild detergent.

● **Felt-tip pen:** Soak fresh stain in lukewarm water and a mild detergent. If stain persists, dab with rubbing alcohol.

● **Coffee, tea, chocolate:**

Treat with mild soapy water followed by diluted hydrogen peroxide or white vinegar.

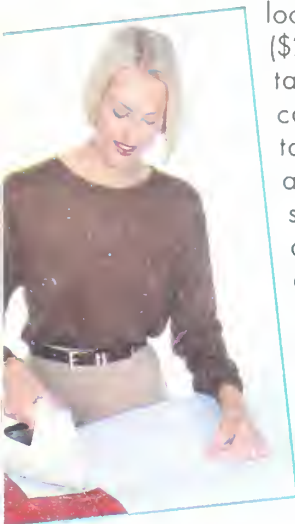
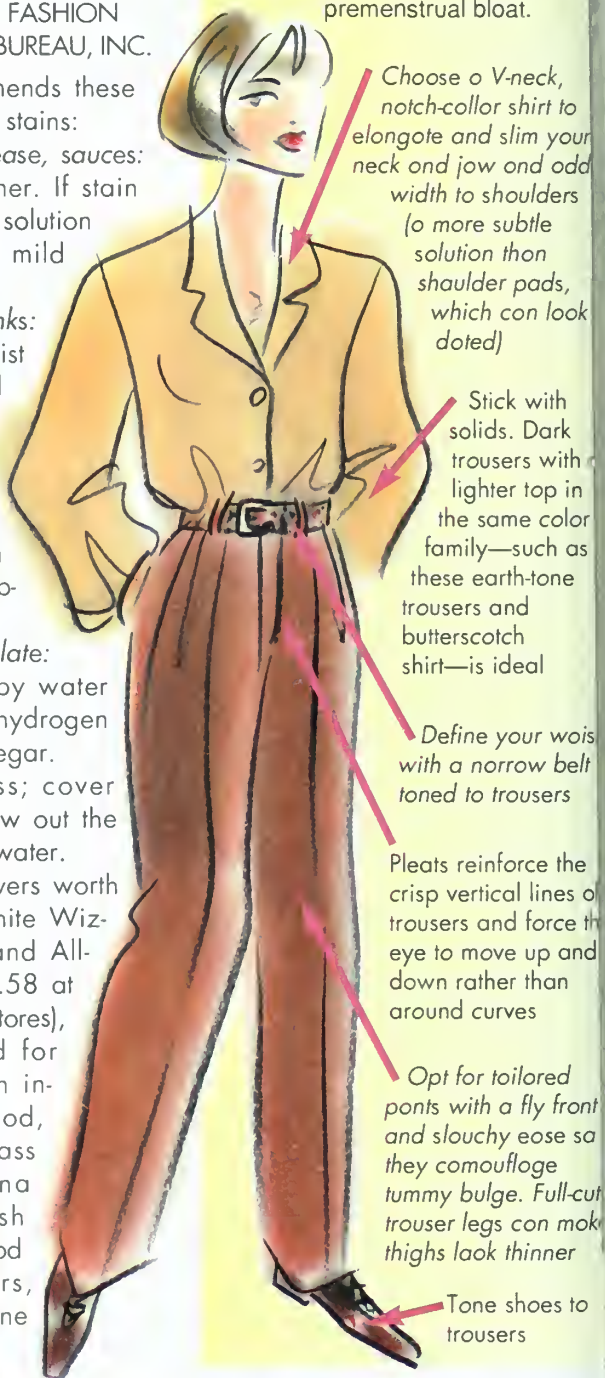
● **Wine:** Blot excess; cover area with salt to draw out the stain; rinse with cool water.

**FYI:** Two stain removers worth having on hand: White Wizard Spot Remover and All-Purpose Cleaner (\$7.58 at home and hardware stores), which can be used for practically any stain including grease, blood, ink, shoe polish, grass stains; and Carbona Cold Water Wash (\$1.99 at drug and food chains) for sweaters, lingerie and other fine washables.

# DRESS SLIM

HEAD-TO-TOE STRATEGIES THAT SKIM OFF POUNDS INSTANTLY

Want to look thinner, firmer, taller? Just follow these tips to successfully conceal jiggles, bulges and premenstrual bloat.



**DID YOU KNOW?** The best way to cover a pimple is to apply concealer with a lip brush





Bigger is  
better.

They're finally here. Very silky, very sexy, very Silk Reflections. But not - very small.

HANES SILK REFLECTIONS



PLUS.

# BEST BEAUTY BARGAINS

for under \$2

Don't let the prices of certain products fool you into thinking you have to pay more for quality—especially products that are labeled hypoallergenic and dermatologist-tested. We combed the drugstore aisles in search of value and discovered ten terrific buys—from triple-milled scented soap to an antistress skin masque—all for \$2 or less.

**Revlon Aquamarine Skin Conditioning Body Lotion**

(99 cents) A fresh-scented, silky, collagen-enriched lotion; comes in a huge 15-ounce bottle to last and last.

**Rave Power Gel** (\$1.59) We were amazed to unearth a hairstyling product in this price range, especially a maximum-

hold, alcohol-free formula that works so well.

**Yardley of London Lavender Soap** (99 cents) With the abundance of scented soaps on the market, we nearly forgot that Yardley, the granddaddy of them all, is so well priced. The new formula

contains moisturizers and has a more delicate fragrance.

**Dickinson's Facial Cleansing System Normal Skin** (\$1.99) What a deal—a gentle, hypoallergenic, dermatologist-tested glycerin soap and separate buff in one box!

**Cabot Vitamin E Cucumber Anti-Stress Pac Masque** (99 cents) A quick fix for tired, tense skin. Contains enough product for one treatment—perfect if you want to try a soothing, nondrying masque without spending a lot of money.

**Alberto VO5 Nutrient Enriched Shampoo and Conditioner** (\$1.29 each) They've been around forever, but the

Alberto VO5 products are still terrific and offer great value. The shampoo protects hair from heat styling; the 99 percent oil-free conditioner boosts moisture and shine. Both come in 15-ounce bottles.

**St. Ives FixStress Replenishing Nutrient Treatment** (99 cents) A one-shot deep conditioner for those times when your hair is especially dry and damaged and needs TLC.

**Sally Hansen Hard As Nails** (\$2) Smooths and fills in ridges, offers long-lasting color and provides a chip-resistant surface. Available in thirty-two shades.

**Crabtree & Evelyn English Lavender Bath Seeds** (\$2) Similar to bath salts but not drying, bath seeds dissolve fast for an intense burst of fragrance. Who doesn't need the relaxation of a scented tub every now and then? One packet contains enough for two baths.



## Style notebook

### AN INTERVIEW WITH KARL LAGERFELD

We recently had the opportunity to meet Karl Lagerfeld, one of the world's top fashion designers. In addition to designing for Chanel and his own signature line, Lagerfeld just created a delicious new fragrance for Elizabeth Arden called Sun Moon Stars, a fruity floral that's receiving rave reviews. With his finger on the pulse of worldwide beauty and fashion trends, he seems to know instinctively what women want. His sound advice:

*"Concentrate on looking good rather than on looking young. When you look good, you do look young.*

When women try too hard to look younger—by wearing very trendy clothing, for instance—they look artificial. Agelessness is an attitude.

*"Be open to change and fantasy.* Your look should be influenced by your hopes and dreams, and everything you see and hear each day.

Every woman should express her own individuality in her own look.

*"Don't compete with yourself.* Never,



ever try to go back to a look that worked for you ten years ago. Figure out what works for you now.

*"Adapt your look to your lifestyle.* Your hair, make-up and clothing should make sense with the way you live. For example, I wear only black and white. It's simple, and since I travel frequently, it makes it very easy to pack.

*"Take advantage of new technology.* Try the new skin- and hair-care products and cosmetics and be open to changing your beauty routine. Technical improvements have made it easier than ever to look good."

INA RICCI  
PARIS



*L'Air du Temps*

DILLARD'S  
1-800-345-5273

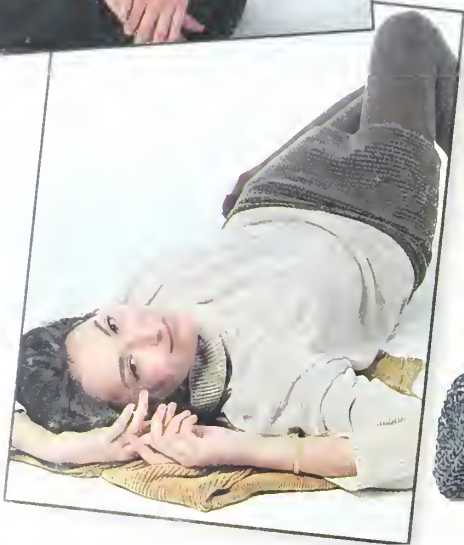
# Warming TREND

IT'S TIME TO SLIP INTO SOMETHING SOFT AND SNUGGLY. SWEATERS ARE BACK IN A BIG WAY—HERE'S A SAMPLING OF THE COZIEST KINDS



● A mock turtle and jacket, above, become a new twinset when they're in varying tones of the same toasty brown. Sweater, jacket, pants, JH Collectibles; bracelets, Agatha. Model, Frederikke Magnussen of Elite.

● Cuddly mohair softens the look of a crisp, white shirt, left. Sweater, Anthropologie; leggings, Express; shirt, Country Road Australia; shoes, A/X Armani; bag, Kate Spade; bracelet, Caroline Ellen. Model, Caroline Ellen of Click.



● Chenille offers comfort and style to spare. Two we love look great with leggings, short skirts and jeans: above, a parchment-color turtle, and right, a green pullover, both from 525 Made In America. Above: skirt, Philippe Adec; hose, CK Calvin Klein. Right: skirt, J.G. Hook; hose, CK Calvin Klein; shoes, Nine West.



## SPA GETAWAY CONTEST

**D**o you have a terrific de-stressing tip? Let us know—it could win you a fabulous spa trip for two! Tell us in thirty words or less (typed or neatly printed on a separate sheet of paper) your most successful way to beat stress. If your tip is a winner, we'll send you and a spouse or friend to **The Colony Beach and Tennis Resort** in Longboat Key, Florida. Your six-night, seven-day package includes: accommodations in a deluxe suite, a one-hour massage, an hour-and-a-half herbal body-wrap treatment; a private tennis lesson, an hour with a personal fitness trainer and lots more—a \$3,000 value! Turn to page 124 for official rules and entry information.

REVEAL YOUR SKIN'S *Inner Beauty.*

**NIVEA®**  
**VISAGE**

Beiersdorf ©1994



NEW  
AHA  
NATURAL ALPHA COMPLEX

Over softer, younger-looking skin with Nivea Visage's new Inner Beauty treatments, enriched with alpha hydroxy acids. The light daytime gel-creme and the richer night creme work around-the-clock to help clear away dead surface skin, revealing the more beautiful you. The difference is night and day.

**EUROPE'S #1 MOISTURIZER. NIVEA.**

*He's movable...he's musical...and  
he's collector-quality porcelain!*

**W**ith a look of sweet reverence, "The Little Drummer Boy" plays his drum for the newborn Christ Child. And now this touching image can be yours to cherish in a fine porcelain collector's doll — with *movement and music!*

"The Little Drummer Boy," by artist Marlene Sirko, is the first issue in the *Children of Christmas* collection. He can be yours for the affordable price of just \$79.95, which you may pay in four convenient monthly installments of just \$19.99.\*

**Quality Craftsmanship in Every Detail**

"The Little Drummer Boy's" head and limbs are handcrafted of bisque porcelain, then hand-painted to capture the gentle, attentive expression of this familiar character. His warm brown hand-set eyes shine with love and simple faith. "The Little Drummer Boy's" costume has the authentic look of Biblical times, from his flowing turban to his fringed shawl — right down to his



knees. His drum has "skins" laced to top and bottom, just like a real one!

**Music and Movement Make Him Extra-Special!**

Activate "The Little Drummer Boy's" keywound mechanism, and he moves his head from side to side and "plays" his little drum, all to the tune of "The Little Drummer Boy." In a porcelain doll of this quality, the addition of movement and music are an unusual feature, adding to the doll's collector value.

**Act Now to Bring This Gentle, Tuneful Image Into Your Home...for the Holidays and Forever**

"The Little Drummer Boy" can be yours to cherish for only \$79.95, a wonderful value for a musical, movable porcelain doll of this quality! And best of all, you may pay for him in four convenient installments of just \$19.99.\* To order, complete and mail the attached Reservation Certificate. But please hurry... "The Little Drummer Boy" is issued in a hand-numbered edition, complete

with Certificate of Authenticity and key.

# "The Little Drummer Boy"

4 payments of just \$19<sup>99\*</sup>

THAT'S ASHTON-DRAKE VALUE!

*Musical  
&  
Movable*

  
THE ASHTON-DRAKE GALLERIES  
Bringing You Dolls of Irresistible Quality

THE ASHTON-DRAKE GALLERIES  
9200 North Maryland Avenue  
Niles, Illinois 60714-1397

PLEASE RESPOND BY:  
October 31, 1994

YES, please reserve "The Little Drummer Boy." Limit one. I understand the first installment will be billed before the doll is shipped.

- 4 EASY PAYMENTS OF \$19.99\*
- ONE-YEAR, RISK-FREE GUARANTEE
- SEND NO MONEY NOW

X \_\_\_\_\_  
Signature Date  
( )  
Name (please print clearly) Telephone  
Address

City State Zip  
\*Plus \$4.94 home delivery fee and applicable state sales tax. Please allow 4 to 6 weeks for delivery. Canadian price: \$99.95 plus postage and handling and any applicable taxes.

96551-1188001

Actual size of doll is 14 inches tall. Complete with doll stand.

**CNN**®,

THE WORLD'S  
NEWS LEADER,  
AND  
LADIES' HOME JOURNAL  
PRESENT  
UP-TO-THE-MINUTE  
FACTS AND FINDINGS  
ABOUT THE  
WORLD TODAY

## Predicting cancers through genes

Researchers at Washington University, in St. Louis, have developed a blood test that will allow doctors to predict with nearly 100 percent accuracy whether a healthy person who has a family history of a rare, inherited form of thyroid cancer will later develop the disease. This new test, which works by revealing a genetic flaw, could prevent about one out of ten thyroid cancers (about a thousand cases a year), according to the researchers. It also serves as an example of how genetic testing may one day predict other cancers such as those of the breast and colon in people whose families have a history of those diseases. —DAN RUTZ, *HEALTHWORKS*

## In designers' closets . . .

What will the leading women designers be wearing this fall? One major theme seems to be clothes that are simply shaped and versatile. In Milan, Marina Spadafora is going with a menswear-inspired look for day: black and white turtlenecks under dark, woven pinstriped jackets with knitted sleeves and matching pants. For night, she prefers "one of the little silver dresses with a zipper front. It's modern and a bit offbeat." New York designer Donna Karan, who swears by what she calls "instant dressing," touts the versatility and ease of a slip dress and jacket.

—ELSA KLENSCH, *STYLE WITH ELSA KLENSCH*

## Networking '90s style

North Carolina has become the first state to implement an information highway that will link over one hundred hospitals, schools and agencies in a statewide communications network. The new system will allow for nearly instantaneous transmission of video, voice and data. This means, for example, that doctors at different hospitals can consult each other on cases while simultaneously getting patient information, test results and ultrasound images. Hospitals and schools will be among the first to be hooked up, followed by prisons and, eventually, the state's criminal justice system. BellSouth, GTE and Sprint Carolina Telephone are pouring \$160 million into the project. They say they hope their system will one day serve as a model for other states.

—MILES O'BRIEN, *CNN SCIENCE AND TECHNOLOGY WEEK*

## QUOTE OF THE MONTH

**We have to keep trying things we're not sure we can pull off. If we just do the things we know we can do . . . you don't grow as much. You gotta take those chances on making those big mistakes.**

—ACTRESS CYBILL SHEPHERD, DISCUSSING HER DECISION TO DO A CABARET SHOW IN NEW YORK, WHILE APPEARING ON *SHOWBIZ TODAY*

## Getting kids to veg out

Breast-feeding an infant may help her eat well later on in life, experts now say. A new study shows that children who were breast-fed are more likely to respond positively when first introduced to vegetables. Researchers at the University of Illinois at Urbana-Champaign gave pureed vegetables to thirty-six infants ranging in age from four months to six months, over a period of ten days. Those who had been breast-fed increased their vegetable intake more dramatically than the formula-fed babies. (Both groups started out eating the same amount.) Why? The researchers believe that because breast-fed babies may be more familiar with a variety of tastes and smells in their mother's milk they may be more open to new foods such as vegetables.

—CAROLYN O'NEIL,  
*ON THE MENU*

Watch CNN's *HealthWorks* for the week's top medical news (Saturday, 8:30 A.M., 4 P.M. E.T.) and *Style with Elsa Klensch* for a look at the world of fashion and interior design (Saturday, 10:30 A.M., 2:30 P.M. E.T.).



THE #1 FACT YOU SHOULD KNOW ABOUT PAIN RELIEVERS



# Advil<sup>®</sup> contains the #1 doctor-prescribed ingredient in its class,\* in nonprescription strength.

Here's why Advil should be  
your #1 choice:

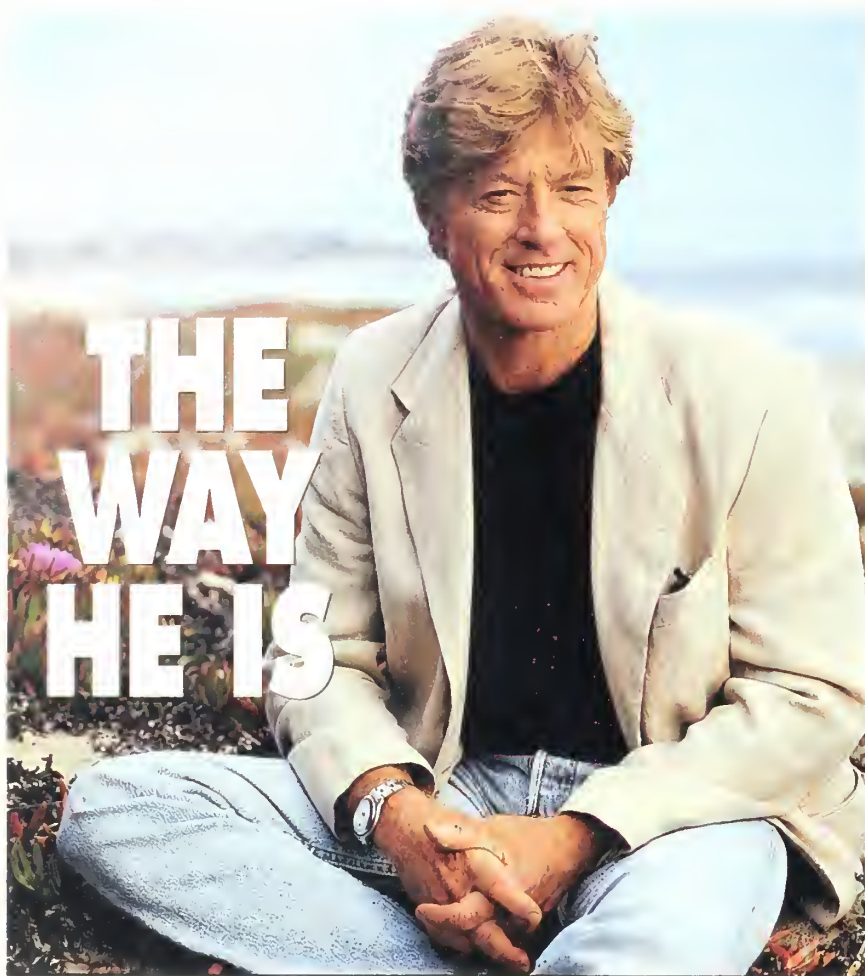
You can count on Advil to relieve tough  
headache pain, sore muscles, backache,  
and minor arthritis pain and menstrual pain.



- Just one Advil is as effective at relieving pain as two regular-strength aspirin.
- Advil works fast and it's gentler on your stomach than aspirin.

ADVANCED MEDICINE FOR PAIN<sup>™</sup>

Advil contains ibuprofen, in the class of non-steroidal anti-inflammatory analgesics. Use only as directed.  
© 1997 Whitehall Laboratories, Madison, NJ.



It's a dirty job, but somebody had to do it. So Editor-in-Chief Myrna Blyth volunteered to go and interview Robert (sigh) Redford

I've interviewed Elizabeth Taylor. *Pretty*. Barbara Walters. *Smart*. Katharine Hepburn. *Formidable*. But the one star I've always wanted to interview I'd characterize in a somewhat different way. Like *adorable*.

Yes, I admit it. I am one of those women who watched *The Way We Were* one time too many at a highly impressionable age and have been a Robert Redford junkie ever since. So, when the rare, very rare, opportunity came up to chat face-to-face with His Blondness, there was no question who was going to check out the

Sundance Kid in the flesh.

To prepare for the encounter, I read most of his past interviews. There have not been that many, considering Redford has been a box-office star for over thirty years, from his boy ingenue days on Broadway in *Barefoot in the Park* in 1963 to his role as the world's most free-spending dirty old man in *Indecent Proposal* in 1993. When he has spoken to the press, it has usually been to interviewers from upscale men's magazines who sound as if they really want to "bond with Bob" and just maybe sell him a film script! The only really helpful thing I

learned from the pile of clippings was that Redford *loves* chocolate. So I arrived for our rendezvous—uh, interview—with a box of *Journal*-baked brownies. Heck, I even wore a brown suit.

"Hi! Nice to meet you. Brownies? Great!" he says, super casual as his chinos, cream pocket tee and crumpled linen jacket.

How does he look? Really, really? Exactly like Robert Redford at fifty-seven. So maybe he did forget to put on his sunblock for a decade or two. So what? His eyes are still beautifully blue, his cheekbones chiseled, his chin firm. He is not, as was once rumored, short. And his hair? Like butter, like butter.

Now, our meeting had been arranged not merely to give me a chance to spend a couple of hours in interviewer heaven. Redford agreed to talk, but mainly about his terrific new movie, *Quiz Show*, the fourth film he has directed. I, of course, want to get to the more personal stuff. But we start, on his terms, with the movie, out in late September. It is about the quiz-show scandal of the 1950s, when it was revealed that the program *Twenty-One*, a ratings hit, was fixed. Certain appealing contestants who the producers knew the public wanted to win were given answers in advance. Even for Redford, who has directed some offbeat movies like *The Milagro Beanfield War* and *A River Runs Through It* as well as the Oscar-winning *Ordinary People*, this was an unusual project.

Why did he find this half-forgotten scandal from a half-remembered decade so interesting? "First of all, it's a good story," he says. "And I wouldn't do anything unless I felt there was a story at the heart of it and characters who were in conflict that had universal appeal. (continued)

THE MOST BEAUTIFUL THING ABOUT OUR  
LINGERIE IS WHAT YOU CAN'T SEE.



For more information about Vanity Fair, call 1-800-366-8339. © 1994 VANITY FAIR - A V COMPANY - A LEADER IN QUALITY APPAREL

Introducing the BodySleeks™ Collection. Beautiful, luxurious lingerie. And just as attractive  
are our exclusive fabric and intelligent design that smooth your figure comfortably, giving you  
a gorgeous, seamless look that won't show through clothes.

With BodySleeks you'll always feel as great as you look.

*Vanity Fair*

BODYSLEEKSTM

AVERAGE FIGURE ♦ FULL FIGURE ♦ SOFT CUP ♦ UNDERWIRE

BodySleeks Hi-Cut Brief is your gift with purchase at participating stores while supplies last.

# simply granite

## INTRODUCING FORMBY'S® DECORATIVE TOUCHES™ GRANITE FINISH.

The contemporary look of granite with the touch of a finger.



Accessories make the room and now Formby's lets you make the accessories! Choose from a range of stylish colors with

the look and feel of stone. Simply spray on virtually any surface, including glass, ceramic, rigid plastic and metal. Then finish with Formby's Clear Protective Top Coat for lasting beauty and protection. Enhance vases, planters, urns, frames, candlesticks and more. All it takes is your creativity and Formby's Decorative Touches finishes.



can celebrate what I bring to ppl rather than trying to deny it or apologize for it."

Redford says a project he would very much like to develop would be about the relationship between men and women. "I would like to do a piece about men and women as equals where the woman has absolutely parity footing. I really like strong women. They have been a big presence in my life. Some of the best friends I've had in life have been women. My grandmother, my mother, my wife—they have been strong influences."

Redford, who was married for thirty years, is now divorced. Although he has had an occasional high profile fling, such as his dalliance with sexy Brazilian actress Sonia Braga, his steady girlfriend is low-profile, but something costume designer Keith O'Rear.

Does he think of marrying again? "No, I don't think about it," he says, suddenly wary.

You might? "I might and I might not," he says, definitely getting cool.

But he relaxes a moment later and tells me that he finds "women as mature attractive." Oh, great.

What he really finds appealing is "Intelligence. Humor. Incredible beauty." He leans back, flashes a smile and says, "I wanted to see if you were still with me. And femininity," he adds, sounding exactly like another man today. "I don't respond to the woman who feels like she has to take on the attributes of a man in order to be in a man's world. I think a woman can do quite nicely keeping her femininity."

Women he likes include California Senator Barbara Boxer and a former co-star, Barbra Streisand. But here there will be no sequel to *The Way We Were*. "I don't like sequels." And although he once sent his regrets to an invitation to a dinner for Princess Diana, he says, "I would like to meet her, actually. I feel sympathetic and empathetic to her."

I know the brownies have worn when he starts showing me pictures of his children. His twenty-four-year-old daughter, Amy, is a beauty with long blond hair. He also, he says proudly, has another daughter, Shauna, thirty-four, an artist married to a writer who has two children. His son, Jamie, thirty-two, is a writer who lives in Denver and has a son. Jamie has a tled chronic illness for several years which has been difficult for the whole family. Even being Robert Redford does not, after all, protect you from being a hostage (continued on page

## Robert Redford

continued

and moving around with people who were coming at you. But it was a good thing to do."

I tell him that one thing that always perplexed me was that he didn't enjoy the enthusiasm of his female fans. I always had the impression he found being a movie star that women might fantasize about, even drool over, was, well, embarrassing.

He nods his head. "That has to do with the ethic I was raised with," he explains. That and the fact that, he maintains, he was a funny-looking freckle-faced kid with too many cowlicks. He says he never felt, even when he started playing leading men, that he was really attractive. "Stoicism was very thick in my family.

You certainly didn't celebrate yourself. You didn't say, 'Gee, I feel good about myself.' Any talk like that was seen as narcissistic or egotistical."

He was raised in the pre-quiz show decade in Van Nuys, California, in a white-bread kind of family with an accountant father and a homemaker mom. He left home for an athletic scholarship at the University of Colorado and arrived in New York to begin his career the year the quiz-show scandal hit the headlines.

"Now we live in a different time," he says. "Now if I felt that I could give someone pleasure because they found me attractive, I would probably say that's fine. That would give me pleasure, too. But it wouldn't have twenty, even ten, years ago. It has to do with my own maturity as a person. Now I'm getting to a better place where I



*Beautiful  
Buttercup*

by Anne DiMartino

Buttercup measures  
10 1/2" (seated) actual height.

Georgetown Collection  
Artist's Edition™

# GOOD NEIGHBORS

In a world that often seems harsh and uncaring, the spirit of community still exists—which is wonderful news for all of us. Meet a town that went the extra mile to help a family in need. By Christine Hurley Deriso

**N**o matter how trying a day Karin Screws has at work (and as an elementary school teacher, she has many), her

mood inevitably turns buoyant the minute she pulls into the driveway of her modern five-bedroom home. That's when she sees four little noses pressed against the living-room window, four little palms waving hello. A chorus of voices chimes "Mama!" as she opens the front door, and into her arms tumble her infectiously cheerful twenty-two-month-old quadruplets—sisters Brianna, Brinsley and Buckley, and brother Robert Jared.

Karin, thirty-three, sends the children's two daytime baby-sitters home for a well-deserved break and guides her brood into the playroom, a big, child-friendly haven filled with two rocking horses, a zoo of stuffed animals and countless other toys, for a round of games and hugs. Not long afterward, Karin's mother-in-law, Betty Screws, arrives to watch the children while Karin heads for her sunny kitchen to prepare supper.

It's a daunting routine, particularly for a young mother on her own, but what sustains Karin is love—not only from her family, but from everyone in her town of

Swainsboro, Georgia. Indeed, the very roof over her head is a symbol of her community's collective spirit. For when Karin, recently left a heartbroken young widow, thought

she was alone, Swainsboro residents helped her start life anew.

Karin certainly never anticipated having to need that sort of help. In fact, her life had seemed *(continued)*



**Karin Screws, with her children, Robert Jared (front), Buckley, Brianna (both seated) and Brinsley (right), sits in front of her new five-bedroom home (in the final stages of completion at the time). Behind Karin are some of the volunteers who built the house for her. Residents of Swainsboro, Georgia, say that the spirit of giving is just a way of life for them**

Nicky is a very picky eater. With Instant Quaker oatmeal, I can give him a terrific hot breakfast in just 90 seconds. And I don't have to spend any time coaxing him to eat it!"

*Herri Greenberg*

**HERRI GREENBERG:**  
With Nicky, age 4½

**HOMETOWN:**  
New York City, N.Y.

**OCCUPATION:**  
Music teacher

**FAVORITE FLAVOR:**  
Apples & Cinnamon



- Low fat
- Cholesterol free food
- Good source of fiber

©1994 Quaker Oats Co.

**Instant Quaker® Oatmeal.**  
**For moms who have a lot of love,**  
**but not a lot of time.**

pretty set from the time she met Keith Screws, in a love-at-first-sight moment during their freshman year at the University of Georgia. The two were inseparable from their first date on, and they married shortly after their graduation in 1983. The couple moved to Baxley, in south-central Georgia, where Keith worked as a farm consultant and Karin began teaching. Like most newlyweds, they happily mapped out an exciting plan for their lives; "we traveled, enjoyed ourselves, and we wanted to [one day] raise a Christian family," Karin says.

But the future that seemed so full of promise took an abruptly tragic turn when, a couple of years into the marriage, Keith began experiencing chronic fatigue and stomach pain. At first, he tried to shrug off the symptoms; he was an athletic nature-lover who hated to have anything slow him down. Besides, he was only twenty-six; how could he

place where neighborliness is a way of life. When families fall victim to floods, fire, bad crops, illness and other misfortunes, church groups and individuals regularly come to their aid, organizing bake sales, clothing drives and other efforts to sustain them through the crisis. Even Karin was surprised by the warm reception she received when she first visited Keith's family after her marriage. "It felt like home right away," she says.

At Keith's insistence, he and his wife continued to do the things they loved. "Several times, he scheduled his chemotherapy around the [University of Georgia] Bulldogs' home games," says Karin with a smile. "Keith was a die-hard Bulldogs fan."

But the cancer was an increasingly pervasive part of their lives. Keith was too weak to work, apart from light chores on the farm, and his time-consuming chemotherapy treatments took a physical and emotional toll. But he was willing to endure anything that enhanced his odds. Although serious illness can

news that they were expecting no baby, but four. "We knew when we started this process that there was a chance of multiple births," says Karin with a laugh. "I'm not sure how seriously we took it at the time."

The couple weren't exactly prepared for such a sizable instant family; as they were living solely on Karin's modest teacher's salary, money would be tight, and their old two-bedroom house was barely big enough for the two of them. But there was little time to make plans. In October, when Karin was in her fifth month, she began having premature contractions and was hospitalized in nearby Augusta for the remainder of her pregnancy. "I knew the babies were healthy, and I felt okay," she says. "Keith was the one I was worried about. He was really having a hard time."

A month after Karin's confinement, Keith was sent to a hospital in Atlanta, one hundred fifty miles from home, because the cancer had spread to his leg. Both were terrified at the prospect of never seeing each other again. Karin says softly, "He told me later that he prayed, 'Please just let me live to get back to Karin.' It's what we both were praying for. We tried to save all our tears for after our calls; I'd hang up the phone and cry and cry."

Keith regained enough strength to be transferred to the Augusta hospital in time to share in the birth of his children. The quadruplets were delivered by caesarean section December 7, 1992, a month and a half premature. Though tiny, all the infants were healthy, and within weeks, everyone was ready to go home.

As the new parents were wheeled to the lobby, a baby in each arm, they were greeted by a throng of applauding well-wishers. "Then a man stepped up to me and said, 'Here are the keys to your van,'" Karin says. To the Screws' amazement, Karin's obstetrician, Dr. Paul Thaxton, had spearheaded a fund-raising effort among Karin's other doctors to provide them with a van suitable for a family of six.

"It wasn't done for accolades," says Thaxton, forty-five, a slim, soft-spoken man with a gentle manner. "I felt they needed a good means of transportation, especially since they would be driving from Swainsboro to Augusta for doctors' appointments."

That was just the beginning of the community's outpouring of support. Local newspaper and TV reports about the couple grew into statewide publicity, and hundreds who heard the story were moved to take action. From Karin's hometown of Savannah a Kroger grocery store donated baby supplies and food for a year (continues)

**"KEITH KNEW RIGHT BEFORE HE DIED THAT THIS HOUSE WOULD BE BUILT," SAYS KARIN.**

**"IT REALLY COMFORTED HIM."**

be ill? But eventually, the symptoms grew too serious to ignore. A doctor gave him a grim diagnosis: He had non-Hodgkin's lymphoma, a cancer that affects some forty-five thousand people each year. The young couple were stunned.

"To hear the word 'cancer' . . ." Karin says, shaking her head slowly. "We felt that something had suddenly taken control of our lives."

Keith didn't let himself sink into misery; he was too busy priming himself to fight the disease. "At first, his feeling was, 'I'm gonna beat this thing,'" Karin says. And Keith tried and tried. He pored over medical books and journals, learning everything about his illness and how to treat it. He and Karin moved into a modest farmhouse adjoining his parents' sixty-two-acre property near Swainsboro, to benefit both from the moral support of family and the comfort of being back in Keith's hometown.

Swainsboro, population seven thousand, is a peaceful rural community in southeast Georgia, seventy miles from Augusta, set on acres of lush green land. There, the pace is unhurried, the draws are thick and the church pews are filled every Sunday. Farming, forestry and metalworking are the primary sources of income. Above all, Swainsboro is a

strain marriages, the Screws actually became closer as the years passed. Karin attributes this to the fact that "we were able to talk. Keith wanted to talk about it, and, as hard as it was for me to hear, I know that's what he needed to do."

For a couple coping with this sort of ordeal, starting a family might seem ill-advised. Nonetheless, Keith and Karin held fast to their dream of being parents. When doctors first told Keith that the chemotherapy he needed would leave him sterile, he arranged to have samples of his sperm stored in a sperm bank before undergoing treatment. In 1992, he started to feel stronger than he had in years, and he and Karin began to allow themselves the luxury of thinking about the future. While they knew there was still a chance that Keith might not see his family grow to adulthood, "we always knew we'd eventually have children," Karin explains. "It was what we felt we needed to do, and everybody was very happy for us."

That May, Karin underwent in vitro fertilization: Doctors extracted a number of eggs from her ovaries, combined them with Keith's sperm and transferred the five resulting embryos into her uterus in the hope that at least one would implant. Two weeks later, Karin and Keith shrieked with delight at the



*“Doctor, she’s so young...  
is there a special medicine for her cold?”*

## **PediaCare®**

The makers of the #1 pediatrician-recommended Infants' Decongestant Drops have a whole line of effective cold medicines made especially for kids 6 and under...all alcohol-free and formulated with the ingredients pediatricians prefer. Ask your pediatrician for the right dosage instructions for your child.

**PediaCare**  
Pediatricians trust it  
to work for  
the youngest colds.



## Good neighbors

*continued*

(her parents brought a truckload every time they came to visit). A Kimberly-Clark plant, in nearby Beech Island, South Carolina, sent several cases of diapers. The people of Swainsboro inundated the family with toys, clothes and meals, and a local bank set up The Keith Screws Trust Fund for the children. Keith's former high school classmates formed a committee and arranged to have hot dinners ready for the family when they returned from Keith's cancer treatments. Another group signed on as volunteer baby-sitters. "It's just been overwhelming," says Karin. "There's no way we could have done it without the donations."

But still to come was an even larger act of generosity. In the spring of 1993, the couple called Ricky Stevens, a high school friend of Keith's who owns an air-conditioning business, and asked for an estimate on installing a central unit in their home. When Stevens came out to visit them, he saw that what the family really needed wasn't a cooler house but an entirely new one, a place big enough to accommodate four growing children. A husband and father himself, Stevens, thirty-three, decided to do something about it.

"The house [was] small and old and not insulated well," says Stevens. "I went to talk to some friends, and we knew Keith wasn't likely to be able to ever make a living again. We started making phone calls, and by lunch the next day, we had labor and materials donated to build them a new house."

Stevens established the Four a Brighter Day fund to collect donations for the balance of the expenses. The local media publicized the effort, and, in the months that followed, individual contributions poured in. The Swainsboro Supply Company, a retail building-supply store, secured building materials from major corporations. To date, Four a Brighter Day has raised \$35,000. Then volunteers began offering to help build the home: A group of retirees from the Wrens Methodist Church, in nearby Wrens, donated their wiring, plumbing and construction skills. A roofer built the roof—asking only for the cost of his employees' labor—and a heating and cooling system was installed free of charge. One of Keith's best friends, Steve Kozlosky, supervised the construction, which began this past March.

It seems incredible that one town could be so selfless, but residents say this gesture is typical of their willingness to help neighbors in need. "[A newcomer to the town] told me, 'This must be the most giving community I've ever seen,'"

says Stevens, a Swainsboro native. "We're just a small, close-knit group, and this is typical not only of Swainsboro, but [also] of rural Georgia. Everybody knows everybody else, so there's a feeling of family." Karin agrees. "It's just that kind of place," she says simply. "This has been beyond my wildest dreams. I feel so blessed."

The new home was ready for the family late last summer. Sadly, Karin's fervent hope that Keith would be joining them on moving day was not realized: He had died June 11, 1993, when the quadruplets were nearly six months old. His health had been poor, and Karin knew their time as a family would be limited. Still, Karin says, "there's no way to prepare, even though we knew it was coming." Tears well up in her eyes as she adds, "Keith knew right before he died that the house would be built. It really comforted him." Keith's last words to his wife were "I love you."

The funeral service was packed to capacity with friends, family, former classmates and the medical staffs who had treated the couple. Karin's father, minister Doug Patterson, officiated at the ceremony, along with Rev. Robert Anderson, the pastor of the First Baptist Church of Swainsboro, where the service was held. Keith had talked to his father-in-law about the funeral service and emphasized that he didn't want it to be sad. The hymns were to be songs of praise, rather than dirges, so that people would remember him with joy. In his eulogy, Patterson said that this positive attitude was typical of Keith.

The quadruplets were not taken to the service, but they did attend the wake. "I think it was good that the babies went to the funeral home," says Karin. "They were a little spot of joy. I think that's what Keith would have wanted."

The months that followed have been

### DO YOU HAVE A CARING COMMUNITY?

Is your city or town selfless and giving, too? Have you and your neighbors ever performed a significant act of kindness for someone in your area—or have your neighbors done something special for you when you were in need? We'd like to hear about it. Please send your stories to Box CC, Ladies' Home Journal, 100 Park Avenue, New York, NY 10017. Include your name, address and daytime phone number on your manuscript. The best submissions may appear in a future issue.

difficult. The things her husband adored, like Bulldogs games and Zeppelin songs, are still too painful for Karin to enjoy. And she struggles sometimes to understand why this has to happen just when they had experienced their greatest moment as a couple: "I know why we were brought together—we had a wonderful, beautiful marriage so I don't know why we're apart."

But the challenges and pleasures of motherhood have helped Karin withstand the grief and move forward. "The babies get me through every day," she says. "They bring me so much joy. They're all happy and are and love being outside, just like Keith. She sees a lot of their father in the children, but the toddlers also have distinct personalities. Buckley is inquisitive and cheerful, while Brinsley loves to jump and run around. Robert Jared is a friendly boy who likes the outdoors. Brianna is more introspective and doesn't hesitate to speak up when she feeling slighted.

Between her full-time job and her daughters and son, Karin stays busy and she prefers it that way: "I think I planned for me to be very busy after Keith's death." Family members are often, and she has a steady influx of friends eager to lend a hand. Karin's mother supports the family and allows her to maintain health insurance, and continuing donations from groups and individuals are an extra help.

And there is always the knowledge that no matter how tough things get, there are people all around her—friends and strangers alike—who care. Karin wants her children to know that she considers the community's spirit of giving a testament to the affection that has inspired her. "I want them to know I was a gentleman, that he was caring and nurturing," she says. "I want them to know that he loved them so much."

She also intends for her family to give as much back as possible to the town. "My children will definitely know everything that's been done for us," Karin vows. "I think it's really going to help them to know what kind of community they live in and how much their father was loved and respected. I know it's a cliché, but I really feel that this is the house that love built."

*Christine Hurley Deriso, a writer based in North Augusta, South Carolina, specializes in health and other human-interest stories.*

*The Swainsboro community is still accepting donations for the expenses incurred in building Karin Screws's house. For more information, write to: Four a Brighter Day, P.O. Box 694, Swainsboro, SC 29585-30401, or call Quality Air of Swainsboro Inc., 912-237-9850.*



*Macaroni in Cheese*

*Poster Paint*

*Ice Pop*



*Baby Food*



*Candy Ring*



*Orange*



*Gelatin*



*Cheese Snacks*

# THERE'S A DETERGENT THAT KNOWS THE DIFFERENCE BETWEEN SPOTS AND POLKA DOTS.



Baby Food\*      Washed in other detergent      Washed in Tide with Bleach

NEW TIDE™ WITH BLEACH REMOVES MANY TOUGH STAINS WHILE HELPING TO KEEP COLORS BRIGHT. You don't have to choose between getting the stain out and keeping the color in.

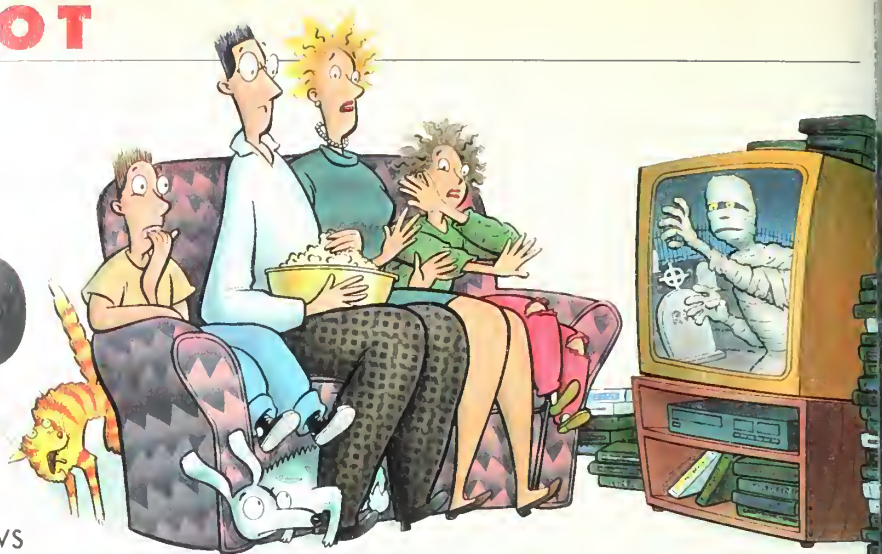
Tide with Bleach knows the difference between your child's colorful shirt and his colorful shirt. Its Activated Bleaching System is combined with a special ingredient to keep colors bright. Stains are gone for good. Colors are here to stay. Wash after wash. \*on 100% cotton

Even the cotton experts trust new Tide with Bleach. TM The Seal of Cotton is a registered Service Mark/Trademark of Cotton Incorporated. Approved by OshKosh B'Gosh, Inc.



IF IT'S GOT TO BE CLEAN, IT'S GOT TO BE TIDE.

# SCARED SILLY



From spine-tingling TV shows to Halloween horrors, our appetite for fright has fostered a multibillion-dollar boom in boos. Why do we like to be spooked? By Dean Lamanna

It's autumn, and the season of chills—and thrills—is upon us. As Halloween approaches, carved pumpkins begin to appear on front porches. Inside, we settle in front of the TV and rummage through a pile of videocassettes. What frightening flick shall we watch tonight? *Jurassic Park*? *The Silence of the Lambs*? *The Exorcist*?

If the fearsome fodder of some of Hollywood's biggest blockbusters doesn't strike our fancy, there's always the spooky doings of the TV shows *Tales From the Crypt* and *The X-Files*. Or we can click off the tube entirely and scare ourselves silly with Stephen King's newest novel, *Insomnia* (Viking). Finally, if we crave a more communal fright, we can drive to the

local multiplex, where movies with titles like *Wes Craven's New Nightmare* and *Halloween VI* (starring yet another squealing Jamie Lee Curtis wanna-be) are unspooling in all their gory glory.

Why do we like to be scared? What draws us to these nightmarish entertainments? Some fans savor their unpredictability. "I like the element of surprise," says Sarah Goldstein, thirty-five, a mild-mannered Los Angeles publicist whose favorite flick is the 1974 shocker *The Texas Chainsaw Massacre*. "It's morbid curiosity—like looking at an accident on the freeway." Others find fear more therapeutic than fun. "There are many things in the world I can't control, so it's nice to go see people cope with and overcome their

nightmares," says Bob Creedon, thirty-one, a financial analyst and father of two in New Jersey.

Experts say that a combination of physical and emotional factors makes scary activities attractive. "Physiologically, fear has the same adrenaline-producing effect as excitement, and it feels good," says William Cone, Ph.D., a clinical psychologist in private practice in Newport Beach, California. "What we've done as a culture is come up with various methods of releasing adrenaline in a controlled environment, where we know that the fear is artificially induced."

Fear also creates social bonding—it brings us closer to strangers as well as to family and friends. "Scary stories have been told around (continued on page 78)

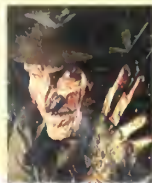
## WHAT FRIGHTENS ME THE MOST?

We asked four horror veterans to share their deepest fears

**TIPPI HEDREN**, the wren-pecked

heroine of Alfred Hitchcock's *The Birds*: "Spiders! One evening when I was a child and . . . my parents were out running errands, I

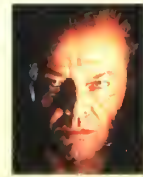
listened to an old radio show called *I Love o Mystery*. The story was about a giant black-widow spider that guarded a mansion. I was so petrified when my parents returned that I couldn't even open the door for them."



**ROBERT ENGLUND**, who plays

Freddy Krueger in the *Nightmare on Elm Street* film series: "Watching Brian DePalma's 1973 thriller *Sisters*—a story about twins, one of whom is a murderer—on late-night TV. The music is chilling; the suspense is merciless."

**RICK BAKER**, an Oscar-winning makeup artist, who worked on *Wolf*: "I'm



not really scared by monsters since I make them for a living. But Jack Nicholson on a bad day is pretty frightening."

**DEAN KOONTZ**, best-selling author of the upcoming book *Dark Rivers of the Heart* (Knopf): "The evening news." —D.L.



# Santa Claws



ORDER FORM

## A Limited Edition Collector Plate. Hand-Numbered and Bordered in 24 Karat Gold.

The Franklin Mint  
Franklin Center, PA 19091-0001

Guaranteed Christmas Delivery  
if mailed by October 31, 1994

Please enter my order for Santa Claws by Bill Bell. I need **SEND NO MONEY NOW**. I will be billed \$29.95\* when my plate is ready to be sent. *Limit: one plate per collector.*

*\*Plus my state sales tax and \$2.95 for shipping and handling*

SIGNATURE \_\_\_\_\_

ALL ORDERS ARE SUBJECT TO ACCEPTANCE

MR/MRS/MISS \_\_\_\_\_

PLEASE PRINT CLEARLY

ADDRESS \_\_\_\_\_

APT. # \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

TELEPHONE # (\_\_\_\_\_) \_\_\_\_\_

16540-56-001-8LCX

**Satisfaction Guaranteed.** If you wish to return any Franklin Mint purchase, you may do so within 30 days of your receipt of that purchase for replacement, credit or refund.



Santa Claws  
by Bill Bell  
LIMITED EDITION

Plate No. \_\_\_\_\_

THE FRANKLIN MINT

Individually numbered  
by hand with 24 karat gold.

Plate shown smaller than  
of 8" (20.32 cm) in diameter.

## Limited Edition Collector Plate. Bordered in 24 Karat Gold.

Guaranteed Christmas Delivery  
if mailed by October 31, 1994.

I need **SEND NO MONEY NOW**.  
I will be billed \$29.95\* when my plate is ready to be sent. *Limit: one plate per collector.*

*\*Plus my state sales tax  
and \$2.95 for shipping and handling*

ALL ORDERS ARE SUBJECT TO ACCEPTANCE

PLEASE PRINT CLEARLY

APT. # \_\_\_\_\_

ZIP \_\_\_\_\_

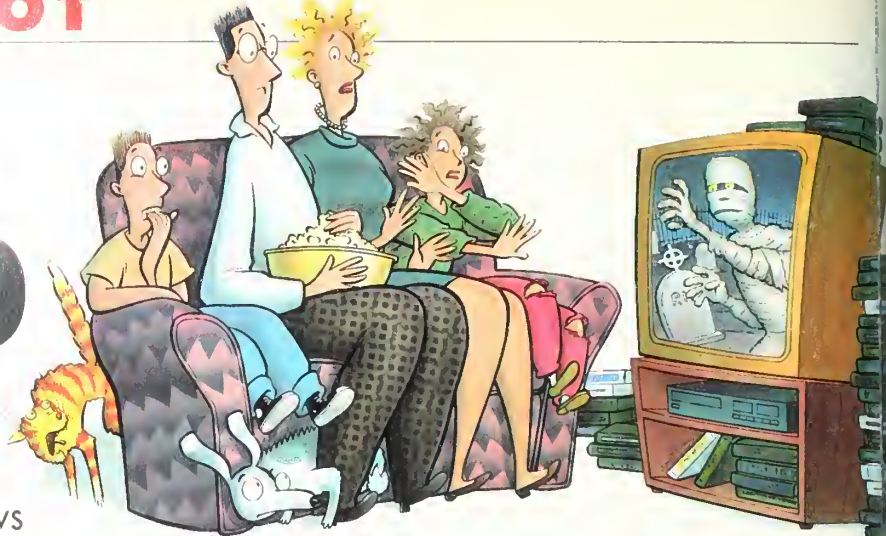
16540-56-001-8LCX

Franklin Mint purchase, you may do so  
within 30 days of your receipt of that purchase for  
replacement, credit or refund.

**Delivery**



# SCARED SILLY



From spine-tingling TV shows to Halloween horrors, our appetite for fright has fostered a multibillion-dollar boom in boos. Why do we like to be spooked? By Dean Lamanna

It's autumn, and the season of chills—and thrills—is upon us. As Halloween approaches, carved pumpkins begin to appear on front porches. Inside, we settle in front of the TV and rummage through a pile of videocassettes. What frightening flick shall we watch tonight? *Jurassic Park*? *The Silence of the Lambs*? *The Exorcist*?

If the fearsome fodder of some of Hollywood's biggest blockbusters doesn't strike our fancy, there's always the spookhouse of the TV shows *Tale of the Crypt* and *The X-Files*. Or you can click off the tube entirely and immerse ourselves silly with Stephen King's newest novel, *Insomnia*. Finally, if we crave a little primal fright, we can do

local multiplex, where movies with titles like *Wes Craven's New Nightmare* and *Halloween VI* (starring yet another squealing Jamie Lee Curtis wanna-be) are unspooling in all their gory glory.

Why do we like to be scared? What draws us to these nightmarish entertainments? Some fans savor their unpredictability. "I like the element of surprise," says Sarah Goldstein, thirty-five, a mild-mannered Los Angeles publicist whose favorite flick is the 1974 *Exorcist*. "I'm a

nightmares," says Bob Creedon, thirty-one, a financial analyst and father of two in New Jersey.

Experts say that a combination of physical and emotional factors makes scary activities attractive. "Physiologically, fear has the same adrenaline-producing effect as excitement, and it feels good," says William Cone, Ph.D., a clinical psychologist in private practice in Newport Beach, California. "What we've done as a culture is come up with various methods of releasing

## WHA

We asked four horror veterans to share their deepest fears

**TIPPI HEDREN**, the wren-pecked

heroine of Alfred Hitchcock's *The Birds*: "Spiders! One evening when I was a child and . . . my parents were out running errands, I



NO POSTAGE NECESSARY IF MAILED IN THE UNITED STATES

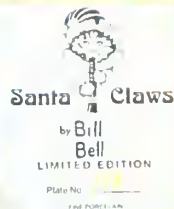
**BUSINESS REPLY MAIL**  
FIRST CLASS MAIL • PERMIT NO. 1 • FRANKLIN CENTER, PA

POSTAGE WILL BE PAID BY ADDRESSEE

THE FRANKLIN MINT  
2760  
FRANKLIN CENTER PA 19092-2760



# Santa Claws



Individually numbered by hand with 24 karat gold.

Plate shown smaller than actual size of 8" (20.32 cm) in diameter.

Bill Bell creates a beautiful holiday collector plate.

"purrfect" example of the work of the renowned artist Bill Bell's favorite holiday collector everywhere! A joyous choir of furry relatives gathered to celebrate the merriment of the holiday season with "Santa Claws." An enchanting Christmas collector plate treasure all year 'round. In the tradition of the most collectibles, this heirloom addition piece is crafted of porcelain and lavished with breathtaking color. Hand-numbered and bordered in 24 karat gold. Each imported plate bears the artist's signature mark on the reverse side.

At just \$29.95, this Limited Edition will be yours forever after just 45 firing days. Available exclusively at The Franklin Mint, Franklin Center, PA (9091-0001).

## A Limited Edition Collector Plate. Hand-Numbered and Bordered in 24 Karat Gold.

The Franklin Mint  
Franklin Center, PA 19091-0001

Guaranteed Christmas Delivery if mailed by October 31, 1994.

Please enter my order for Santa Claws by Bill Bell. I need **SEND NO MONEY NOW**. I will be billed \$29.95\* when my plate is ready to be sent. *Limit: one plate per collector.*

*\*Plus my state sales tax and \$2.95 for shipping and handling.*

SIGNATURE \_\_\_\_\_ ALL ORDERS ARE SUBJECT TO ACCEPTANCE \_\_\_\_\_

MIR/MRS/MISS \_\_\_\_\_ PLEASE PRINT CLEARLY \_\_\_\_\_

ADDRESS \_\_\_\_\_ APT. # \_\_\_\_\_

CITY/STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE # ( \_\_\_\_\_ ) \_\_\_\_\_ 16540-56-001-8LCX

Satisfaction Guaranteed. If you wish to return any Franklin Mint purchase, you may do so within 30 days of your receipt of that purchase for replacement, credit or refund.

**Guaranteed Christmas Delivery** 

(continued from page 74) the campfire throughout prehistory, and the theater screen today is that fireside," says Clinton Sanders, Ph.D., a professor of sociology at the University of Connecticut, in Hartford. Fictional terrors, he adds, help us deal with real-life ones, like news reports of serial killers. "Factual horrors aren't safe. We make them safe by converting them into experiences in which the monsters are always caught and punished."

## THE PAGES OF FEAR

Because it appeals to so many people on so many levels, horror is big business. Gothic novels aimed at adolescents and young teens, for instance, are claiming a rapidly growing percentage of the youth book market. Such titles as *Monster Blood II*, *Welcome to Dead House* and *One Day at Horrorland*, all by R.L. Stine (from Scholastic's Goosebumps series, a horror line

for kids aged eight to twelve), are ensconced on the children's best-seller list. Besides making their readers seem hip with schoolmates, scary stories do allow children to confront—and master—a variety of fears, according to Sheila Ribordy, Ph.D., professor and director of clinical training at DePaul University, in Chicago. "Reading material is very safe for kids because they have control over the visualization, which is not the case with horror movies," Ribordy says.

Of course, no one has a better—and more profitable—grasp on what makes an audience shriek with delight than novelist Stephen King. With over 150 million books sold worldwide since his first book, *Carrie*, was published in 1974, his down-home, if spectacularly gruesome, tales of telekinetic teenagers, fire-starting tots and zombie pets have struck a trembling chord. They've been chillingly lucrative for the author. (continued on page 81)

## Tom Cruise's grave career move

It was the shriek heard round the entertainment world: When Warner Bros. announced last year that Tom Cruise would play the debaucher vampire in the long-awaited version of Anne Rice's 1976 best-selling novel, "Interview with the Vampire," the author lambasted the handsome thirty-two-year-old star as "taa shart" and said his voice was "taa high" for the role. "He's no more my Vampire Lestat than Edward G. Robinson is Rhet Butler," Rice complained. Her fans picketed bookstores and sparted butts with a slash through the actor's name.



Cruise, who has admitted that Rice's vacol stabs hurt him, was but one of several actors pegged for the part. Jahn Travalta, Richard Gere, Mel Gibson and Cher (yes, Cher) were among those considered; Oscar-winner Daniel Day-Lewis turned it down due to prior commitments. Yet, despite the character's inherent villainy, Cruise—best known for his heroics in movies like "Tap Gun" and "The Firm"—had no trouble going against type. "I just couldn't resist the role," he has said. "[Lestat's] not a bad guy. . . . He's really a terribly lonely character."

And millions of women wouldn't mind having Cruise nibble their necks. But the casting choice is risky business nonetheless, with a reported \$50 million budget (out of which the star himself is taking a \$15 million bite) at stake. Still, it looks as though Cruise is working hard for his maney: He shed twelve pounds to achieve a more ghoulishly gaunt appearance, and he consented to have his hair dyed bland and his eyebrows flecked with gold.

With "Vampire" poised to swap into theaters next month, Rice appears to be biting her tongue. "I was carried along by my readers," she's said in defense of her earlier remarks. Cruise, meanwhile, is holding his cape high: "I feel I have a lot to contribute to this character. I hope to prove a lot of people wrong."



**DO YOU BELIEVE IN GHOSTS? THIS FAMILY DIDN'T EITHER—UNTIL SOME VERY SCARY THINGS BEGAN TO HAPPEN TO THEM**

**I**n the early 1980s, Bill and Lori McCauley bought what they thought was their dream house. "This was where we were going to raise our family," says Lori, thirty-five, a nurse. Instead, their dream quickly turned into a nightmare: The couple and their four children—aged six to twelve—say that for three years, their Connecticut house was haunted by ghosts.

Strange things began to happen almost immediately after they moved in. The lights and TV turned on and off by themselves, and the phone rang at all hours of the night. "When I'd pick up, there would be static or heavy breathing on the other end," says Bill, thirty-seven, an aircraft-company employee. "Sometimes the phone would keep ringing [as I held the receiver] in my hand." The couple also heard tapping on their bedroom window, and the sound of footsteps going up and down the stairs. "Still," says Lori, "we made a mockery of the situation, saying [jokingly], 'It must be the ghosts.'"

The McCauleys (continued)





*My mom is my best friend.*

*And now that I've moved halfway across the world, I realize how much I rely on her.*

*And when I miss her smile or her sense of humor, I go upstairs,*

*close the bedroom door and spend anywhere from an hour to*

*an entire afternoon going through my cedar chest,*

*reliving some of the most special moments that we've shared together.*

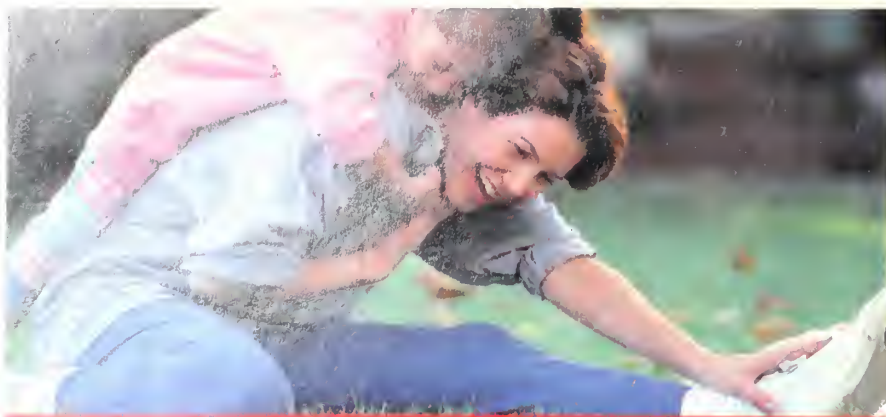
*It's almost like she's right there next to me.*



*Chest #14896 Yorktown*

Lane Cedar Chest will help preserve your most cherished memories with its aroma-tight seal and limited moth protection warranty. For information on how to preserve these memories and a brochure featuring many styles starting at \$250, send \$1 to The Lane Co., Inc., Dept. T100, Altavista, VA 24517-0151.

**Lane**<sup>®</sup>  
For memories too precious  
to be erased by time.



**Taking vitamins  
can make you feel good.  
Ours can even  
make you feel smart.**

- DAILY COMBO 250s **\$3.97**
- STRESS/BIOTIN 60s **\$3.97**
- STRESS W/ ZINC & BIOTIN 60s **\$3.97**
- OYSTER SHELL CALCIUM 500mg 60s **\$2.47**
- BETA CAROTENE 100s **\$2.47**
- OYSTER SHELL CALCIUM X STR 100s **\$1.77**
- VITAMIN C 500mg 100s **\$1.77**
- SENTRAL-VITE 100s + 30s **\$3.97**
- VITAMIN E ALPHA 400 IU 100s **\$2.47**



Sept. 25-Oct. 8 is the smartest time to buy vitamins from Kmart because Vita-Smart vitamins are on sale.

Taking vitamins can be healthy. Wealthy and wise depends on where you buy them.



Call 1 800-866-0086 for the location of your nearest Kmart store, Pharmacy or Auto Service Center. ©1994 Kmart Corporation

### "We lived in a haunted house"

*continued*

stopped laughing when they woke one morning to find their nineteen-month-old daughter in their infant son's crib, and the baby in their daughter's bed. They say that no one in the family had moved either child. And the creepy doings intensified: Smoke would suddenly fill their house, and they would hear the beating of tom-toms. The couple soon became convinced that their house was haunted.

Frightened, the McCauleys located an organization of "spiritual

investigators," who said they could determine whether ghosts really were responsible for all the strange happenings. After visiting the family's home, investigators from the group told Bill and Lori their house was inhabited by ghosts (the experts said they could "feel" the spirits' presence) and encouraged them to research their property. The couple discovered that their land had been settled by Native Americans in the 1600s, and that a schoolhouse on the site had burned down.

Before long, the McCauleys say,

life in their home grew dangerous. The ghosts would grab at their members, leaving bruises in the shape of handprints, and, coming to the McCauleys, once their young daughter, Lauren, took a flight of stairs. Says Lori, "I always told our kids 'Your home is safe,' and now we were wrong."

Financially unable to move out of the house, the couple tried to keep their horror story a secret. "We didn't tell friends, only family," says Bill. "Otherwise people think you're crazy. Even our immediate family didn't want to come over home."

Desperate, the McCauleys persuaded a local priest to come to their house to get rid of the ghosts. He heard the entire family's confession, then each member was absolved and a mass was said.

Within a few months, the McCauleys say, their house was free of ghosts. But angry, depressed and fearful about what had happened, the family decided to move out a year later. "We realized we all still needed to talk about this," says Lori. "Only there was no place to turn."

So, in 1989, the McCauleys joined what thousands of other Americans do when confronted with a ghost story. They started a support group. Victims of Paranormal Phenomena Support (VOPPS) now has about seventy-five members nationwide and Bill and Lori provide counseling and emotional support. "We're out to make people believe," says Bill. "We're only out to help people who need us."

As for those who scoff at the ghost story, the McCauleys put their slogan for VOPPS: "No one wants to believe in ghosts . . . but they have to."

—KARYN J. DABER

## Silly

1 from page 78

r a four-book contract with his publisher, King reportedly 35 million to \$40 million. And flock to anything that has his attached. Last May, more than 1 million viewers tuned in to at least ABC's eight-hour version of *The Sandlot* based on King's book. (Several of his have made it to the big screen. In fact, the film version of his *Claiborne* is scheduled to be re-released for the holidays.)

King isn't the only horror scribe to send Hollywood into shivers. Next is Anne Rice's *Interview With the Vampire*—starring Tom Cruise as the vampire Lestat (see page 78)—which is set to be made into the big screen; Mary Shelley's *Frankenstein* (featuring Al Pacino as the fabled monster) will soon have audiences screaming in terror. Film rights to Allan Folman's Frankensteinish thriller *The Day After Tomorrow* (Little, Brown), which has been on the best-seller lists for weeks this year, have been snapped up for \$1 million. And literary frighteners Michael Crichton (*Jurassic Park*), Dean Koontz (*Watchers*) and Peter Straub (*Ghost Story*) also have seen their books made into movies.

There are always cycles in the cinema: Horror films comprise a significant portion of each year's movie output," says John Krier, president of market-research firm Exhibitor Relations Co., Inc., in Los Angeles. Spielberg's *Jurassic Park*, with a box office of \$350 million domestic gross, is only the reigning moneymaker. *E.T. The Extra-Terrestrial*, which is the most profitable scary movie ever, in terms of actual attendance, is barely holding a claw. *The Exorcist*, whose mid-1970s receipts—adjusted to today's dollars—add up to \$530 million and \$1 billion, respectively.

## UTER LIMITS

Everyone is enjoying the horror movie, however. The critics' biggest objection is violence, which is as inevitable as a scary story as a villain is. And the Motion Picture Association of America (MPAA) has for years rated films on their sex and violence content. Congress, led by Senator Paul Simon (D-Ill.), has recently taken the movie industry to task for what it has irredeemably graphic and violent programming. Last June, premium channels responded with a labeling system designed to alert viewers to violence, sex and profanity. Shortly after, the American Medical Association targeted (continued on page 210)

## Robert Redford

continued from page 64

to fate where your children are concerned. "You can imagine," he says softly. "Just imagine what you would imagine and you've got it."

How does he like being a grandfather? "I can't compute grandfather yet in my head. But I like the kids."

Does that mean he is afraid of getting old? "No, not at all," he replies, but adds, "The one thing about growing old that bothers me is when I come to that point when my body won't perform the way I like it to perform, because I get such pleasure out of physical things. All my life I've been able to call upon my body to do whatever it is I want it to do. And you know the odds are against me beyond a certain point. I don't know how I'll be with that."

As we brush away the brownie crumbs, he declares, "I want to talk positively for a second. At the moment I have a funny kind of optimism having to do with this generation of parents, to use my own children as an example. I watch younger people, and there seems to be a lot of attention paid to child rearing, putting in time with the kids, expressing a lot of love and being really smart about it. Maybe I'm looking at a very small segment of society, but this generation of babies, when they grow up, they're going to grow up with a whole lot more of love that's been expressed. For the most part, that's pretty beneficial. And someday they'll be out there making decisions with a value system that might help turn around some things" like politics and ethics—"that have been so devalued in our society."

Finally, I ask him, this guy who is so easy to admire, whom he admires. "Now that," he says, "is a good question. It's one of those questions that seems like an easy one, that could get a really glib answer, but it isn't. I'll think about it and call you. Give me your number."

Robert Redford is asking for my phone number! I suddenly flash to an image of my husband holding the receiver and yelling, "Hon-ey! Robert Redford. For you."

"Really," he says, picking up a pad and pencil, "give me your number."

So far, he hasn't called, but I still kind of think, kind of hope, he will. And I'm telling everyone who has ever, after a tough day, popped a video of a favorite Robert Redford flick into the VCR, to make sure they go to see his new movie because it's so interesting. And I tell them as well that the way he is now is just fine. ■



**100% FRUIT  
JUICE  
100% FUN™**



© 1994 General Mills, Inc.

**SQUEEZIT 100™**

The only  
100% fruit juice  
in the fun  
squeezeable bottles  
kids love.

## What keeps couples IN LOVE?

With so many daily responsibilities, how do a couple find the time—and the energy—to keep their marriage romantic? It can be done, say these husbands and wives. Here, seven special love stories. Edited by Dale Atkins and Meris Powell

### "I'M ABLE TO LET GO OF BEING RIGHT"

We met in a bar, and a few days later we were in love. Sam was completely uncool during our courtship. He told me he loved me after we knew each other for three days. He introduced me to his friends as "the woman of my dreams."

It was a hot summer, and we spent our nights wandering around the city, walking to the park to cool our feet in the fountain. We could not make it down an entire street without stopping to kiss. We started to live together immediately.

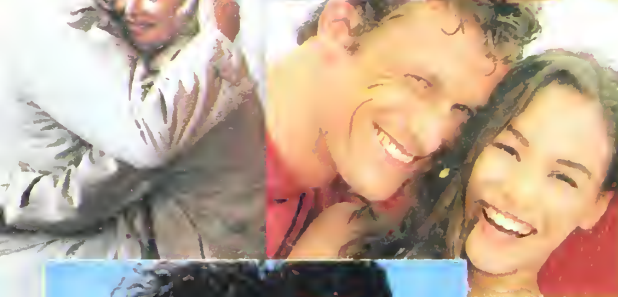
In short, everything looked like it was doomed for failure. This appeared to be like all the other relationships—intense, romantic and impractical. But I knew this was it because every part of my being told me so. Everything felt completely wonderful and right.

My sociology professor taught his students that marriage is meant to be a practical arrangement. The romanticization of marriage in our culture is what leads to disappointment and divorce, he said. My mother, on the other hand, always said that when she married my father there was no doubt in her mind. She was totally in love. To this day she gets weak in the knees when he walks into a room. I believe she was right. (My sociology professor ended up divorcing his wife.)

So here I am, five years later. We have been married three years, and we have

*(continued on page 86)*

From the book FROM THE HEART: MEN AND WOMEN WRITE THEIR PRIVATE THOUGHTS ABOUT THEIR MARRIED LIVES, edited by Dale Atkins and Meris Powell. Copyright © 1994 by Dale Atkins and Meris Powell. Reprinted by permission of Henry Holt and Company, Inc.



Introducing the Reese's<sup>™</sup>  
you eat with a spoon.



**Reese's<sup>™</sup>**  
**Peanut Butter**  
**Puffs**

**NEW!**

WHOLESOME SWEETENED CORN PUFFS MADE  
WITH REAL *Reese's* PEANUT BUTTER



Tastes Like a  
**Reese's**  
PEANUT BUTTER CUP

New Reese's<sup>™</sup>  
Peanut Butter Puffs<sup>™</sup> cereal.

A whole new way to enjoy the taste of a  
Reese's<sup>®</sup> Peanut Butter Cup. Wholesome puffs of  
corn made with real *Reese's*<sup>®</sup> Peanut Butter and  
delicious Hershey's<sup>®</sup> Cocoa. Pass out the  
spoons and crunch into the taste.



Jill got reinfected.

But Jane is protected.

**Only Nix™ kills head lice today and prevents reinfestation tomorrow.**

All too often, a single head lice treatment isn't enough. Because lice lay eggs that cling to your child's hair and hatch after treatment, causing reinfestation.

That's why the head lice treatment you choose should be NIX™ Creme Rinse. Nix not only kills lice and their eggs on contact, it protects your child against reinfestation for two full weeks - something no other lice treatment can do. No wonder Nix is the one recommended most by Pediatricians, Pharmacists and School Nurses.

Don't waste time with lice treatments that don't protect against reinfestation. Kill lice once and for all with NIX.

WARNER  
WELLCOME Use only as directed

Full  
Prescription  
Strength

**Nix™**  
Permethrin

Lice Treatment

**A Single  
Application**

- **Kills Lice  
& Their Eggs**
- **Prevents  
Reinfestation**

Creme Rinse with  
Nit Removal Comb

2 FL. OZ.

**The One You Only Have To Use Once.**

As low as  
**\$39.95\***  
 a month.

# Two Things You Won't Get On Your Average Treadmill.

## 1. Total-Body Cardiovascular Fitness!

The maker of "The World's Best Aerobic Exerciser™," NordicTrack, now introduces the best way to get a total-body workout while you walk. Unlike ordinary treadmills that work only your lower body, NordicTrack's WalkFit™ exerciser works every major muscle group in your body for maximum results. The total-body motion increases your metabolism, helps reduce stress, and increases energy to help you maintain a healthy cardiovascular system for a lifetime.



30-DAY  
 IN-HOME TRIAL

## 2. Higher Calorie Burn!

Research shows you'll burn up to 79% more calories on WalkFit than on ordinary treadmills. Because the motion uses more muscle (your body's primary energy-burning source), you burn more calories per workout than on ordinary lower-body exercisers — all without adding time, distance or difficulty to your routine! In fact, in one hour, you can burn up to 1,000 calories. WalkFit makes weight loss and exercising simple and enjoyable!

### NORDICTRACK'S WALKFIT LETS YOU GET MORE OUT OF YOUR WALKING OR JOGGING ROUTINE.

With this convenient in-home exerciser, you'll never miss a workout because of darkness or bad weather.

WalkFit is easy to learn and fun to perform!

The flywheel resistance system gives you a smooth, quiet, low-impact workout.

WalkFit takes only 20 minutes a day, three times a week!

The safe, nonmotorized treadmill lets you set the pace — it matches your natural stride and allows you to maintain balance.

**1-800-441-7512** Ext. F3TJ4

Best of all, it's from **NordicTrack**  
A CML Company



# NordicTrack's WALKFIT™

FREE Video and Brochure! Call **1-800-441-7512** Ext. F3TJ4

- Please send me a FREE brochure
- Also a FREE VHS videotape

Name \_\_\_\_\_  
 Street \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone (\_\_\_\_) \_\_\_\_\_

\*Based on purchase price of \$599.95, down payment of \$34.95, plus 12% applicable freight or taxes. Balance financed in 12 equal payments of \$44.00 per month, with final payment of \$34.54 based on 12% A.P.R. Offer subject to state and federal credit laws. Only available in 50 United States and D.C.

## What keeps couples in love?

Continued from page 82

an incredibly adorable twenty-month-old son. Of course, we are no longer staring dreamily into one another's eyes. We are working, raising our son and trying to clean the house once in a while. There are days when we forget to touch each other.

We fight—sometimes big screaming and crying fights (although that happens less and less). But because there is never a question about whether we will stay together,

I feel safe enough to move beyond an adversarial posture. I am able to give in and let go of being right. In other words, I am able to move beyond the realm of my insecure ego. This is true love.

I never forgot what Mother told me. I could never commit to a relationship when there were doubts. I needed to be absolutely in love from head to toe. It's the same to this day. I respect him, I am attracted to him, we have fun together, and I absolutely feel we belong together. —L

## YOU DON'T HAVE TO WORK ON IT

When we married, in 1960, I was nineteen and he was twenty-one, and we loved each other madly. We made a home for ourselves, worked, planned a future, developed friendships and began raising a family. Also, we continued to love each other even though he could be so stupid sometimes I'd have to yell at him.

Sometime in the late sixties or early seventies, conventional wisdom decreed that in order to have a successful marriage, "you have to work on it." No discourse on marriage could be considered authentic until these magical words were intoned, whereupon listeners would nod their heads and reply, "Oh, yes, of course."

A niggling worm of suspicion began to wriggle in my heart. Here I thought we were so compatible, contented, even passionate. I thought our marriage was terrific. Was I supposed to tinker around with the innards of our relationship? Perhaps I should be baking pies, arranging flowers, coloring my hair.

Finally, bravely, I faced the problem. I asked him, Are you consciously, deliberately "working" on this marriage? And do you know what he said? He said no, he didn't have a clue as to how anybody could even begin to work on a marriage and, besides, it sounded tedious. Like flossing your teeth or visiting your great-aunt Mildred.

After a while he learned to avoid the dumb moves that led to my raising my voice and slamming silverware around in the drawers, and I discovered that if I took the time to explain my grievances, he, being a dear and considerate soul, would thereafter aim to please me.

Thirty-four years have slipped by, the children have grown up and left home (thank God), and we're back to just the two of us. We still don't have the slightest hint of where the marriage needs work. But what can you expect when two kids go off and get married? —DOROTHY

## THE POWER OF PASSION

It seems my feelings and ideas about marriage are a function of where I am emotionally, psychologically, financially. The predominant recollection I have about my first marriage is that it was a comfortable, safe and, I thought, loving backdrop against which I planned to live out the other aspects of my life.

I always had certain prerequisites for the man I would marry. My choice for my first marriage met these criteria. At the time, I was naive and had little, if any, experience as a single woman. In retrospect, I can see we were two innocents who were mismatched. We had different expectations and needs and, unfortunately, never had the opportunity to resolve or even discuss them.

I wish I could claim credit for a brilliant choice of husband this time around, but the truth is he is a

random gift from God. The first time, because I was younger, it was easy to drift away from the focus of the marriage. Despite the complications we experience with blending our families, this marriage is more manageable than my first marriage with its tugs and pulls.

There is another element. My husband and I share a high degree of physical passion, and our desire, along with the pleasure we gain from physical contact, affirms our lust is alive and well. This was absent in my first marriage.

Our passion gives us intimacy, a privateness in our relationship. So much results from our intimate connection, such as respect and my desire to give pleasure to my husband emotionally as well as physically. I do for him because the pleasure I get is my payback. —BARB

## OPPOSITES ATTRACT

It had been a long day. The lunch had come and gone without my noticing, and as I arrived home my stomach was talking loudly. Dinner would be well appreciated.

As I drove into the garage, the aroma of the evening meal wafted through the open window. My wife is a culinary wizard, and, even after five years of marriage, the variety of dishes she comes up with for a single meal still boggles my mind.

However, my jaw dropped when I entered the kitchen. Dr. Seuss himself couldn't have imagined a more bizarre sight. Suzanne is a speed cook. She throws together a mouthwatering four-course meal in less than twenty minutes. That night, as usual, the table looked great. But the kitchen was a disaster zone—a vast array of pots and pans soaking in a sink full of cold, greasy water. A fine dusting of flour covered the entire kitchen, and the cook-top and much of the counter glistened with a film of splattered grease.

Our underlying marital agreement is that each of us capitalizes on our strengths and, in turn, helps compensate for the other's weaknesses. Hence, Suzanne cooks, and I . . . well, I clean.

Opposites attract, or so I've heard. But, once attracted, can they really survive their differences? I'm a very clean cook. Yet my meals are as unimaginative as the kitchen is clean when I'm finished. I try to show Suzanne how to cook with less mess. It doesn't sink in. She, in turn, tries to speed me up (I cook like a mother turtle). Also to no avail. We're not going to change each other's ingrained manner of operation. Not that we won't continue to try, with a faint glimmering hope that someday I'll move faster and she'll relax as she cooks. But, for now . . .

Suzanne looked up with an apologetic smile. "I'll help," she offered.

"What's for supper? Sure smells good," I replied. —DONALD (continued)





SWEET SENTIMENTS.  
FROM THE NEW ROMANTIC PERIOD.



*Lindt* 

OF SWITZERLAND

A PASSION FOR CHOCOLATE SINCE 1845

## What keeps couples in love?

—PHIL

### STARTING OVER

Jane left me early in April 1977. She took one of the cars and some clothes and drove to Washington where she landed into a studio apartment near National Airport and went to work managing a congressman's office.

I got to keep the dog, the dog, the house and the terrific company of our younger son who came home for the summer.

Here's how—and why, I think—it happened. We'd been married for twenty-nine years and raised two boys. The older one was working and living on his own. We were able to send the younger one to a good, small and fairly expensive school only because Jane doubled her twenty hours a week working in the congressman's local office.

There had been a crisis or two during our marriage, but they had been resolved years before Jane left me. We loved each other very much, but I think we were both bored to death with suburban life, especially since we were now empty-nesters. We needed a real change in the way we lived. Jane, I'm sure, needed it even more than I did.

When one of the top spots in the congressman's Washington office opened up, and he offered it to her, she told me, "I want it."

"Don't be ridiculous," I said.

"Oh, please, let's think about it. You wouldn't be alone. The dog's here. And Mike will be home all summer. I could come home on weekends. You could come to Washington. I'm so excited!"

"Wait a minute," I said. "How long are you talking about? I can't believe you're serious."

"Who knows? Maybe I'll hate it and come back next week. Maybe we'll both love it for a while. I've got to try it, darling. I never wanted anything so much."

I could see that. I began to be worried, jealous, frightened . . . and excited myself. So I agreed, and she went.

The six months Jane spent in Washington were among the absolutely best six months of our lives. I flew to the city almost every Friday night, and our weekends were full of wonders. We explored every museum of the Smithsonian, ate marvelous meals, made incredible love, toured the White House, the Capitol and all the rest, and parted very, very sadly every Sunday night.

After six months, Jane realized she missed me and some of her previous life too much to stay any longer. We decided that the adventure was over, but we knew that what it did for our relationship would never be over.

The end? No, it was only the start of our change. In February, we moved back into Manhattan, where we'd lived for a few months after our marriage and lived a different, fantastically happy life for ten years.

After that, we changed our lives again, because changing is what you have to do.

—PHIL

### "SHE'S THE CENTER OF MY LIFE"

I'm still very much in love with my wife. We're older now, droopier in several places, and often tired from the day, our responsibilities and our kids. We're still attracted to each other, but we don't get the chance to show it as often—or as spontaneously—as we once did.

We've been married fourteen years. We have three children. Two of their births were close calls. And we battled my wife's severe cancer for two years after the birth of our first child. We've moved around a bit, studied together (and apart), started new jobs, cultivated two careers, made new friends, explored new places. And we grew and struggled together, and have succeeded in our endeavors.

Now we're very busy. It seems we both have a lot to do, and both of us do a pretty good job. Occasionally we sit down to look each other in the eyes and remember all we've been through, what we've accomplished and what we have to look forward to, but we don't do this very often. Our biggest issue is time, balancing

responsibilities and schedules, and being able to remember our marriage and enjoy

We know all the things we should do to work at our marriage and budget our time, but only occasionally do we get to do them. Even so, she's been the constant in my life, and she's become the center of my life. I think she feels the same about me. I hope this doesn't change as we take each other for granted. Rather, our history, and being equal to or surviving a number of surprises and challenges, has helped cement our love.

I love my wife, I can honestly say more now than I did when we married. We've shared and accomplished some wonderful things. My most romantic fantasy is that someday soon we'll have long hours to sit at a cozy café and we'll talk about everything we've done together. It may not be erotic, but it's something I long for with the one I've come to love more over the years. I think she loves me, too, because there's a note on the fridge that says so.

### LOVING MEMORIES

Ann was my friend in grade school, Brownies and high school. Recently we got together with some of the other girls who shared our childhood.

Over lunch, it was Ann's turn to reminisce. To me, Ann said, "I always loved to go to your house. Your parents were such favorites. I remember one visit. Sometime in the evening, your daddy said, 'You'll have to excuse me. I want to turn the water on for Carolyn's bath.'"

"Later, he excused himself again: 'Let me go be sure the water isn't too hot.' Dreamily, Ann said, "I always wished that in my life there would be someone who would draw my bath, then check to be sure the temperature was right!"

Mother died four years ago. I visit every morning with my daddy, and always wish I had something interesting or funny to bring to our discussions. I couldn't wait to tell him Ann's memories.

I told him Ann remembered he drew Mother's bath, and took care that it was what she liked it. Daddy, smiling, said, "I'm surprised she didn't remember I must have excused myself a third time to wash your mother's back. In the fifty-eight years we were married, your mother never washed her own back!"

In truth, I hadn't remembered that he turned on the water, or that he checked to see if it was just right. I do remember he always washed her back.

—T

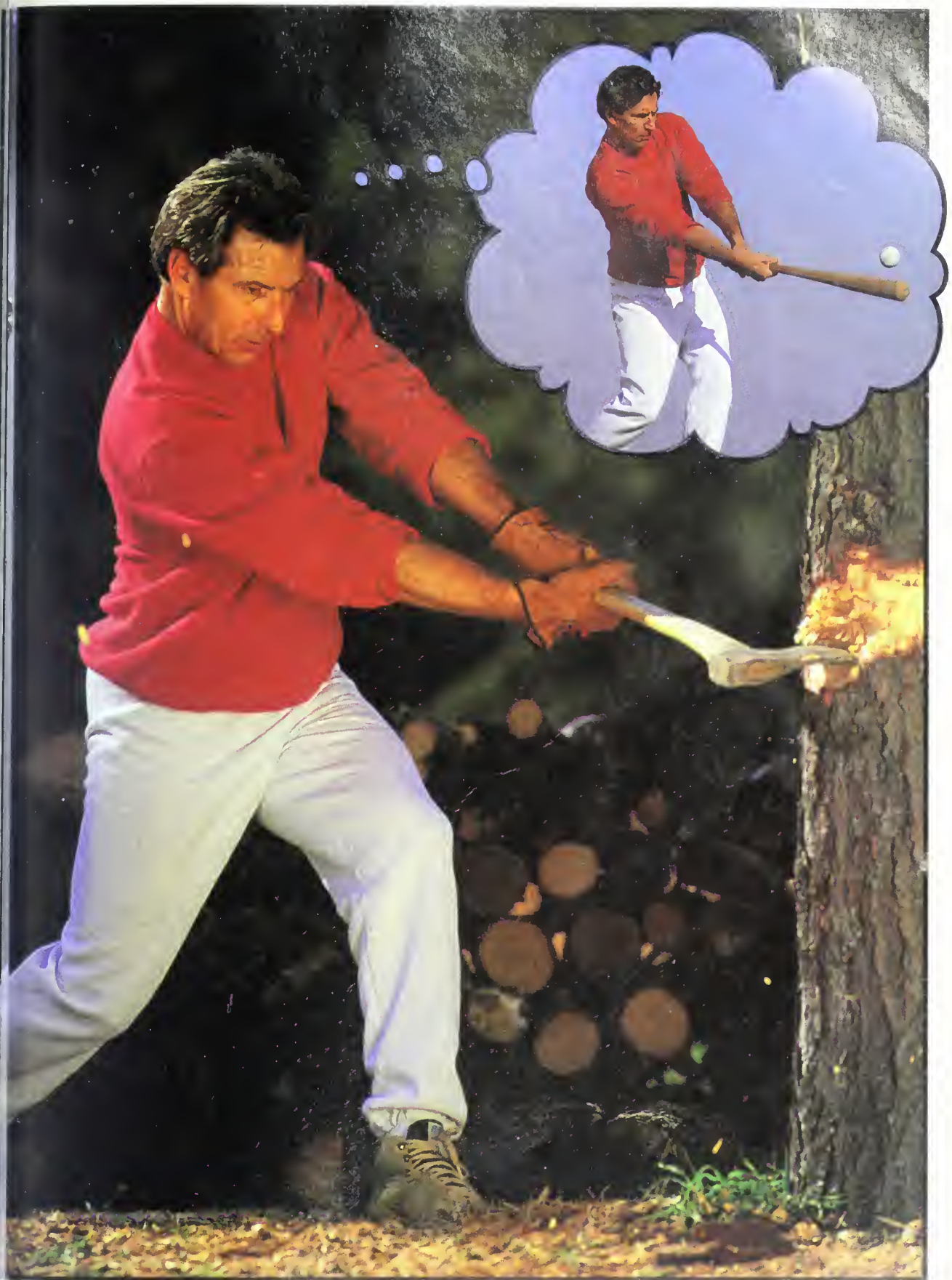
## DEAR JOURNAL . . .

**One Christmas when my friend was hoping for an engagement ring from her boyfriend, he showed up with an oblong box. She opened it and found something . . . unexpected: a pan to roast fish.**

When it comes to presents, men have a way of surprising us gals, sometimes with their thought—and sometimes with their lack thereof. While flowers and chocolates hold a certain predictable charm, we'd like to hear about the most surprising gift your husband or beau ever gave you. We're talking about the gift that keeps an giving, whether it's chills, smiles, tears or heartburn.

Send us your surprising-gift story, with a picture of yourself and your mate by December 15, 1994, to: Dear Journal, Gift, 100 Park Avenue, New York, NY 10017. If we print it, we'll send you \$100 that you can spend on anything for him. (Or yourself, of course. To make up for that "anniversary keepsake fishing tackle.")

All entries become property of *Ladies' Home Journal* and cannot be returned. Please include your name, address and daytime phone number.



Activewear for everything you do. (And dream of doing.)

**JERZEES**  
American ActiveWear

Quality T-Shirts & Sweats

# “My teacher TOUCHED ME”



When a popular teacher was arrested for molesting one of his students, parents blamed not the educator, but the young boy who accused him. Who was telling the truth? By Tamara Jones and Patricia Davis

**H**e was young and vibrant, with a touch of irreverence, the kind of favorite teacher people remember for a lifetime. Within the tiny universe of Robert Frost Middle School, thirty-one-year-old Paul Luetkemeyer was the radiant sun.

When a child needed lunch money or a ride home, when an overweight girl sat crying by herself after school, “Mr. Luke” was there with an extra dollar or a kind word. When mothers and fathers were too busy for a soccer match or Little League game, Mr. Luke was there to cheer instead. When the Fairfax, Virginia, school closed for snow days, Mr. Luke piled restless

boys into his yellow truck to go sledding in the park. When children sent out invitations to birthday parties or bar mitzvahs, Mr. Luke was high on the list. He was surrogate father, big brother, best friend—all in one.

And then late one afternoon last December, a twelve-year-old boy asked his mother to come upstairs. He had something to tell her. He pulled her into a darkened bedroom and wouldn't let her turn on the lights. Then he sobbed out a terrible secret. “My teacher touched me. . . .”

Those four simple words changed everything in the well-ordered Fairfax County enclave of lawyers, executives and military

officers. The accusation ate its way into their schoolyards and churches, into their grocery stores and country clubs and family rooms. Into their souls.

Not guilty, they cried. Not Mr. Luke.

So after Paul Luetkemeyer was charged with three felony counts of aggravated sexual battery and placed on unpaid leave, hundreds of parents, teachers and children did what came naturally in an affluent suburb of the nation's capital: They mounted a campaign against their common enemy: the little boy.

They called it a “fight for truth and justice.” There were subcommittees, flyers, T-shirts, petitions, a protest march and a candlelight vigil on Christmas Eve. The students held a dance to raise money for Mr. Luke's legal defense and clamored before a video camera. “We miss you! We love you! We believe in you!” Some circulated an obscene underground newsletter, ridiculing the charges against their teacher. They drummed the accuser out of school.

But there would be no winners in this fight. Not the child, who even now is vilified as a sissy, a liar, “a fag.” Not the teacher, who last April pleaded guilty to reduced charges that he still contends were unjust. And not the many people whose lives were forever changed by Paul Luetkemeyer, who are tormented by questions that won't go away:

Was Luetkemeyer the real victim? Or was a community seduced? *(continued on page 94)*

our stomach knows  
the difference between  
these pain relievers...



And this one.



The pain relievers doctors call NSAIDs — aspirin, the latest drug with naproxen sodium, and even ibuprofen — have a number of similarities.

An important one has to do with your stomach. To varying degrees, every NSAID brand can sometimes irritate your stomach. That's because NSAIDs may reduce your stomach's natural ability to protect itself.

But TYLENOL® is different. It won't irritate your stomach. You know how well TYLENOL works. And now you know it's definitely gentler to your stomach.

The choice is clear. The choice is yours.

**Tylenol. The pain reliever  
hospitals use most.**



# Merit Awards

Merit: King, 1 mg "tar," 0.1 mg nicotine—Ultra Lights: Kings 6 mg "tar," 0.4 mg nicotine—Kings, 8 mg "tar," 0.7 mg nicotine av. per cigarette by FTC method.

**SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.**

Offer limited to smokers 21 years of age or older. Offer valid in USA only. Offer void in Kansas. Offer not valid for Philip Morris advertising agencies' employees. If reply card is mailed to 1-800-884-6777 for a free booklet. Booklet requests received by 3/31/95. Please allow 4 to 6 weeks for delivery.

# MERIT AWARDS

You've made the switch to great taste at lower tar.  
And we want to reward you for it with these items and  
more from the Merit Awards Collection.

here!

Merit Retro Watch



A classic brass-plated timepiece with a timeless design. It fits your lifestyle as effortlessly as its split leather band fits your wrist. In men's and women's sizes.

Yours free for  
100 Pack LPS

Merit Suede Barn Jacket



You know it's comfortable even before you put it on. This oversize, saddle-brown suede barn jacket invites you in, where its warm, brushed cotton plaid lining welcomes you like an old friend. Its full button front leads up to a contrasting hunter green suede collar. With turn up, one-button cuffs and front flap pockets. In unisex sizes M, L, XL.

Yours free for  
100 Pack LPS

Merit Leather Planner/Address Book



An invaluable companion in your on-the-go world: a weekly planner, address book and note pad make this a lifestyle essential.

Yours free for  
70 Pack LPS

Merit Oak Pen

From mighty oaks comes this pen of distinction, allowing you to make an impressive statement even before writing a word.

Yours free for  
30 Pack LPS

Merit Lacquer Case Lighter



Every smoker needs a light, so why not add a little pizzazz with this blue lacquer beauty?

Yours free for  
20 Pack LPS



LOW

LOWER

LOWEST

You've got

MERIT

Call 1-800-886-7777

and the Merit Awards Booklet is yours FREE!



## "My teacher touched me"

continued from page 90

### A SCHOOL IN SHOCK

Frost is the kind of suburban school that inspires a parent's confidence. Here, children achieve. Here, they are safe.

On Friday, December 10, 1993, before the morning tide of seventh- and eighth-graders rolled in, an anxious mother and father arrived, unannounced, to see the principal. Court records document the story they told. Their son was an honor student and champion gymnast, a member of the safety patrol. But lately they had seen angry outbursts, a "Jekyll and Hyde" personality change. Now they knew why.

The night before, he had told them that Luetkemeyer, his history teacher, had groped his genitals on three occasions in classrooms full of children. There had been, he said, hugs and pats on the buttocks as well. "My stomach was in knots," Principal Leslie Kent says. "I knew I either had a teacher who needed help or a student who needed help."

She and other officials quickly moved the seventh-grader to the gifted program, concocting a story about how his parents had pressed for the change. Luetkemeyer learned of the transfer on Monday morning and demanded to see the boy's new schedule. Fearing a confrontation, Kent instructed guidance counselors to shadow the child in the halls. She even took cafeteria duty to keep watch over him at lunch. But she couldn't anticipate everything. During fifth period, Luetkemeyer paraded his two dozen students into the child's new classroom. They surrounded the boy's desk, mussing his hair and saying good-bye. As they filed out, Luetkemeyer himself shook the boy's hand and patted him on the back. The other teacher found the incident so bizarre that she reported it to the principal.

That afternoon, Kent summoned Luetkemeyer to her office and suspended him for allegedly abusing a child. "What am I supposed to have done?" he asked, hanging his head "I've never hurt anybody in my life."

On Tuesday night, police had the boy phone Luetkemeyer while they secretly taped the conversation. Yes, the teacher said, his hand had been on the boy's leg, but never on his crotch. "If I did anything that you took the wrong way," Luetkemeyer said, "I am very sorry." He was arrested two days later.

In school, investigators began grilling

students, especially the boys closest to Mr. Luke. Kent sent parents a note advising them of an investigation into alleged "improprieties" between an unnamed teacher and child. She brought in a team of crisis counselors who saw one hundred fifty students in a single day, many of them hysterical. But it was not just the children whose emotions were raw. Teacher Deirdre McGann had an inkling of what lay ahead as Kent detailed the allegations at an emergency faculty meeting. Some of her colleagues were weeping.

"This will destroy this community," McGann predicted. "This guy was so entrenched in this community. This will take a long time to heal."

That evening, a local woman named Cindy Keefer was half-listening to the evening news in her den, when she heard a familiar name and something about a sexual assault. She wheeled around to see a face she hated flash across the TV screen: Paul Luetkemeyer.



**Above: Paul Luetkemeyer smiling for the school yearbook. Today, he considers his life ruined**

### STAUNCH SUPPORTERS

Wayne Promisel, the veteran police officer assigned to the Luetkemeyer case, was not particularly taken aback by people's disbelief when the teacher was charged. But something else did surprise him: "They fought back."

At the center of the battle was a man whose sense of fun had made history come alive for his students. Parents heard a lot of stories at home about "cool Mr. Luke"; after

meeting him, they understood why. "He's brought changes to kids' lives that parents will forever be indebted for," says parent Mary Dare, whose twelve-year-old son, David, considers Mr. Luke "my best friend." Even the father who would accuse him of molesting his son had been charmed: "I went to Back to School night, and when he came in, I thought, Gee, I wish I had a teacher like that."

If some were initially skeptical about an outgoing bachelor spending so much of his free time with adolescents, they were won over by his lesson plan away from school. Mr. Luke taught their children compassion, sportsmanship, loyalty. So the day he was arrested, both parents and children were outraged. They stayed up past midnight, painting "Stop the Lies" and "Don't Doubt Luke" on placards for a demonstration outside Frost. About seventy-five students from nearby W.T. Woodson High, where many knew Luetkemeyer well, risked suspension to join the protest. At Frost, teachers blocked the

doors, fearing a mass walkout.

The teacher's accuser watched the protest on TV from home. Listening to everyone branding him a liar, he broke down. Why would he make up such a thing?

Luetkemeyer's supporters began searching for reasons. Over dinner, they psychoanalyzed the boy's behavior. Remember when he taped Kleenex to his head so the overhead vent could make it flutter? Could that be a sign of emotional imbalance? Was he upset when Mr. Luke reprimanded the class for laughing at a child's epileptic seizure? Was he seeking revenge? Had he misinterpreted a friendly pat on the leg? Or had the family's goal all along been to get the boy transferred to the gifted program?

What especially riled those powering the Luetkemeyer machine was the way the school system appeared to be choosing sides from the start by taking away his pay even before the case went to court. Over the next six months, more than \$8,000 poured into a fund established to help pay his legal expenses. "There was never any intention to publicly malign the boy or his family," Mary Dare says. "It was a campaign to support Paul." Parents began turning in lunches and dinners, and scheduling who would be in court to offer moral support.

"If he was predisposed to seduce a child, he had thousands of opportunities," says Joseph Wisemiller, an accountant whose two high school children knew Luetkemeyer well. "Thousands. And he never once did anything untoward or out of line. It doesn't connect." Adds Dare, "A pedophile or criminal doesn't have hundreds of people sticking by him. When was the last time a pedophile had people raising money for his defense?"

### IN DISGRACE

Luetkemeyer didn't tell his family about the accusation right away. But the night before he was charged, he drove over to the house in Chantilly where he'd grown up. As soon as he walked through the front door, his mother could tell something was terribly wrong with the eldest of her four children, "just by the look on his face," she says. "Like he was in shock." Connie Luetkemeyer, a fifty-three-year-old secretary for the Fairfax schools, couldn't believe what Paul had to say. She gently probed: "Did you tell the kid a bad grade? Did you correct him in class?" His father, Gary, had been worried about something like this. There seemed to be a lot of stories about students accusing teachers these days. "If this can happen to somebody like Paul," he says, "it can happen to others just like that."

Paul Luetkemeyer denies (continued)





Colgate PLUS

# WHEN A TOOTHBRUSH REALLY FITS, TEETH GET REALLY CLEAN.

Colgate® Plus was designed by a team of scientists to accurately fit the shape of the human mouth. Its unique diamond-shaped head comfortably gets to

difficult areas, like the back teeth. So it cleans thoroughly to help keep teeth strong and healthy. And that's the most comfortable feeling of all.

**Colgate PLUS** WINNING THE FIGHT FOR A HEALTHY SMILE.

DIAMOND-SHAPED HEAD

Colgate PLUS



## My teacher touched me"

continued

doing anything to the boy at Frost, but refuses to discuss specifics. His family and friends speak far more passionately about the case than he does, insisting that he is the true victim. That the damage wrought can never be repaired. They point to the polygraph test he passed as proof of his innocence.

The Luetkemeyers watched their son grow remote and depressed. He wasn't eating or sleeping well. A devout Catholic, he turned increasingly to his church for solace. Without a paycheck, he had no way to pay his rent, much less the mounting legal bills; he reluctantly moved back home.

But he lost much more than his independence. After his arrest, the court barred Luetkemeyer from contact with children, a directive that both hurt and humiliated him. He had to hurry from friends' houses before their children got home. When a student's father was killed in a military helicopter crash over Iraq, he found himself negotiating through his attorney for permission to send a note of condolence.

Alone in his parents' house, Luetkemeyer could only listen as child after

"There are not going to be any teachers. All a kid has to do is say, 'He touched me.' All it takes is one child . . . to ruin a life."

### LITTLE BOY SCORNE

The child in this case could be any little boy shooting baskets in the driveway. He likes *The Simpsons* and tacos and Disney World. He loved junior high. Mr. Luke was his favorite teacher.

Maybe, the boy thought, it had been an accident or a mistake when Mr. Luke crouched by his desk in the computer lab, put a hand on his leg and then squeezed his genitals. But it happened again. And again.

"At first I thought I wouldn't tell anyone, 'cause I was, like, scared to death," the boy recounts. He said something vague to several students at lunch: Didn't it bug them the way Mr. Luke always touched people? No one else seemed to mind, though. Then after two weeks of silence, the boy finally told his mother. "It just made me shiver," she recalls. "I just didn't want to believe it." School was supposed to be a safe place. Her trust ran deep; she taught in the Fairfax system herself.

Any hope of protecting the boy's anonymity was quickly lost. Classmates

On February 2, the day after the boy turned thirteen, he testified in juvenile court at his teacher's preliminary hearing, a slight witness with brace and neatly parted hair. Then his classmate took the stand. "He said that he ate how Mr. Luke would grab him when he was leaving the classroom . . . like on the shoulder," a thirteen-year-old testified. "You should have been there," he said it. He kind of said it in a playful kind of, like, girly way." None of the boys testifying had seen anything inappropriate in the classroom.

Luetkemeyer's attorney asked the teacher could have molested anyone without anyone noticing, but the teacher disagreed. "I cannot say it's inherently incredible. If the boy really wanted to generate a false claim . . . he would have said he [the teacher] did it after school in the hallway, in his car."

Back at Frost, the daily gaunt smirks and stares finally became unbearable. Reluctantly, the boy changed schools in early February. But, more than anything, he yearned for his classmates to believe him. He wrote letters begging for their support. Some eighth-graders did circulate a petition for Frost, saying, "There should be someone to voice what this kid is going

**"I WAS MUCH BETTER BEFORE I TOLD ANYONE, . . ."  
SAYS THE BOY WHO ACCUSED LUETKEMEYER. "NO ONE WAS  
SORRY THAT THEY'D BEEN WRONG."**

child left loving messages on the answering machine. "I miss being able to help kids," he says. "Normally, I would be the one those kids would come to. I could listen. . . . I didn't prejudge them because they were twelve or thirteen."

Being Mr. Luke had been a demanding job. During his four years teaching at Frost, his life seemed to revolve around the kids. After chaperoning Friday-night dances, other teachers would gather for drinks; Luetkemeyer preferred to go to Pizza Hut with seventh- and eighth-graders. Colleagues urged him to distance himself. Deirdre McGann remembers admonishing her friend: "You treat these kids like buddies. When you leave school on Friday, you need to be Paul, not Mr. Luke."

As the bitter winter melted into spring, people kept asking when Paul was going to get angry. He still hasn't. Anger wouldn't help, he says. But his father seethes.

Not long ago, Gary Luetkemeyer found himself doodling. He'd drawn a classroom of desks, all facing video monitors. There was no teacher.

"It's going to come to that," he says.

connected his sudden class change to Mr. Luke's absence, and the familiar hallways at Frost turned hostile. "I didn't think it would be that big a deal. A lot of people were ignoring me, looking at me with mean faces," he says. "A lot of people didn't like me very much."

As "Support Mr. Luke" signs began popping up throughout the family's community—at their supermarket, at the bagel shop—the boy came to dread going out. He spent lonely days at home trying to keep up with his schoolwork on his own. One day, a classmate dropped off his science notebook. He opened it to find "Hi Fag" scrawled on page after page—thirteen times in all.

His father tried hard to console him: "You know, this is like a roller coaster. You've got your ups and your downs."

"When are the ups?" his son asked.

The stress took a toll on the family. They'd show up for doctor appointments on the wrong day. They forgot to pay bills one month. The boy's ten-year-old sister felt neglected. Both the mother, forty-two, and the father, a forty-four-year-old lawyer, missed weeks of work.

through." The boy kept the prescription slip of paper on his nightstand.

Only five students had signed it.

### "I MADE A MISTAKE"

But someone out there did believe the young boy. Someone he didn't even know.

Stunned by the groundswell of public support for Luetkemeyer, Cindy Keefe phoned her twenty-three-year-old brother Steve, and read him one of the new stories. She also phoned police. "I'm calling about Paul Luetkemeyer," she told an officer, "and I think you should know this man has a history of this. He did it to my son."

Steve Keefe had met Luetkemeyer then an assistant pool manager, at Chantilly country club in 1985. Like everyone else, fourteen-year-old Keefe was enthralled with this charismatic man in his early twenties—until Luetkemeyer touched him. A document filed by the prosecutor in court in late 1994 detailed what Keefe said had started with groping and progressed to fondle and oral sex. It happened on rides home in Luetkemeyer's (continued on page 94)



# THERE'S HAIR. AND THERE'S HAIR WITH STYLE.



TO GET IT, YOU NEED THE ELEMENTS OF STYLE.

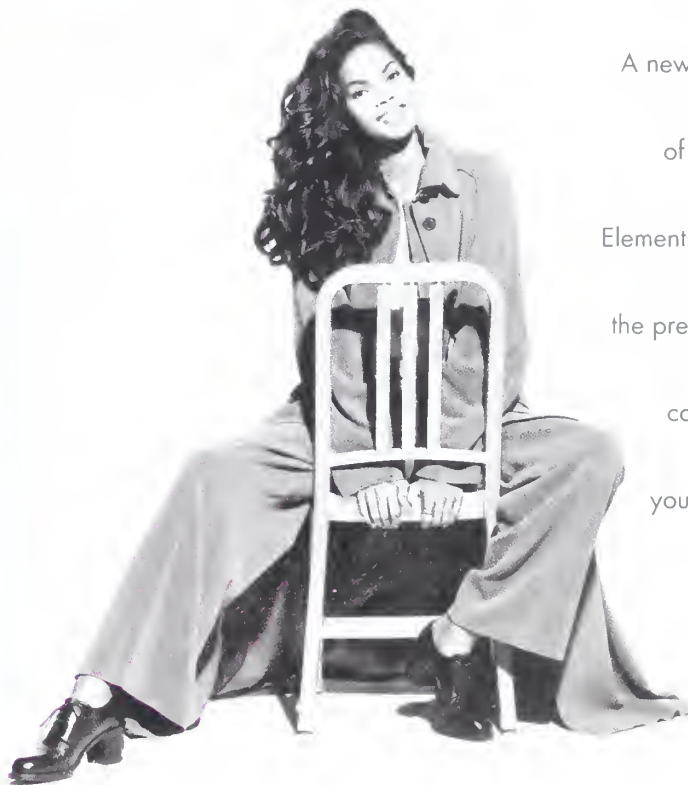
## SALON SELECTIVES.

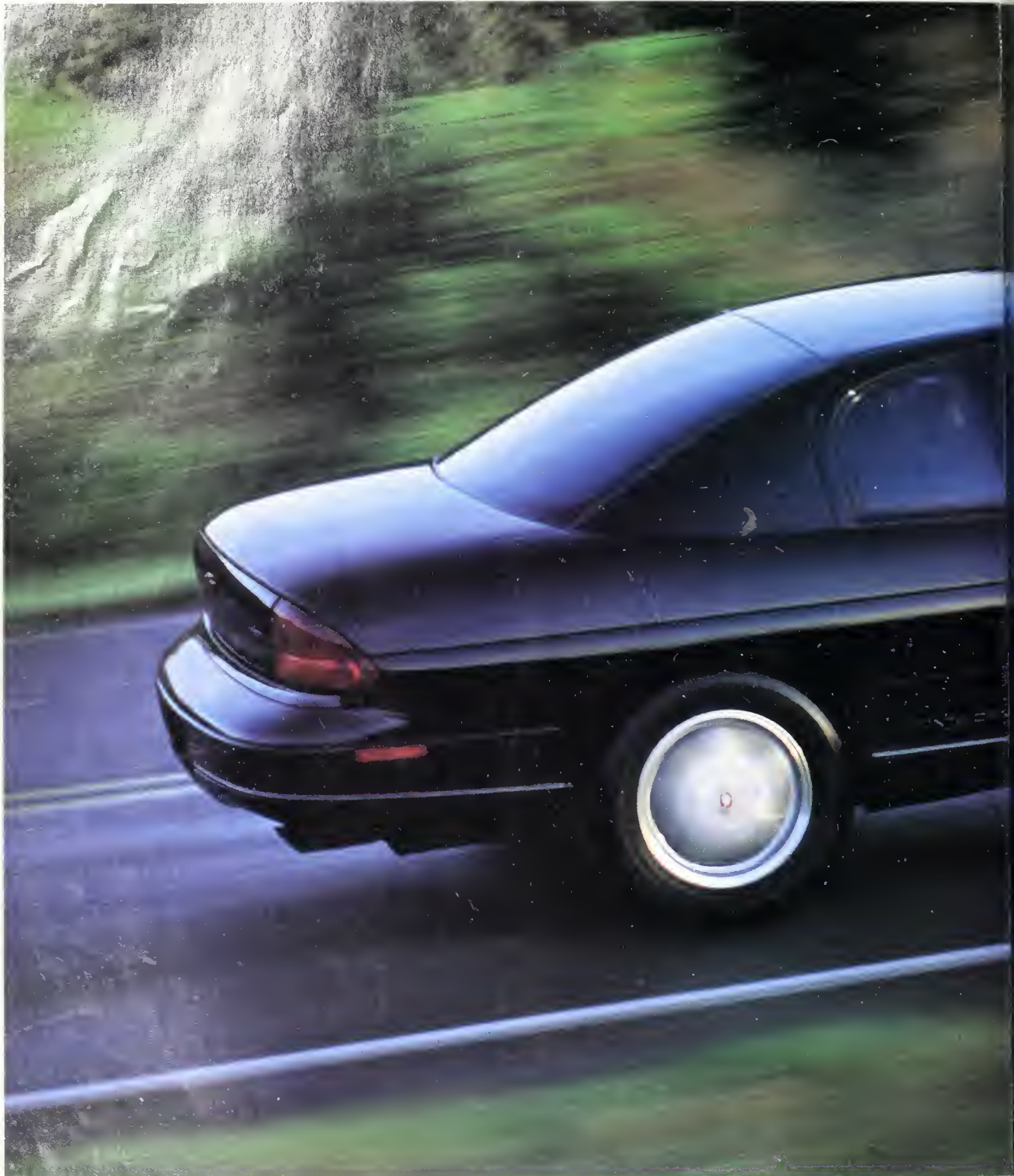
A newly redesigned system  
of interlocking formulas.

Elements you put together for  
the precise level of cleaning,

conditioning and finish  
you need. To go beyond

hair that's just 'there'  
to hair with style.





It may be difficult to explain to your colleagues just why you've chosen to take the long route to the office. Or why you'll be doing all the driving from now on. But sitting behind the wheel of the

new Monte Carlo is a position that's hard to surrender. That's because Monte Carlo is designed for a very personal fit. It's a place where the pleasures of a fuel-injected V6 and the barely per-



Tell the car pool you're sorry.

ceptible shifts of an electronically controlled, 4-speed automatic quickly replace the din of idle conversation. Where what was once a long half-hour commute suddenly seems to be almost too

fleeting. Still, maybe you should think about giving someone else a turn... then again, maybe not.

The New Monte Carlo



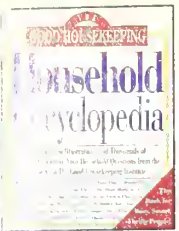
GENUINE CHEVROLET™



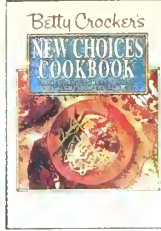
†5306-9999 \$22.95



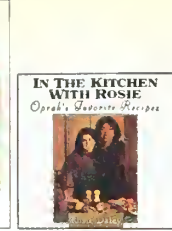
2227 Spec. Ed.



†4903-9999 \$23.00



3616 \$23.00



4960 \$14.95



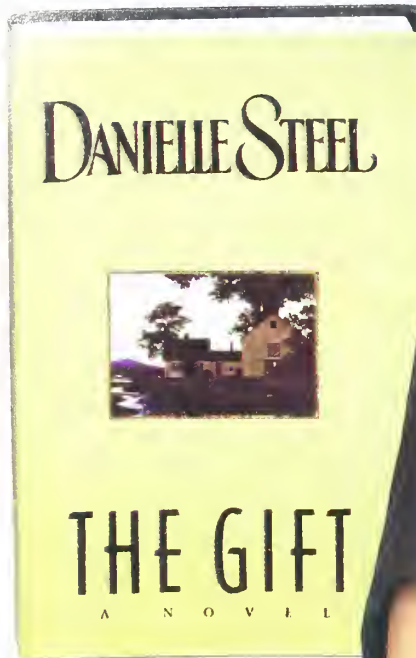
\*2956 \$23.00



261F \$23.95



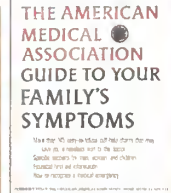
3004 \$23.00



**THE GIFT**  
by Danielle Steel  
5215 \$15.00



\*5751 \$23.00



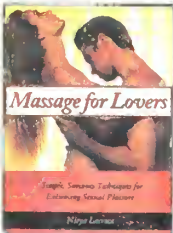
0281 Spec. Ed.



5835 \$23.00



\*5785 \$23.00



\*7898 Spec. Ed.



\*7021 \$24.00



†5405-9999 \$16.95



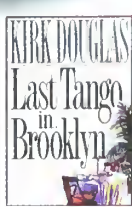
\*5009 \$22.00



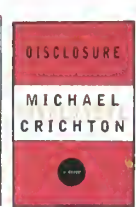
\*3459 \$23.95



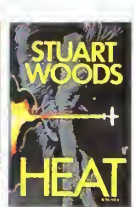
4341 \$22.95



0570 \$21.95



5702 \$24.00



\*2782 \$23.00



5322 \$14.95



7542 Sp



0208 \$23.00



\*7377 \$27.50



\*5223 \$22.95



\*6916 \$24.95



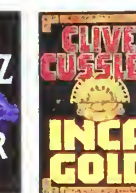
\*5769 \$21.95



1040 \$21.95



\*8714 Spec. Ed.



\*2303 \$24.00



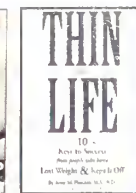
8193 \$19.95



\*6668 \$24.00



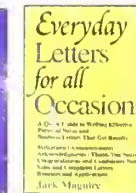
\*0265 \$25.00



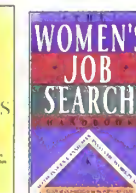
3822 \$24.95



6163 \$22.00



6866 Spec. Ed.



4671 Spec. Ed.



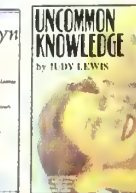
5892 \$14.95



1172 \$20.00



6437 \$19.95



5538 \$23.00



7047





6601 \$23.00 \*5926 \$25.00 4416 \$24.95

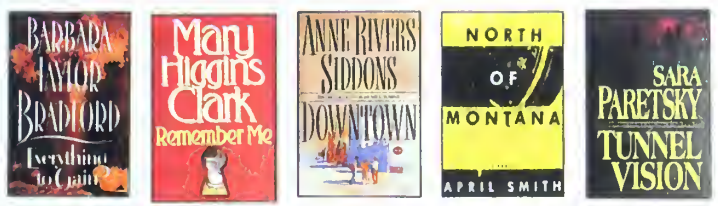
Spec. Ed.

elligent...discriminating...playful...  
**For all the women you are,**  
**The Literary Guild!™**

Join us  
and take

**5** books  
for **\$2**  
with  
membership

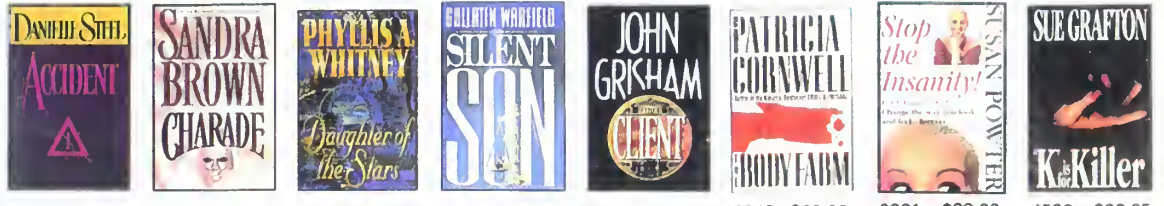
and get a  
**FREE**  
tote!



1206 \$24.00 4564 \$23.50 5686 \$24.00 \*7187 \$22.00 \*4499 \$21.95



\*6924 \$22.95 \*7765 \$22.00 2865 Spec. Ed. 3889 \$23.00 6700 Spec. Ed.



4291 \$23.95 \*6486 \$21.95 1719 \$20.00 6072 \$21.95 \*7658 \$23.50 \*6940 \$23.00 6221 \$22.00 4580 \$22.95



22.00 6684 \$22.95 3020 \$22.95 6510 \$18.00

**Literary Guild's easy membership satisfies all the women you are!**  
 5 books for \$2. We'll bill you, plus shipping and handling, when membership is confirmed. Satisfaction guaranteed or return the books within 10 days at our cancel membership. You'll owe nothing. The books to keep! • Then, within the next 2 years, buy books at our discounted Club prices—up to 40% off the free Club magazine, delivered up to once each year, featuring full-text, hardcover Club books sometimes altered in size to fit special presses. During 4 more books, you may cancel at any time. For convenience, we automatically send the Main Book. If you don't want them or want other books, send your Reply Form by the specified date. A shipping and handling charge (and sales tax, where applicable) will be added to each order. • If your Reply Form is delayed and you have less than 10 days to decide, we'll ship the ordered books at our expense.  
 \*Spec. sex, language and/or violence †Counts as 2 choices

Never pay these publishers' edition prices again!  
 Club editions are always discounted—up to 40%!

**The Literary Guild**

MAIL TO: *The Literary Guild*  
 6550 East 30th Street, P.O. Box 6332  
 Indianapolis, IN 46206-6332

**YES!** Please enroll me in *The Literary Guild* according to the terms outlined in this ad. Send me the 5 BOOKS indicated and bill me just \$2, plus shipping and handling. I agree to buy 4 more books within the next 2 years. Send me my FREE TOTE. Please initial here \_\_\_\_\_

Please write book numbers here:  
 If you select a book that counts as 2 choices, write the first 4 digits of the book number in one set of boxes and 9999 in the next.

						57385	88

Mr./Mrs. \_\_\_\_\_  
 Miss/Ms. \_\_\_\_\_ (please print)  
 Address \_\_\_\_\_ Apt. \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

If you're under 18, your parent must sign here \_\_\_\_\_  
 Members accepted in U.S.A. and Canada only. Canadian members serviced from Canada, where offer is slightly different. Sales tax added where applicable. We reserve the right to reject any application.

**SAVE MORE**  
 Order your first Club selection for \$3.95 and buy only 3 more books, instead of 4, within the next 2 years. You'll be billed later, plus shipping and handling. Books that count as 2 choices are not included.

						57384	17

**Simplicity's**  
*Simplify the Way*  
**HOME DECORATING**

1677 \$20.00

**PRINCESS**  
 SULTANAS DAUGHTERS

6338 \$21.95

# Parents have a lot of questions.

**HERE'S THE ANSWER:**

Look for Parent's Digest in your supermarket or on your favorite newsstand



**"My teacher touched me"**  
continued from page 96

car, and it lasted more than tv. "He never threatened me or arth. Keefe recounted last spring. Pd myself to sleep almost the entire m.

Keefe kept quiet about it for two years ago, when his secret came out as he was disclosing his homosexuality to his mother. But what Keefe had done didn't really matter until Cindy saw him on the news. "I saw his face, and I thought my jaw hit the floor, and I knew I had done it," she says. "I didn't know it was a damn teacher, and that that much older than Steven."

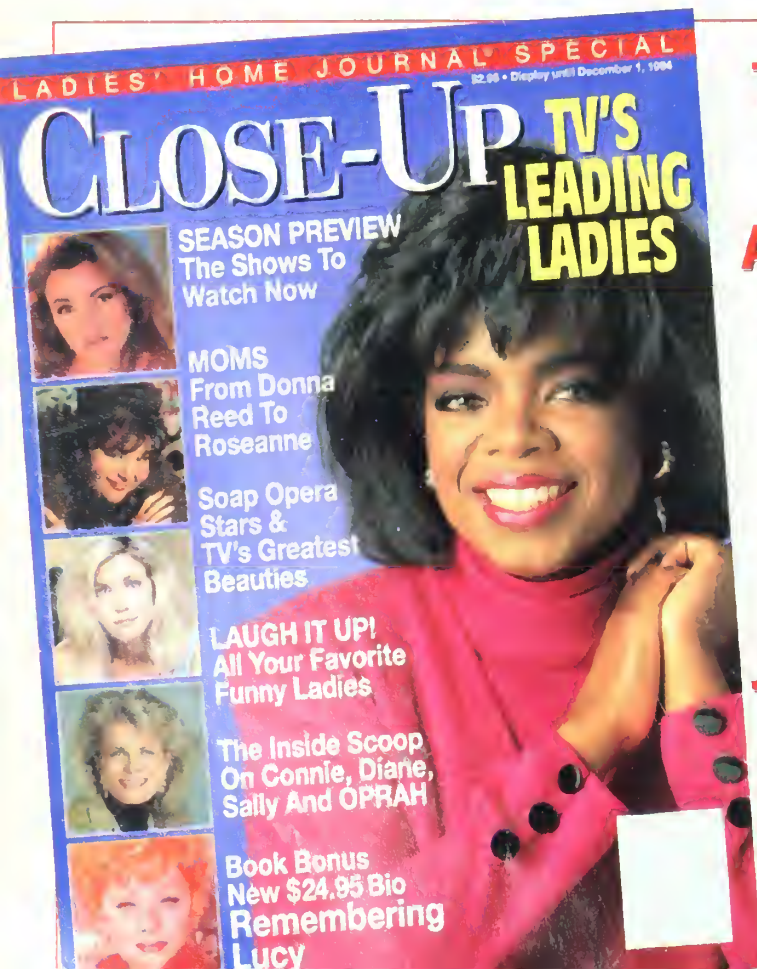
Virginia has no statute of limitations for felonies. Steve Keefe, who wanted to prosecute before, agreed to endure a trial if it would help the case. Shortly after that, Lueth was indicted on a sodomy charge. Lueth knew then that this poor twelve-year-old was getting ostracized by everyone, says Steve Keefe. "I was furious, especially with the way it was being portrayed, that the [boy] was a liar."

Ten days before the scheduled trial date, Paul Luetkemeyer called an emergency meeting of his most vocal supporters. "I made a mistake years ago," he calmly announced. "It was a skeleton in my closet, and the prosecution had found it. He thought that it was a single incident in my life. Steve Keefe, something he was ashamed about and had sought forgiveness for many times in confession. The startled listeners were too embarrassed to ask for details.

Luetkemeyer told them he could not risk a possible felony conviction and prison time in the Keefe case, but that the prosecution would not charge the other charges. Even though the ruling had happened with the Keefe case, Frost, he said, he felt he had not done enough but to plead guilty to three counts of misdemeanor sexual battery in connection with both cases. In return, he would receive three years' probation and no jail time.

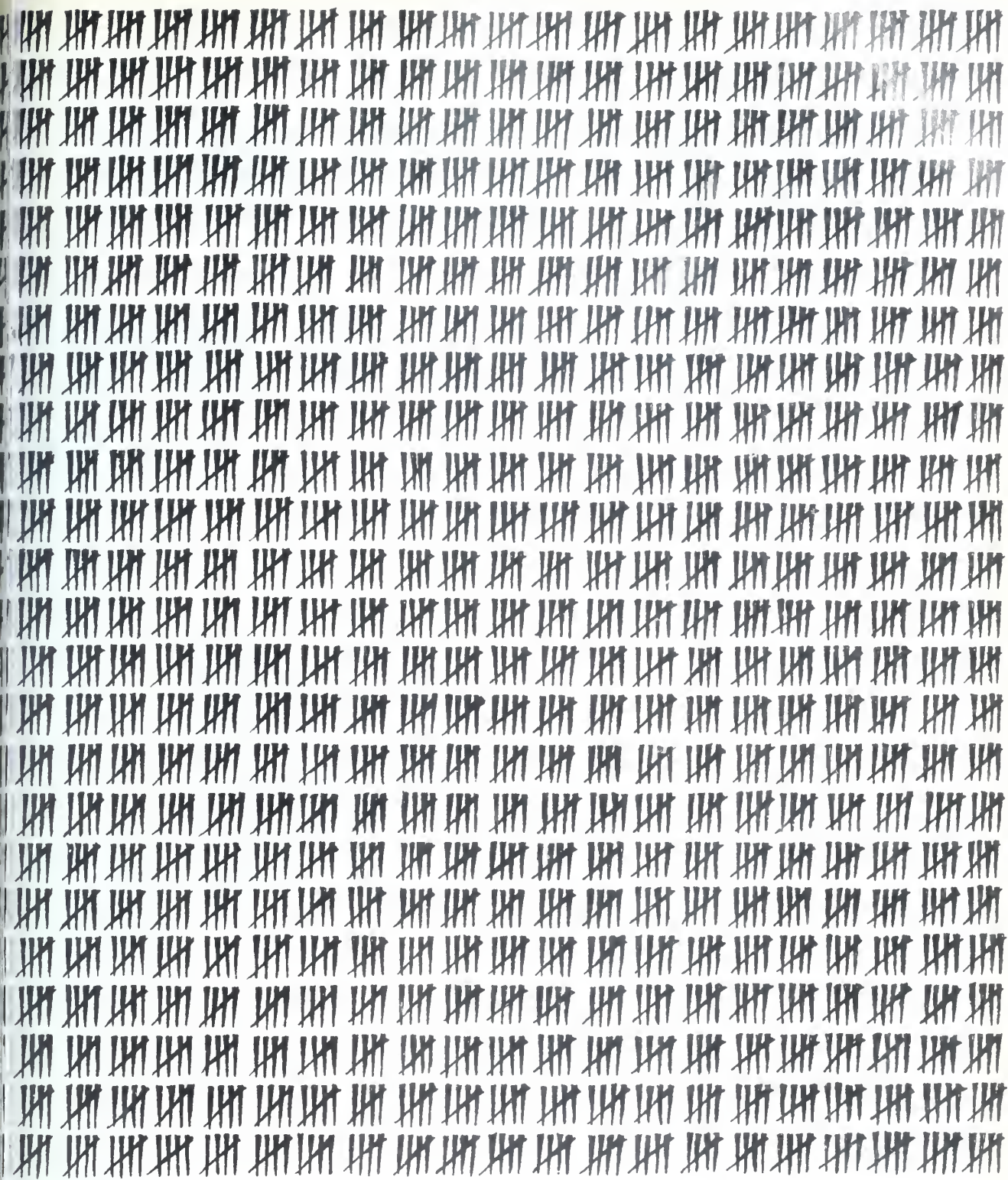
The parents were deeply disappointed by his decision but tried to be understanding. To acknowledge that the charges might be true would have meant acknowledging that their own judgment might have been dangerously flawed. "We all do things we're not proud of," Mary Dare remembers telling the group at the meeting. Later, she would explain his past in terms of "youthful mistakes." She and other parents struggled to explain this to their children. The justice system was flawed, they said, and Luke was being railroaded.

"They were, like, holding a puppet in front of my head," David (continued on page 97)



**TUNE IN TO AN ALL-STAR SPECIAL FROM LADIES' HOME JOURNAL ON SALE NOW**





# e've Made Literacy Really Count.

In the past five years, Coors has committed millions of dollars to help fight illiteracy in America. And the results have added thanks to our partnerships with literacy organizations



throughout the country, more than 250,000 women have received literacy services. Make your efforts count. Call 1-800-626-4601 for information on how you can help.

# THE 25 BEST NEW (yes, new!) WEIGHT-LOSS TIPS

When it comes to dieting, you know every trick in the book. But these creative suggestions from the nation's top weight-control pros are sure to surprise you—and they work! By Joe Mullich

If you've always considered losing a few pounds to be a superhuman task that requires a boot-camp regimen and a diet so Spartan that a plate of rabbit food seems like a delicacy in comparison, we have good news: Experts agree it's time to rethink our whole concept of weight loss. Now, they say, most of us should slim down by making small lifestyle changes.

"It's exactly these minor things that add up to help us lose weight," says Ronette L. Kolotkin, Ph.D., director of the Behavioral Program at the Duke University Diet and Fitness Center, in Durham, North Carolina. "These seemingly inconsequential things can make a huge difference in our lives."

To discover what these steps are, we interviewed some of the nation's leading weight-loss experts for their latest insights about diet, exercise and motivational strategies. Here are their suggestions. Try them. They're easier than you might think.

## ■ Watch your sides.

Many people sabotage themselves by ordering their dressing on the side when eating salads in restaurants. While well-intentioned, diners often dump on the entire container, which usually has three times as much dressing as the chef

uses on a salad. "The chefs don't want you to think they're being stingy," says Doris Dereljan, Ph.D., R.D., president of the American Dietetic Association. Better idea: Order oil and vinegar on the side, and carefully monitor the amount you use.

## ■ Have a diet mantra.

In the general, healthy pursuit of losing weight, it's easy to lose your motivation. Kolotkin suggests you write down one to three positive consequences of changing your habits and losing weight. Repeat this very personal mantra every time you do something healthful. A mantra might be: "I'm getting up and exercising instead of staying in bed because I enjoy making love, and I want to be able to show my body and not feel I

have to hide under the covers." Or: "I'm snacking on carrots now instead of fudge because I want to be

able to buy my clothes at that great little boutique." This will help you avoid giving in to the moment, she says.

## ■ Give yourself a hand in measuring portions.

Most foods are served in portions several times larger than we need or really want. Indeed, most of us have no idea what the standard serving sizes recommended by nutritionists are. Here's a handy guide: A fistful of uncooked rice or pasta would be half a cup, which dietitians consider



## STOP BEFORE YOU STOCK

You probably know you shouldn't shop for groceries when you're hungry. But be sure not to put them away when your stomach is empty. Drink a glass of ice water or diet soda before you begin the task. Or ask for help when stocking the pantry, because you're less likely to nibble if someone else is there, says Kolotkin, of Duke University.

one serving when cooked. A standard three-ounce serving of steak, chicken, pork or fish is (continued)

individual who is in control of  
in health and behavior.

### pray and sprinkle it fat.

of lathering your corn on the  
with butter, use butter-flavor  
: You'll get the same satisfying  
with a fraction of the calories.  
for popcorn, vegetables and  
d turkey. Butter-flavor sprinkles  
reat on mashed potatoes, says  
r-Kovach. (Try other condi-  
, too, but avoid any high in salt.  
m causes retention of water,  
shows up as excess weight.)

### ack your stomach.

a diary of everything you eat  
week. Measure every bit of  
The results might surprise you.  
will help you retrain your eye  
a realistic idea of what a serv-  
," says Derelian.

### ck a task that's made walking.

dry cleaner is a ten-minute walk

from your house? The neighborhood  
grocery store can also be reached in a  
brisk walk? Make these destinations  
your weekly "walking tasks." For ex-  
ample, buy milk or bread only at the  
neighborhood store. Not only will you  
get your weekly walking exercise, but  
carrying back the groceries or laundry  
will give you an upper-body work-  
out—an important health aspect that  
many women overlook, says Derelian.

### ■ Don't be a nutty cook.

Any recipe that calls for nuts and  
chocolate chips can usually stand  
alone without these fatty ingredients.  
Or you can replace the nuts or  
chocolate chips with a fruit item  
such as pineapple tidbits, frozen  
blueberries or banana chips. "Believe  
it or not, the plain cookie dough  
makes a good cookie," says Derelian.  
"And a plain cookie is much lower in  
fat than one with nuts or chips."

### ■ Have a fitness cocktail.

Instead of going to happy hour after  
work, go for a walk or hit *(continued)*



### DO IT TO MUSIC

Buy a Walkman and listen  
to a music cassette or book  
on tape when you exercise.  
It will help make the time  
go by. And often you will  
extend the exercise be-  
cause you want to hear the  
end of the chapter, says  
Hayes. "I listened to a six-  
hour Bill Moyers series on  
tape," says Hayes. "I  
would go out bicycling with  
the express purpose of lis-  
tening to an entire hour."



We just made our delicious  
entrees even better. Like our Supreme  
Pizza, loaded with authentic sausage.

Our Garden Potato Casserole,

# only eat what I like."

steeped in a creamier sauce.

And Lasagna Roma, brimming with  
35% more of everything. So now  
you can eat the foods you like,  
the way you like them.



HEALTHY CHOICE®

EAT what  
you LIKE

## The 25 best new weight-loss tips

continued

the gym. The best time for exercising is before the evening meal, says Kenneth Cooper, M.D., author of *The Antioxidant Revolution* (Thomas Nelson Publishers, 1994). The experience will give you more energy for the rest of the day. "When I work out between four and six, I feel thirsty rather than hungry in the evening," says Cooper, who notes this can reduce the late-night "munchies," which are usually converted to body fat.

### ■ Instead of holding the mayo, make it.

Combining low-fat yogurt with mustard is an excellent, low-fat substitute for mayonnaise. (Blend one tablespoon prepared mustard with one cup plain yogurt. Or adjust to your personal preference.) "If you're a person who loves to slather the mayonnaise on a sandwich, you might save four hundred calories a week," says Derelian. Low-fat yogurt and nonfat yogurt can be used as a healthful base for a variety of common products, such as salad dressings and cream soups.

### ■ Think of cheese as a protein.

No big deal adding a slice of cheddar to a sandwich? Think again. One ounce is 114 calories—

for dried bean and legume dishes—have a bean burrito instead of a beef and bean burrito.

### ■ Get saucy.

Make a quart of low-fat tomato sauce to use as a condiment throughout the week for chicken, spaghetti and meat loaf. (Blend one finely chopped onion; one tablespoon minced garlic; two 28-ounce cans crushed or diced tomatoes; one cup red or white wine [optional]; one tablespoon dried thyme; a bay leaf; and salt and pepper to taste. Simmer until thick.) The sauce will have only about fifty calories a cup—perhaps a seventh of the amount in meatless tomato sauce you'd buy at the store, says Derelian. Studies show that people tend to gobble prepared, higher-fat foods when they are crunched for time, so this do-ahead recipe saves you both time and fat grams.

### ■ Play like a kid.

If your children are playing tag, join



### START A SNACK DRAWER

Fill your office drawer with lower-calorie, non-perishable snacks such as small boxes of raisins, instant cups of soup, small cans of vegetable juice and individual-portion packages of applesauce. Miller-Kovach says: "When the midafternoon munchies strike, go for your drawer instead of the vending machine."

body mass around, says Derelian.

### ■ Make your own weights.

Many women realize they need to exercise per-body weight but they don't want to invest in expensive hand weights for fear the equipment will quickly gather dust. Miller-Kovach offers a handy solution: two one-liter bottles with water and use the hand weights. Each weighs two pounds. Just be sure you're using the one-liter bottles!

### ■ Don't quit out before you turn in.

Your body reaches peak metabolism about four hours after you've consumed food, says Cooper. If you quit late, you'll have all this fuel ready for a walk or run, but you'll be asleep. The food then will simply be stored as fat.

### ■ Change the "E" word from exercise to enjoyment.

Don't join an aerobics class if you think it's drudgery; choose fun activities you like, such as sea dancing. "The best exercise to do is the one you'll stick with," says Hayes. "I chose activities that I love, so I never have to 'exercise' a day in my life."

### ■ Dress up other foods.

Fat-free salad dressings can be used for other foods, too. Ranch dressing from Thousand Island makes a great dressing for raw vegetables, says Miller-Kovach. Italian dressing as a marinade for meat enhances flavor and tenderizes, too.

Joe Mullich is a freelance writer in Harrisburg, Pennsylvania, who frequently covers health topics.

### ALWAYS HAVE COMFORTABLE SHOES

When you go on a trip, slip walking shoes into your briefcase or tote bag rather than your luggage. You'll be more likely to walk around and explore the airport on a layover rather than sit down and eat. Keep comfortable shoes in your office so you can go out for a stroll at lunch. You might even store a pair in your car so you'll walk the ten blocks to go to lunch rather than drive them, says Hayes.

and you'll lose a pound a week by slicing 500 calories a day from your daily intake. So think ham or cheese sandwich instead of ham and cheese sandwich, says Miller-Kovach, of Weight Watchers. The same is true

in and play with the same enthusiasm they do. You will expend a tremendous amount of energy. And you will burn more calories in a shorter period of time than children will because an adult moves a greater

# HEALTHMAX® TREADMILL BEATS NORDICTRACK™! COSTS \$300 LESS!

Both **HEALTHMAX** and NordicTrack WalkFit give you an upper and lower body workout along with the superior exercise of a non-motorized treadmill. But there are 11 powerful reasons to choose **HEALTHMAX TREADMILL**:



**HEALTHMAX TREADMILL**



**NORDICTRACK WALKFIT**

Low Price	<b>YES</b>	<b>\$299</b> (plus \$59 shipping/handling)	<b>NO</b>	<b>\$599<sup>95</sup></b> (plus \$49.95 shipping/handling)
Superior Workout of a Non-Motorized Treadmill	<b>YES</b>	Non-motorized means you set the pace for a better workout and greater calorie burn. No motor means safety and no maintenance, too.	<b>YES</b>	NordicTrack knows they're on to something here. <b>BUT...</b> <b>HEALTHMAX</b> gives you as much and more for about 1/2 the price!
Total-Body Muscular and Cardiovascular Workout	<b>YES</b>	Works upper and lower body for most effective total-body workout. Ordinary treadmills only work lower body.	<b>YES</b>	<b>BUT...</b> Why would you pay \$300 more than <b>HEALTHMAX TREADMILL</b> ?
Full 44" Tread Length and 7 Incline Positions	<b>YES</b>	Long tread designed for running <i>and</i> walking. 7 different tread incline angles give a full range of workout intensity.	<b>NO</b>	Shorter 41 1/2" tread limits stride length machine can accommodate. Only 6 incline positions.
Variable Resistance on Arm Exercise Poles and Tread	<b>YES</b>	Adjusts to your personal resistance level with a simple twist of a dial. Arm pole resistance is 2-way — push <i>and</i> pull — for maximum workout.	<b>YES</b>	<b>BUT...</b> WalkFit costs almost <i>twice as much as</i> <b>HEALTHMAX!</b>
Adjustable Height on Arm Exercise Poles	<b>YES</b>	Adjust to fit your height for most effective workout.	<b>NO</b>	Not adjustable. You'll have to use the one height they give you.
Electronic Workout Monitor	<b>YES</b>	7-function monitor tracks your workout progress.	<b>YES</b>	<b>BUT...</b> Are you sure you want to spend \$300 more than <b>HEALTHMAX TREADMILL</b> ?
Pulse Monitor Included	<b>YES</b>	Monitors your heart rate for optimum — and safe — workout.	<b>NO</b>	Not included. To get one, you must pay an extra \$149.95 for their optional "workout computer."
Folds for Easy Storage	<b>YES</b>	Easily folds to just 49" long by 19 1/2" wide by only 11" high!	<b>YES</b>	<b>BUT...</b> When folded, it's still 52 1/2" long by 21" wide by a cumbersome 17" high.
Comes Virtually Fully Assembled	<b>YES</b>	Simply attach monitor and 2 knobs, and you're ready to go!	<b>NO</b>	Requires more extensive assembly.
Payable in Installments	<b>YES</b>	8 easy credit card installments of just \$37.38! (\$59 shipping/handling added to first installment.)	<b>YES</b>	<b>BUT...</b> You start paying \$169.90, then you must pay \$39.95 per month for 12 months, then a final \$34.54! (includes 12% interest)

## You set the pace for a superior upper and lower body workout!

Exercising your entire body simultaneously — the muscles in your arms, shoulders, back, chest, abdomen, but also your hips and legs — **HEALTHMAX** gives you a non-motorized muscular and aerobic workout that ordinary treadmills, rowers or exercise bikes can't match! And it does all this at a price that's *half* that of NordicTrack's WalkFit! Don't delay, pick up the phone and order your **HEALTHMAX TREADMILL** today. And while you're using it, you can think of all the things you can do with the \$300 you've saved!

CALL TOLL-FREE FOR A 30-DAY  
NO-RISK IN-HOME TRIAL:

**1-800-367-4534** Ext. 762-056

**HEALTHMAX**

47 Richards Avenue • Norwalk, CT 06857

© 1994 MBI

# A woman's HEART

Though cardiac disease is the leading cause of death in women, medical research has focused primarily on middle-aged men. So, when it comes to treating women heart patients, doctors are still dangerously in the dark. A special report. By Leslie Laurence and Beth Weinhouse

**T**hirty years ago, the American Heart Association (AHA) sponsored its first-ever conference on women and heart disease. The topic: how women could take care of their husband's hearts.

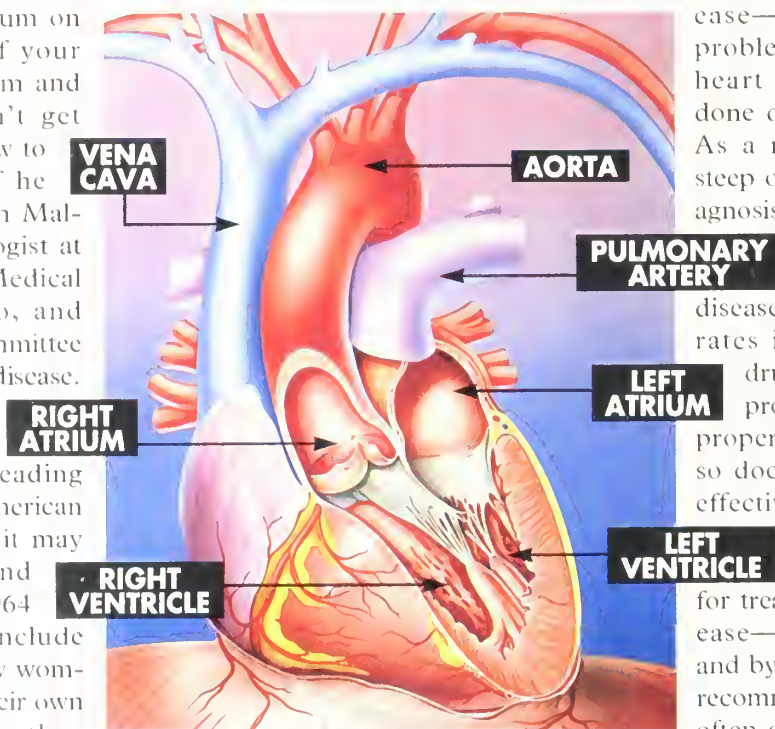
"It was a symposium on how to take care of your man: how to feed him and make sure he didn't get heart disease, and how to take care of him if he did," says Mary Ann Malloy, M.D., a cardiologist at Loyola University Medical Center, in Chicago, and head of an AHA committee on women and heart disease.

Considering that cardiovascular illness had been the leading cause of death in American women since 1908, it may seem surprising—and enraging—that the 1964 conference didn't include any discussion of how women could recognize their own symptoms or how they could look after their own hearts.

But what's even more shocking is that twenty-five years later—in 1989, when the AHA held its first real conference dealing with the

female heart—the level of awareness about heart disease in women hadn't increased all that much. Even now, cardiovascular illness is still widely perceived as a problem that affects men.

But consider these startling



**A heart attack occurs when the supply of blood to part of the heart muscle stops or is severely reduced. This happens because one or more of the coronary arteries is blocked**

statistics:

- More women die from cardiovascular disease—roughly 478,000 in 1993—than of all forms of cancer, which accounted for 237,000 deaths that same year.

- Among women, 46 percent of all deaths are due to cardiovascular disease; in men it's 40 percent.

- One in nine women between the ages of forty-five and sixty-four has some form of cardiovascular disease. This climbs to one in three after age sixty-five.

- An estimated 6,000 women under age sixty-five die each year of a heart attack. Twenty-five percent of them are under forty-five years of age.

Yet, despite these ominous numbers, the vast majority of research into coronary artery disease—the type of heart problem that causes most heart attacks—has been done on middle-aged men. As a result, women face steep obstacles to proper diagnosis, care and treatment.

Many of the tests used to detect heart disease have poor accuracy rates in women. The key

drugs for treating heart problems have not been properly tested on women, so doctors aren't sure how effective they are. Some of

the most effective interventions used for treating severe heart disease—such as angioplasty and bypass surgery—are not recommended for women as often as for men. And even

when they are performed, the procedures are not as successful in the female population—and doctors are not exactly sure why. "In every type of coronary (continued)

# NO APPOINTMENT NEEDED.



For advice on dealing with cholesterol, make an appointment with your doctor. To simply know your cholesterol number, there's no appointment needed. Introducing the Johnson & Johnson ADVANCED CARE™ Cholesterol Test. Measure your cholesterol at home in about 15 minutes with results as accurate as tests used by doctors and laboratories. There's no easier way to know your number.

**AS ACCURATE AS TESTS USED BY DOCTORS AND LABORATORIES.**

**SAVE \$2<sup>00</sup>** on

Johnson & Johnson  
**ADVANCED CARE™**  
**CHOLESTEROL TEST**

I would like to receive more cholesterol related information.

Name \_\_\_\_\_

Address \_\_\_\_\_ Apt \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

MFR COUPON EXPIRES 7/31/96



**DEALER:** This coupon good only on purchase of product indicated. Any other use constitutes fraud. **COUPON NON-TRANSFERABLE - LIMIT - ONE COUPON PER PURCHASE.** To the Retailer: Advanced Care Products Division, Ortho Pharmaceutical Corp. will reimburse you for the face value of this coupon plus 8¢ handling if submitted in compliance with JOHNSON & JOHNSON Coupon Redemption Policy CRP 2 dated August 10, 1992 and incorporated herein by reference. Cash value 1/20th of one cent. Send coupons to Advanced Care Products Dept. #0045 One Fawcett Drive, Del Rio, TX 78840



mm

hmm

hmm



NEW

HEALTHY CHOICE™ CEREALS FROM Kellogg

## A woman's heart

*continued*

disease, women have fewer diagnostic and therapeutic procedures than men do," says Nanette K. Wenger, M.D., professor of cardiology at Emory University School of Medicine, in Atlanta.

"We're very much in an infancy in terms of understanding heart disease in women," says Irma L. Mebane-Sims, Ph.D., an epidemiologist at the National Heart, Lung, and Blood Institute, a part of the National Institutes of Health, in Bethesda, Maryland. "Compared to men's hearts, women's hearts are still largely a mystery."

### OBSTACLES TO DETECTION

When a woman feels a lump in her breast, her first terrified thought is likely to be breast cancer, even though only one in ten breast lumps turns out to be malignant. But when a woman feels a pain in her chest, chances are she'll think she's got a touch of indigestion, has pulled a muscle or has been living under too much stress. The possibility of a heart attack, or any kind of heart disease, might never occur to her.

"Women are brought up to experience pain and not pay much attention to it," says Jane B. Sherwood, R.N., research coordinator at the Institute for Prevention

of Cardiovascular Disease at Deaconess Hospital, Harvard Medical School, in Boston. Accustomed to the discomforts of menstrual cramps and childbearing, women learn that pain is not necessarily a sign that something is wrong.

The result is that when many women start experiencing chest pain, they try to ignore it and continue with their usual activities. More than a third of all heart attacks in women go unnoticed or unreported by their victims (versus just over one quarter in men). "I've been amazed at what women accomplish after the pain of their heart attack started," says Sherwood. "One woman gave a dinner party for twelve people and didn't come to the hospital until it was over."

But such a delay can be deadly: Certain lifesaving procedures, such as administering clot-busting drugs, are most effective when begun within a few hours after the onset of a heart attack.

When women do finally see their doctors or show up in the emergency room, they are usually astonished to find out they have had a heart attack. Sherwood tells of women who, at the hospital in the midst of massive heart attacks, assess their pain on a scale of one to ten as "probably a three."

Partly because of such attitudes, physicians may not be properly alarmed when a female patient comes in complaining

of symptoms that might indicate heart disease. In fact, in many cases, doctors often dismiss chest pain in women as mere stress.

Sarah Johnson (name has been changed), forty-two, had a heart attack at her daughter's wedding. On the receiving line at church, she felt suddenly sick and dizzy with a funny feeling in her chest. But she didn't want to ruin her daughter's day, so she didn't tell anyone what she was experiencing. An hour later she ran to the bathroom and vomited. After she collected herself, she went back out to the celebration. It wasn't until the next day that Sarah, still feeling terrible, went to the emergency room. "A resident admitted the woman to the hospital because there were minor variations on her cardiogram," says the doctor who ended up treating her. "But I'm embarrassed to admit that the resident suspected the symptoms were caused by anxiety. He didn't even call in cardiology. The next day I was called to see the patient, and for me her cardiogram was classic for a heart attack—a small one. But that attending physician, the resident, all the people in the emergency room passed off this woman's symptoms as anxiety due to her daughter's wedding."

Unfortunately, Sarah's case is not an isolated one. Experts say that doctors often fail to detect heart disease in women



hmm...

MMMMM!

AFTER TASTING THE OTHER CHOICES, WASTE NO MORE TIME ON OTHER CEREALS. Eat with raisins, whole grains, and bran clusters. And love knowing that you're getting low fat and a good source of fiber. Kellogg and Healthy Choice made these cereals taste so incredible, this choice is simple. The hard part is choosing one of the three.



THE CHOICE IS SIMPLE.

© Kellogg Company © 1994 Kellogg Company  
TM and Healthy Choice trademark used under license from ConAgra, Inc.



biggest discrepancy occurs when a 60-year-old woman comes in complaining of something that could be disease, and a forty-year-old man comes in with the same complaints," says Audrey F. von Poelnitz, M.D., a cardiologist at Morristown Memorial Hospital, in Morristown, New Jersey. "Physicians react to the man but tell a woman it could be stress."

Even when a doctor is astute, though, women are still not assured of a proper diagnosis. Many of the tests used to detect disease are notoriously inaccurate for women. The treadmill stress test is a classic example. In this test, a patient runs on a motorized treadmill, which gradually increases in speed, while small electrodes attached to the chest measure the heart's electrical activity.

"Seventy-five percent of women have false positives, and twenty-five percent have false negatives, meaning that the treadmill stress tests give accurate results less than half of women," says Dr. Crouse, M.D., director of the Women's Cardiac Center at the Midwestern Heart Institute of St. Luke's Hospital, in Kansas City, Missouri. "The treadmill has a 70 percent accuracy rate in men. 'I don't think physicians are prejudiced, but I think the perception that heart disease is less common in women is partially due to the treadmill test.'"

Because this commonly used test has a high number of false positives (for both men and women), doctors must decide when to take the results seriously by referring patients for more sophisticated testing. But doctors are less apt to order further testing if the patient is a woman. In 1991, the American Medical Association's Council on Ethical and Judicial Affairs issued a report on gender

### FOR WOMEN ONLY: THE WARNING SIGNS

No doubt you've heard about the "typical" symptoms of a heart attack. It's classically described as feeling like an "elephant sitting on your chest." A key warning sign is a pain radiating down the left arm.

But you may be surprised to learn that those symptoms are typical for middle-aged men—not necessarily women. Doctors say that women are more likely to suffer from these symptoms:

- Vague abdominal discomfort
- Nausea and vomiting, fatigue
- Shortness of breath
- Arm and/or chest pain

disparities in clinical decision making. The report cited a 1987 study of 390 patients. Of those who had questionable results on an advanced type of treadmill test, men were ten times more likely than women to be referred for further testing.

### TREATING THE FEMALE HEART

Not surprisingly, considering the obstacles to proper diagnosis, by the time women finally receive treatment for heart disease, their prognosis is worse than men's. Nearly 40 percent of women die within a year after having a heart attack versus 31 percent of men. In part, it may be because of age: Women, who tend to get heart attacks after menopause, are older on average than male heart-attack sufferers. But another part of the explanation may be that women get less-aggressive cardiac care.

Sherwood's research, for instance, found that it takes longer for women experiencing complications after a heart attack to get transferred to a university teaching hospital for advanced treatment. "Women [have to] wait two days longer than men to get transferred [to a more sophisticated facility] if there are complications," she says. "Part of the reason women have a worse prognosis after a heart attack might be that they're not being treated as quickly. By the time they're treated, they're sicker." (continued)

continued

Sherwood says that leads to a vicious circle. "Physicians say they're reluctant to do interventions, such as bypass surgery, on women because they don't do as well," she says. "But women may not be doing as well because they are not having them soon enough."

Women are also less likely than men to be given clot-busting drugs, one of the most common treatments for heart-attack patients. (The drugs dissolve the blood clot responsible for the heart attack and prevents further damage to the heart muscle.) A study of nineteen hospitals in the Seattle, Washington, area reported that 26 percent of men versus only 14 percent of women received clot-busting medications after a heart attack. But even when women do receive the drugs, they may not respond as well. A Senate committee meeting reported a three-year study showing that when men and women get the best care possible after a heart attack—and get it within four hours—women are still more likely to die and more likely to suffer a second heart attack within a year. One hypothesis is that men and women react differently to clot-busting drugs and that perhaps the optimal dosage for women has not yet been determined.

Women don't fare as well when it comes to other interventions either. Angioplasty—in which a tiny balloon catheter is threaded into a blocked artery and then inflated, flattening the blockage—is one of the most common surgeries to prevent heart attacks from recurring. But studies looking at gender difference in this procedure have found that women are at a disadvantage. According to the AHA, women have more complications following this procedure. Part of this has to do with the fact that angioplasty has been perfected on male patients, who tend to have larger arteries than women. The smaller size of women's arteries has made the surgery more difficult. In recent years, as surgical instruments have been scaled down to women's size, doctors are reporting more success with angioplasty in women.

The same thing is beginning to happen with bypass surgery, which reroutes blood around a blocked artery. Once nearly twice as likely to die from the surgery as men, women now have better odds as surgeons have become more skilled. But it is still true that women are not being recommended for the lifesaving operation as often as men are: More than 70 percent of bypass operations are done on men.

Inadequate medical treatments, however, are only part of the reason that women heart-attack patients have a worse prognosis than men. Societal roles

are also to blame. Heart experts say that the wives of men heart-attack victims are eager to learn how to cook low-cholesterol meals and take care of their husbands, but women heart-attack patients rarely have that kind of support. In fact, Sherwood says women recovering from heart attacks often continue to care for others. She describes a patient who came in complaining of pain after her bypass surgery. When asked about her activities, it turned out the woman had been doing laundry for her twenty-five-year-old son. "I'm amazed at how many women have bypass surgery and still do major housework," Sherwood says.

### AN OUNCE OF PREVENTION

Besides inequities in diagnosing and treating heart disease, women are also hampered by a lack of knowledge about risk factors that lead to the disease in the first place. Take, for instance, the risk factor of high cholesterol, which is widely perceived to be a threat to a healthy heart: The Framingham Heart Study, one of the first studies to include women since it began forty-six years ago, found that in men, high levels of "bad" LDL cholesterol may predict future heart problems. Women, however, may be at risk if they have low levels of "good" HDL cholesterol. (Total cholesterol level includes both LDL and HDL.)

What this means is that the public-health message to keep total cholesterol level under 200 or less may not be relevant for women. Keeping total cholesterol down makes sense for men, because it ensures that LDL will be low, too. But a

### MAKE YOUR VOICE HEARD

As this article shows, women have been excluded from many of the studies into heart disease and other medical matters. To urge that future research focuses on issues unique to women, contact the legislators in Washington, D.C., who oversee funding for the National Institutes of Health, the government agency that allocates public money for scientific study.

- Write to Senator Edward Kennedy (D-Mass.), Chairman, the Committee on Labor and Human Resources, U.S. Senate, Washington, DC 20510; and Congressman William Ford (D-Mich.), Chairman, the Committee on Education and Labor, U.S. House of Representatives, 20515.

- You can also write to your state and local legislators in the U.S. Senate, Washington, DC 20510; and the U.S. House of Representatives, 20515.

high cholesterol in women may be harmful provided the HDL level is high. It may be that the ratio between the two components is more important than the total blood cholesterol level.

For women these findings call into question the current guidelines for prescribing cholesterol-lowering drugs and low-fat diets. Though the Framingham study, and others as well, continue to discover gender differences in cholesterol risks, the message that's still circulating is that it's important to get cholesterol levels under 200. Women have the right to ask: Important for whom?

That's not to urge women to stop consuming massive quantities of oil, butter and meat, however. For a number of reasons it probably does make sense for a woman to follow a low-fat diet. High dietary fat has been linked to breast and colon cancer, obesity and other health problems. But more research is needed to determine exactly how helpful a low-fat diet is in preventing heart disease in women.

High blood pressure is another major risk factor whose body of knowledge seems to be based solely on male data. Most experts feel that hypertension is more unhealthy for women as for men, although there is some doubt. For instance, some scientists feel that women with high blood pressure are less at risk because they are protected by estrogen, which helps make blood vessels more flexible.

But, when it comes to treating hypertension, a major risk factor, the lack of information on women is enough to make another blood pressure soar. "We need information about some very basic issues," says Jo Ann Manson, M.D., co-director of women's health at Brigham and Women's Hospital, in Boston. "We know from one study of hypertension that a reduction of systolic pressure [the top number reading] is important in both men and women in preventing heart disease and stroke. But there are other studies suggesting that there may be less of a benefit to treating women when the diastolic pressure [bottom number reading] is only mildly or moderately elevated. It may be a combination of how the blood pressure affects women, and how the drugs used to treat it affect them."

Weight gain is also generally considered to be a risk factor for heart disease. But in women, new studies are showing that the risk from excess weight may depend more on where it's carried than how much there is. Fat that clings to the hips and thighs—the classic female "pear shape"—may be less of a health risk than weight deposited around the stomach and abdomen, creating an "apple" shape in those whose tummies bulge but whose hips and legs are trim. While no medical experts (continued)

**HOW IT ONLY TAKES A FRACTION OF AN INCH TO ADD A WORLD OF COMFORT TO YOUR SHOES.**



**HIGH-TECH FOAM  
ABSORBS SHOCK  
AND PROTECTS FEET**

**6-MONTH  
GUARANTEE**

**BREATHABLE  
DESIGN**

**THIN AS  
A DIME**

Up until now, wearing heels and flats all day could be quite discomforting. Not any more. Now Dr. Scholl's has created a revolutionary line of Ultra Thin Insoles that are specifically designed to fit comfortably into your high heels and flats yet give your shoes more support, cushioning and greater comfort than thicker insoles. It's amazing how giving you something less gives you so much more.

WOMEN'S

**DrScholl's**

Ultra Thin

**DRESS**

Insoles

When you'll only feel the comfort

High tech foam absorbs shock and protects feet

6-month guarantee

Breathable design

Thin as a dime

**DRESS SHOES**

1 PAIR SIZE 5-10  
TRIM TO FIT YOUR SIZE

© Schering-Plough

*These are especially shaped with a narrow toe to fit your high heel shoes. And our ultra thin shock-absorbing foam gives you the additional support you need to make all your high heels as comfortable as they are stylish.*



*Ultra Thin design with rounded toe to fit your most stylish flats. And the soft topcloth keeps feet cool and comfortable even without socks.*

*The average elephant weighs 12,000 pounds. The average woman puts 250 times that much weight on her feet every day. That's why Dr. Scholl's created these revolutionary insoles.*

WOMEN'S

**DrScholl's**

Ultra Thin

**CASUAL**

Insoles

So thin you'll only feel the comfort

High tech foam absorbs shock and protects feet

6-month guarantee

Breathable design

Thin as a dime

**CASUAL SHOES**

1 PAIR SIZE 5-10  
TRIM TO FIT YOUR SIZE

© Schering-Plough



**Make life in your shoes more comfortable.**



## “My dancers come before my arthritis.”

Nothing makes me feel better than watching these kids' faces when they dance. So I try to ignore my arthritis. ArthriCare helps.

ArthriCare is the unique line of penetrating rubs made specially to ease minor arthritis pain.

Fact is, not even her doctor can name a leading rub that provides stronger relief.

Special care for the special pain of arthritis.

Triple Medicated  
for nighttime,  
Odor Free  
for daytime  
Use as directed



© 1993 Del Pharmaceuticals, Inc. a subsidiary of Del Laboratories, Inc.

## A woman's heart *continued*

believe that excess weight is desirable, they are still uncertain as to whether it is an independent risk factor for heart disease in women or whether instead it accompanies other problems.

Similarly, experts are not yet sure about the protective benefits of exercise: Roughly half of the studies done show a correlation between a sedentary lifestyle and heart risks; the other half shows no link between how much a woman exercises and her risk of heart disease.

Also subject to debate is the advisability of hormone-replacement therapy (HRT) after menopause to help prevent heart

disease. Though most studies have shown that it lessens the risk of heart disease, it may increase the chance of developing certain types of cancers. But studies on the cancer risks associated with HRT have not been conclusive. So women have to decide about the benefits versus the risks of hormone therapy based on incomplete—and often conflicting—evidence.

Finally, medical experts are still not completely sure if aspirin holds the same protective benefits for women that it does for men. In 1988, a large-scale study showed that a small amount of aspirin (one half to one tablet) each day could lower the risk of heart disease. But since all study participants were men, doctors were at a loss as to what to

tell their female patients who they asked if taking aspirin could protect them from heart attacks, too.

In an attempt to play catch-up and provide an educated answer, researchers at Harvard—where the men's study was done—analyzed data collected on 88,000 women. They found that the women who reported using one aspirin per week had a lower rate of heart attacks than among those who took (or more) aspirin than that, so it appears that aspirin protects women, too. Since this was not as extensive a study as the one done on men, the data on women is not considered as reliable as the study on men. And because aspirin is known to increase the risk of strokes, more information is needed for women to make an informed risk-versus-benefit decision.

## ON THE RESEARCH HORIZON

Fortunately, researchers have begun to get more definitive answers for women. A look at articles in *Circulation* published by the American Heart Association, found that in 1973 there were seven men for every woman included in studies reported by the journal. By 1992, the ratio was three to one.

There are also a number of important new trials under way. The Women's Health Study, launched at Harvard Medical School in 1992, is looking for factors that may protect women against heart disease. The Women's Health Initiative, a large and ambitious study by the National Institutes of Health, is examining the effects of cholesterol-lowering drugs and female hormones on cardiovascular disease. But definitive answers are still years away. “I think we'll be lucky if we can say we know as much about women's hearts as men's by the turn of the century,” says Loyola's Malloy.

Until this research begins to provide useful information, women will have to act on existing knowledge, which is sometimes sketchy and often inconclusive. And until the unanswered questions about women and heart disease are addressed, women cannot afford to be complacent. The subject of women and heart disease needs to be kept in the forefront of physicians' and women's consciousness. Physicians need the information necessary for proper diagnosis and treatment, and women need the knowledge necessary to protect themselves from heart disease as they age. Concludes Manson of Brigham Young Women's Hospital: “The key point is that heart disease is a woman's disease at least as much as it's a man's disease. That's something that women, and physicians, must always keep in mind.”

*Leslie Laurence writes a nationally syndicated column on women's health. Beth Weir is a writer specializing in health and medicine.*



THEY SPENT YEARS PERFECTING  
THEIR CHICKEN SCALOPPINI.  
YOU COULD SPEND AS LONG  
GETTING A TABLE.  
BUT NOT TONIGHT...



CHICKEN SCALOPPINI  
WITH LASAGNA



GRILLED CHICKEN SALSA



BOW TIE PASTA & CHICKEN

# THE SPECIALTY OF THE HOUSE IS NOW AT YOUR HOUSE

Introducing Cafe Classics™ from Lean Cuisine®.

Nine delicious entrees inspired by restaurant cuisine.

Each grilled or roasted with innovative herbs, spices,  
glazes or sauces. Each low in fat and, amazingly, still

under 300 calories. Quite simply, you no longer have

to go out for food that's out of this world.

NEW

*Cafe Classics*



# YOUR TABLE IS WAITING



CAJUN CHICKEN  
with toasted coconut  
almond rice



SIRLOIN BEEF PEPPERCORN  
with redskin potatoes  
and vegetables



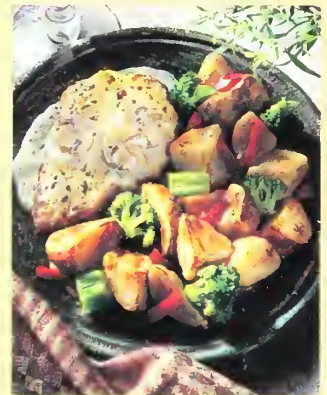
CHICKEN  
MEDITERRANEAN  
with vegetables over  
angel hair pasta



CHICKEN CARBONARA  
with turkey bacon and  
mushrooms over pasta



CHICKEN PICCATA  
with Parmesan rice  
and vegetables



HERB ROASTED CHICKEN  
with potatoes & vegetables  
in creamy herb sauce

## Cafe Classics





Carlos lives in a  
 a poor shack in  
 Guatemala and  
 lives on the dirt  
 floor. His family  
 cannot afford the  
 nutritious food or  
 medical attention  
 he needs.



Little Melonie  
 lives in a disease-  
 infested area of the  
 Philippines. She  
 desperately needs  
 nutritious food,  
 medicine for her  
 asthma and a  
 chance for an  
 education.

## Choose a boy or a girl for only \$10 a month! And become a sponsor with no money down!

Now you can sponsor a boy like Carlos or a girl like  
 Melonie for only \$10 a month!

This sponsorship program is designed for Americans  
 who are unable to send \$20, \$22, or \$24 a month to help a  
 boy or girl.

And yet, this is a full sponsorship program because for  
 each month you will receive:

• a 3 1/2" x 5" photograph of the child you are helping,  
 • two personal letters and an updated photo from your  
 child each year.

• a complete Sponsorship Kit with your child's case  
 history and a special report about the country where  
 your child lives.

• issues of our newsletter, "Sponsorship News."

### All this for only \$10 a month?

Yes — because we look for ways to keep costs down  
 without reducing the help that goes to the child you sponsor.  
 For example, your child does not write each month, but  
 letters a year from your child keep you in contact. And, of  
 course, you can write to your child just as often as you wish.

### You can make a difference!

\$10 a month may not seem like much help to many  
 Americans, but to a family living on an income of \$1.50 or  
 less a day, your help can make all the difference in their  
 lives.

Will you sponsor a child? Your \$10 a month will help  
 them so much:

• provide emergency food, clothing and medical care,  
 • provide a chance to attend school,  
 • provide help for the child's family and community.

### A child needs your love!

Here is how you can help sponsor a child immediately  
 for only \$10 a month:

1. Just mark the "No Money Down" box in the coupon

check whether you want to sponsor a boy or girl, and the  
 country of your choice.

2. Or, mark the "Emergency List" box and we will  
 select a child who most urgently needs a sponsor.

3. Of course, you can send your first monthly gift of  
 \$10 today and we will immediately assign a child to your love  
 and care.

Then in just a few days you will receive your child's  
 name, photograph and case history.

May we hear from you?

## Sponsorship Application kbw

"No Money Down!" Please send me a photograph and case  
 history of a child who needs my help. If I decide to help  
 this child, I will send \$10 a month.

I prefer a  Boy  Girl  Either.

Country preference:  India  The Philippines  Thailand  
 Chile  Honduras  Dominican Republic  Colombia  
 Guatemala  Ecuador  Special Holy Land child program

Yes, I wish to sponsor a child right now. Enclosed is my  
 first payment of \$10. Please assign me a  Boy  Girl  
 Either from the country list above.

OR, choose a child who most needs my help from  
 your EMERGENCY LIST.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

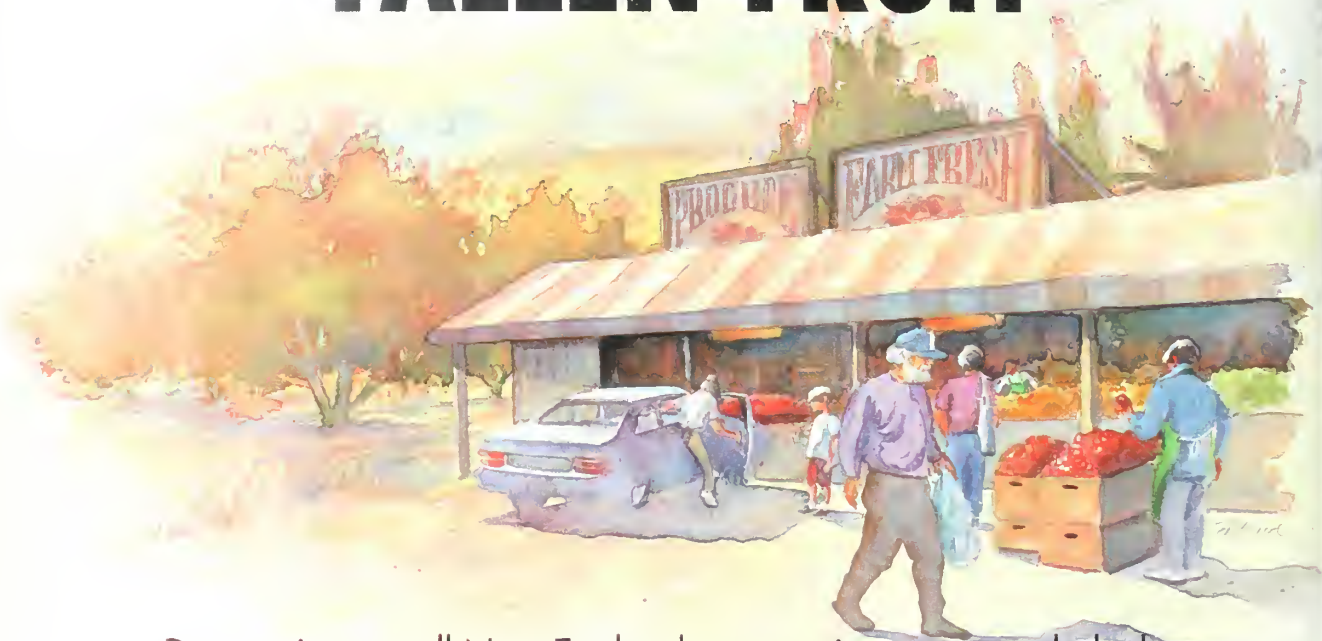
Please forward your U.S. tax-deductible check, made payable to:

## Children International®

Joseph Gripkey, Chief Executive  
 2000 East Red Bridge Road • Box 419413  
 Kansas City, Missouri 64141

A worldwide organization serving children since 1936.  
 Financial report readily available upon request.

# The case of the **FALLEN FRUIT**



Doctors in a small New England community were puzzled when first one youngster, then another, was gripped by a mysterious infection. And it would take some shrewd detective work before they traced it to a surprisingly simple source. By Jonathan A. Edlow, M.D.

**I**t began no differently from any ordinary stomach bug. Peter and Michele Burdick had just spent a quiet Sunday together in their home in Somerset, Massachusetts, a small town about sixty miles outside of Boston. It was early November 1991, and fall, like the blazing orange, red and gold colors of the leaves, was at its peak in the quiet New England town.

The Burdicks were about to put their three-year-old daughter, Emily, to bed when she began to complain of stomach pains. They noticed that she also had a little diarrhea. Since Michele, twenty-eight, was experiencing some minor stomach cramps of her own,

they figured it might have been just something they ate.

But to the parents' growing concern, Emily did not get better the next day. "That evening," Michele recalls, "I noticed some blood in her stool." The little girl had also started vomiting. Worried, Michele called her husband at work. Peter, twenty-nine, had been laid off from his job as a hospital security guard and was temporarily working the night shift on an assembly line at a local fabric mill. They called their pediatrician, Walter Rok, M.D., and made an appointment for the next day.

On Tuesday, the doctor examined Emily and, as a precaution, arranged for her to have blood

tests and X rays taken at the nearest hospital, St. Anne's, in Fall River. After the tests were completed, Michele made an appointment for a follow-up visit, and they went home to await the results of Emily's tests.

Later that afternoon, things took a turn for the worse. Emily's trips to the bathroom had become more frequent. "She was crying a lot and asking me to sit with her in the bathroom so she could rest her head on my lap," Michele recalls. But Michele was not in good shape herself. Preoccupied with her daughter's illness, she had not paid attention to her own upset stomach. But now, she found that she could no longer ignore *(continued)*



## Are you looking at a 63-year-old woman with osteoporosis?

Right now, and until she's in her mid-40s, it's impossible to detect. But osteoporosis makes her a prime candidate for osteoporosis in later life. And years of lack of exercise and poor posture can complicate its severity.

The good news is that a physical therapist can help a great deal. Through a combination of weight-bearing exercises and posture training, bone density can be increased, muscle strengthened, and posture improved.

The fact is, physical therapists are good people to know. They're educated and trained in understanding how all the parts of your body work together. And in using their hands to evaluate and treat pain. To find out more about physical therapy for osteoporosis, call **1-800-055-7848**.

**Put your health in the hands  
of a Physical Therapist.**

Name

Address

City  State  Zip

For more information and a brochure on  
osteoporosis send to

American Physical Therapy Association

P.O. Box 37257

Washington, D.C. 20013



## The case of the fallen fruit

*Continued*

the pain. "My cramps seemed to worsen as the hours went by," she says. "Then, I also developed diarrhea. My pains were so severe that it got to the point where I couldn't assist Emily." Peter, meanwhile, had gone to work. When he called his wife and daughter to check on them, Michele, who didn't want to panic her already worried husband, told him that they were feeling worse but assured him that things would be all right. That night, Emily and Michele stayed on the couch because it was closer to the bathroom; neither got much sleep. As dawn approached, each bowel movement Michele and Emily had became progressively bloodier. When Peter came home from work the next morning, he found his wife and



**Michele and Peter Burdick and daughter, Emily. (At six, Emily shows no ill effects from her bout with HUS)**

daughter dehydrated. He rushed them to the hospital.

### SEARCHING FOR CLUES

Doctors began to hunt for the cause of Emily's and Michele's illness—and began to hit dead ends. They explained to Peter that his wife and daughter had lost substantial amounts of blood, and that initial stool cultures ruled out salmonella, shigella and campylobacter—bacterial infections that are the more common causes of bloody diarrhea. In the meantime, Emily's condition was getting worse. By Friday, the situation was critical: Her kidneys began to shut down.

Roughly 25 percent of the body's blood flow is pumped through the kidneys, which filter it to remove waste products. The kidneys' function is vital to the human body: If waste is not removed properly from the body, death could result. So, when Rok (who was now in charge of her case) saw that Emily's levels of urea nitrogen and creatinine—two waste products produced by the body

that doctors routinely measure to check kidney function—were abnormally high, he knew her life was in danger.

When tests ruled out the most common causes of kidney failure—the heart not pumping enough blood to the kidneys, or a blockage in tubes leading urine out of the body—Rok began to suspect damage to the kidneys. Two clues led him to think that Emily was suffering from a rare disease called hemolytic-uremic syndrome (HUS). First, when he examined Emily's blood cells under the microscope, Rok noticed that the red blood cells appeared broken up, or hemolyzed. (HUS is a disease that destroys red blood cells and the lining of blood vessel walls.) Second, Emily was exhibiting a symptom of the type of HUS that affects young children: bloody diarrhea.

HUS can be a fatal disease. Some patients develop neurologic symptoms including seizures and coma, and about 6 percent of patients die. Rok's next move was clear: He arranged for Emily to be transferred to Children's Hospital, in Boston, where pediatric kidney specialists and dialysis facilities were available.

### KEEPING VIGIL

The doctors at Children's Hospital performed further tests. They inserted a catheter (a long, thin tube) into Emily's bladder to measure her urine output. They also drew blood and started an intravenous line, things that might otherwise have bothered this lively little girl. But "Emily was too exhausted to put up much fuss," says Peter.

The doctors also prepared Emily for dialysis, a life-saving procedure for people whose kidneys are not functioning. During dialysis, a patient's blood is pumped out through a catheter and into a dialysis machine, which acts like an artificial kidney by removing waste products from the blood. Then, the purified blood is returned to the body.

Michele, meanwhile, was still hospitalized with her own form of the illness. Though she wasn't in as serious shape as Emily (she had no kidney problems), she was still losing blood and was unable to eat. In addition, she was fraught with anxiety about her daughter. "I was very worried about Emily, and I felt helpless in not being able to be with her," she says.

Peter, meanwhile, kept a constant vigil over his daughter, while worrying about his wife. He talked to Michele's doctors several times a day. "It was a very rough time," he says. "Michele was in the hospital and couldn't be with us, and Emily seemed to be getting worse."

After surgery to insert a dialysis catheter under her collarbone, Emily developed a fever and had to be watched in the intensive-care unit for a

day and a half. While there, she received dialysis treatment. "Emily had to be very still in an uncomfortable position for the dialysis," remembers her father. "The main thing she hated was the bandage covering the catheter, which was removed, because it was very painful. We bought her a puppet—Clifford the Big Red Dog—and that was an idea. Clifford occasionally got a laugh out of Emily." The little girl liked to make believe that everything that was happening to her also happened to the red dog. Bandage changes, blood-pressure monitoring and blood drawing.

### A GROWING MYSTERY

Meanwhile, back in Fall River, it was becoming clear that the Burdicks' case was not an isolated case. Another girl, also one of Rok's patients, was admitted to St. Anne's. Twenty-month-old Margaret Carvalho was remarkably similar to Emily: She, too, was suffering from bloody diarrhea and dehydration, and a few days after she went into the hospital, Margaret's kidneys also began to fail. "So I called back on the phone to Boston," says Rok, who had not seen a single case of HUS in his eight years of private practice. Now, he was dealing with what appeared to be his second case within the space of a few days. Less than a week later, two more girls—sisters who were patients of another Fall River pediatrician—were diagnosed with HUS and transferred to Children's Hospital.

A few days later, doctors at St. Anne's hit upon a key piece of information: Stool cultures from three of the four Fall River girls, including Michele Burdick and Margaret Carvalho, were positive for E.coli, serotype O157, the bacteria often found in food such as undercooked hamburgers. E.coli, salmonella, shigella and campylobacter is also known to cause bloody diarrhea. And the clincher: HUS is thought to be caused by infections from bacteria such as E.coli. Peter and Michele Burdick also tested positive for the bacteria. Peter never showed any symptoms of infection (doctors never figured out why, but they think it's likely that Peter was strong enough to fight off the bacteria), and Michele, who did get sicker, never experienced kidney failure. In fact, adults are less prone to developing HUS than young children.

To Melanie Kim, M.D., then director of the General Renal Program at Children's Hospital, the sudden rash of HUS cases in late fall seemed very unusual. She was the head of a regional referral network. Kim normally saw no more than an average of twelve cases of HUS per year in the entire New England region, but they clustered around the summer months when people barbecue and (continued)

# NEWS ABOUT MIGRAINE

## DOESN'T HAVE TO MEAN MISSING OUT ON LIFE.

Today, thanks to new medical research, doctors have a better understanding of migraines. We now know that a migraine is more than just a "bad headache." It has a unique set of biological and physical symptoms.

These symptoms include at least two of the following: pain on one side of the head, throbbing pain that's moderate to severe, pain that's aggravated by activity.

Other symptoms also include one of the following:

Sensitivity to light and/or sound, or

Nausea with or without vomiting.

Doctors also have a better insight

on how much a migraine can affect

you and everyone around you. Today

doctors can diagnose migraine better;

they can provide treatment pro-

grams that are surprisingly effective.

Now you can live more of the life you

want. But only a doctor can give you the

full story. Call your doctor today.



*What hurt worse than my migraines was missing time with Carrie. But now we do so much more together since I saw my doctor.*

**CERENEX™**

PHARMACEUTICALS

DIVISION OF GLAXO INC.

Research Triangle Park, NC 27709

**BEFORE YOUR NEXT MIGRAINE, CALL YOUR DOCTOR.**

## The case of the fallen fruit

continued

eat undercooked hamburgers and other meats that may lead to an E.coli infection. "To see four cases from the same small town in November was quite striking," remembers Kim. And, in addition to the four girls from Fall River, there were two more children in Kim's unit with HUS—one from northern New England and another from Boston. "We notified the Massachusetts Department of Public Health," she says.

Given the possibility that they were dealing with a widespread infection, the state health department called in the federal Centers for Disease Control and Prevention (CDC), in Atlanta. Investigators from both agencies went into action: First, they sent out notices to pediatricians, family practitioners and medical laboratories in the Fall River region to track down other cases of E.coli that hadn't yet been identified. Then they catalogued everything that the patients and their families had eaten and drunk, and compared their list to the list of foods that the neighbors who were not sick had consumed. To their surprise, the obvious high-risk foods—chicken or hamburger—were ruled out as the source of the E.coli bacteria. Instead, something else, something they hadn't expected to find, emerged as the chief suspect: The people who tested positive for E.coli were far more likely than their neighbors to have drunk apple cider!

### CLOSING IN

Apple cider is a raw, unprocessed product that is made by grinding apples into a pulp called pomace, which is then put onto a press cloth that is held in place by a wood frame. A hydraulic press squeezes the pomace, and the cider trickles out. Unlike apple juice, it is neither filtered nor pasteurized. Nevertheless, investigators were surprised to find themselves looking at apple cider; because it's very acidic, it doesn't easily harbor bacteria.

After apple cider became suspect, the investigators went back to the patients to find out where they had bought the beverage. The majority remembered buying it at a local apple orchard. When investigators paid a visit to the orchard, they found what they had been looking for: a small red shed that housed a traditional wood cider press. The investigators learned from the staff that during the fall the orchard produced one to two batches of fresh cider each week.

Most of the apples used for the cider were "drops," or apples that had fallen off the trees. The apples, the investigators also learned, hadn't been washed and were stored in open bins. Though that was against state regulations, a

subsequent survey of cider producers showed that, among small cider-makers, these practices were fairly common, as was the practice of using "drops." But what really piqued the interest of the investigators was their discovery that deer—a common carrier of E.coli—grazed in the orchards from which the dropped apples came.

The investigators cultured the animals, the employees, the wood cider press and the water used in the process, but they weren't able to track the bacteria to a specific source. They believe, however, that the most likely source of contamination was the waste from the deer, which had mixed with the dropped apples. Why wasn't the E.coli bacteria found in the animals themselves? As one investigator explained, "Animals tend to shed the bacteria for short periods of time."

In all, with the help of local doctors, CDC investigators identified a total of twenty-three cases of the E.coli diarrhea in the Fall River region. Experts note that it could have been much worse and say they believe it wasn't because only one or two batches of the cider had been contaminated. The investigators went on to prove that E.coli can live in cider for much longer than anyone had thought. In their final report, they recommended that consumers avoid cider made from apples that haven't been brushed and washed. (Since no government regulations currently mandate cider-makers to state on their labels how their cider was made, the best way to find out is to ask the manufacturers themselves.)

### EMILY RECOVERS

As for the Burdicks, Michele recovered after five days in the hospital. She was discharged from St. Anne's in time to be at her daughter's bedside for some of her dialysis treatments. Emily's condition gradually improved, and she was discharged in early December—more than three weeks since the ordeal began. To her family's relief, she did not require any more dialysis treatments. The other Fall River girls also recovered fully.

Today, Emily is a happy and healthy six-year-old. When she is asked what she wants to be when she grows up, she is more certain of her answer than most children her age: a doctor. "She plays with her doctor kit," says Peter, "and she tells me I can be her nurse and work for her when she's a doctor." She's also come away with something else from her experience: Emily no longer drinks apple cider. ■

*Jonathan A. Edlow, M.D., practices emergency medicine in Cambridge, Massachusetts, and writes fiction as well as articles on health.*

## SPA GETAWAY CONTEST OFFICIAL RULES

As seen on page 52

1. On a 3½x5-inch postcard print or type the following information: name, address, city, state, zip code, phone number, age, social security number, occupation, signature. Attach a photograph of you following to your entry card: a description of your best de-stressing tip (in forty to fifty words).
2. Mail entry to *LADIES' HOME JOURNAL*, Spa Getaway, 100 Park Avenue, Third Floor, New York, NY 10017. All entries must be received by October 31, 1994. No responsibility is assumed for lost, late, incomplete or misdirected mail. Prize awarded in any prize notification letter returned as undeliverable or not responded to within ten (10) days of receipt shall be awarded to an alternate winner. One entry per family household allowed.
3. The contest is open to any resident of the United States who is 18 years of age or older except employees and their families of Meredith Corporation, its agencies, affiliates, and subsidiaries.
4. Included in the prize: one week's (7 day, 7 nights) vacation for two at The Colony Beach Tennis Resort in Longboat Key, Florida. Approximate retail value of spa getaway is \$3,000. Included, accommodations in a deluxe suite during a time convenient for hotel, one (1) hour massage, one (1) hour-and-a-half herbal wrap treatment, one (1) private tennis lesson, one (1) hour with a personal fitness trainer, one (1) body composition analysis, and one (1) complete health, nutrition and fitness profile. Round-trip airfare to and from Longboat Key, Florida (winner is responsible for transportation to and from nearest major airport), also included. Winner's travel companion must sign travel liability release. All personal expenses are sole responsibility of winner. Some travel restrictions may apply. Rules must be taken by December 31, 1995.
5. All entries and materials submitted become property of *LADIES' HOME JOURNAL* and will be returned or acknowledged. The best de-stressing tip will be judged on content, clarity of expression, interest to our readers and general appeal. Entries must be original and not previously published. The winner will be selected by a panel designated by *LADIES' HOME JOURNAL*. The decisions of the judges are final. We will entertain no correspondence or phone communication about the contest or judging. *LADIES' HOME JOURNAL* reserves the right to edit the de-stressing tip.
6. Winner will be selected and notified by mail by December 31, 1994. Winner must consent to be available at the request of *LADIES' HOME JOURNAL* to participate and render services: photography/taping sessions and media interviews. She also agrees by entering the contest to grant *LADIES' HOME JOURNAL* the right to use her name, photo, and voice in connection with editorial, public relations, promotional and advertising purposes, unless prohibited by law. Winner must sign an affidavit of eligibility and release consenting to the use of her name, photo, and a statement confirming the right to grant *LADIES' HOME JOURNAL* to the de-stressing tip.
7. All federal, state and local laws and regulations apply. Void where prohibited. Applicable taxes are the sole responsibility of winner. Prize is not exchangeable or transferable. No substitute of prizes except at the discretion of *LADIES' HOME JOURNAL*. For winner's name and address, send a separate self-addressed stamped envelope after January 14, 1995, to *LADIES' HOME JOURNAL*, Spa Getaway Winner List, 100 Park Avenue, New York, NY 10017. PURCHASE NECESSARY.



Even if there are other solutions,  
there are none so elegant as this.

# ONEIDA

Item shown: Eden.

The very latest in health today. By Sally Squires

## A QUICKER LYME DIAGNOSIS

An easier way of detecting Lyme disease may be on the horizon: Scientists have found a way to identify an antibody produced by the immune system to fight off this disabling illness.

Currently, doctors detect Lyme disease through tests of various immune-system responses. But these tests can take months or even years to show conclusive results, and they have a high rate of false negatives and false positives.

Now, though, doctors say they have learned to identify the specific antibody produced in response to outer-surface protein A, a component of the Lyme bacteria. This is likely to lead to a new blood test for the disease.

"The test could be done when the disease is in its earliest stages," says Steven Schutzer, M.D., an immunologist at the University of Medicine and Dentistry of New Jersey, in Newark, whose research team made the discovery. "And this would allow for quicker and more effective treatment."

## A SIMPLE REMEDY FOR YEAST INFECTION

The standard cure for yeast infections has been a vaginal cream, applied daily for at least a week. But now there's an easier remedy: a pill that's taken just once.

In tests, the drug, Diflucan, also known as fluconazole, wiped out yeast infections in nine out of ten women, according to Doris Brooker, M.D., assistant professor of obstetrics and gynecology at the University

of Minnesota, in Minneapolis, who directed the research. As a result, the federal Food and Drug Administration recently approved the drug as the first one-dose, oral treatment for vaginal candidiasis.

Unlike vaginal creams, which are available over the counter, Diflucan must be prescribed by a physician and is more expensive than other available remedies.

## AVOIDING DANGEROUS DRUG COMBINATIONS

As more prescription medicines become available in over-the-counter forms, patients are increasingly likely to treat themselves. In doing so, they're raising the risk of potentially dangerous drug interactions.

To help educate consumers about potential problems, the Council on Family Health and the National Consumers League have created a brochure, "How to Prevent Drug Interactions."

The publication features a chart showing dangerous drug combinations and provides questions for patients to ask their doctors.

Send a stamped, self-addressed envelope (business size) to: the Council on Family Health, Box 307, Coventry, CT 06238.

### EXTRA FROM THE JOURNAL OF WOMEN'S HEALTH



## MOTHERS SATISFIED WITH MIDWIVES, STUDY SHOWS

New York, surveyed 461 new mothers—285 of whom had been under the care of a nurse-midwife during pregnancy and delivery, and 176 of whom had been under a physician's care. They

found that the babies in both groups were just as healthy, and that the rate of caesarean sections was also similar. Furthermore, they found that those who had been cared for by a nurse-midwife rated themselves as more satisfied overall with the birth experience than women who

had been cared for by a physician.

"This suggests that using nurse-midwives is an option that should definitely be available to all women," says Cassandra E. Henderson M.D., who worked on the study.

As efforts to cut health-care costs step up, the use of nurse-midwives in uncomplicated deliveries is becoming widely available. According to the American College of Nurse-Midwives, the number of women using midwives in hospital births jumped from 56,000 in 1981 to 158,000 ten years later.

—KATHERINE LEI

Women whose childbirths are assisted by midwives have as good an experience as—and sometimes an even better one than—when they're cared for by doctors, a new study shows.

Researchers at the Albert Einstein College of Medicine, in the Bronx,



*"I was  
using a maxi  
for light  
bladder control  
protection.  
Until now."*

SUZANNE BLOCK  
A WOMAN WITH POISE



Poise Pads are about the same size as the leading maxi pads, but Poise gives you superior protection because they are made exclusively for bladder control. Poise Pads lock liquid into a gel that won't leak. You feel more confident. And Poise Pads are curved and feminine soft for added comfort. Look for Poise Pads next to Depend® Products.

*Consult your doctor about bladder control problems.*



MAXI PAD

POISE PAD

POISE PADS  
LOCK LIQUID IN.



AVAILABLE IN REGULAR, EXTRA AND  
NEW EXTRA PLUS ABSORBENCIES.

FINALLY, THE PROTECTION YOU NEED, THE SIZE YOU WANT.

**COTY**

**AIRSPUN  
LOOSE FACE  
POWDER**

LIGHT AS AIR.  
LUXURIOUS AS  
VELVET. FLAWLESS  
PERFECTION. IN  
14 COMPLEXION-  
MATCHED SHADES,  
TO MAKE MAKING  
UP . . . SHEER  
INDULGENCE.



BERENICE IS WEARING AIRSPUN LOOSE POWDER IN  
MUTED BEIGE AND COTY 24 LIPSTICK IN LASTING BRONZE  
1994 COTY INC. N.Y. NY

THE TOUCH  
THE FEEL  
THE FINISH

NATURAL

SENSUAL

INNOCENT

PASSIONATE

ROMANTIC

MYSTERIOUS

VANILLA



VANILLA  
*Musk*  
by COTY

*Musk*

A NEW FRAGRANCE OF  
EXTRAORDINARY ELEGANCE.



# UNDER THE INFLUENCE

You might think that an impartial jury decides whether a defendant is innocent or guilty. But, that's not always the case. A shocking report on what really goes on in the courtroom. **By Mark Stuart Gill**

**F**rom years of hearing and reading about court cases and, more recently, watching Court TV, most of us are familiar with the main players in a trial: the judge, the jury, the lawyers for the prosecution and the defense, the defendant. But there's a powerful figure behind the scenes that most of us don't know about—an authority who helps to influence the outcome of many high-profile cases.

These experts are jury consultants—and the work they do is as crucial as any lawyer's task. For instance, Jo-Ellan Dimitrius, a forty-year-old jury consultant in Los Angeles, has helped win favorable verdicts in many of the cases she's worked on. In fact, so highly thought of are her talents that, as the *Journal* went to press,

Dimitrius had just been named as the jury consultant for O.J. Simpson's defense team.

Dimitrius and a growing breed of jury, or trial, consultants—social scientists who, for the most part, have no legal degrees—are dramatically changing the way cases are tried, and won, in this country. Typically, Dimitrius is hired by one side in a trial for a fee of \$1,000 to \$3,000 a day. She conducts surveys and focus groups in the trial jurisdic-

tion to search for clues to attitudes that might work against her client. Then she psychologically analyzes prospective jurors. Finally, she predicts the verdicts those jurors will deliver.

Almost every famous trial in the past few years has used such consultants. These experts have been thrust into the middle of some of the most controversial social issues being played out in our courts, including police misconduct, medical malpractice, sexual abuse and harassment, women's self-defense crimes, employee discrimination and wrongful termination. Today not only do consultants help select jurors, they analyze a case's strengths and weaknesses from jurors' perspectives, and identify themes and witnesses worth developing or discarding.

"Jury consultants are to the courtroom what fax machines are to the office," says one attorney. "They are the most creative, innovative and necessary force to handle trials since court reporters."

Other legal experts are less en-



**Jury consultants now work on many top trials—including the cases of Lyle and Erik Menendez and the O.J. Simpson case**

thusiastic. Elic Spitzer, an ex-prosecutor in New York City, complains that more time is spent selecting juries than listening to evidence in the trial. An-

some worry that this very cornerstone of our legal system is under attack. Instead of unbiased individuals sitting in judgment, they say, behavioral marketing experts armed with statistics are stacking juries in their clients' favor.

Trial verdicts in recent years seem to bear this out. *(continued)*



Ask your doctor about a trial of  
**CLARITIN.**

Once-a-day, 24-hour relief, from your  
seasonal nasal allergy symptoms,  
that won't make you drowsy.

**Doesn't cause** without drowsiness. In studies, the  
incidence of drowsiness was similar to placebo, or  
sugar pill, at the recommended dose. Drowsiness may  
occur if you take more than the recommended dose.

**Clear relief** for 24 hours. One dose per day provides  
effective relief from seasonal nasal allergy symptoms.

**Doesn't cause** with low occurrence of side effects. Side  
effects occurred about as often as they did with  
placebo (sugar pills). Most common were headache,  
occurring with 12% of people; drowsiness, 8%;  
fatigue, 4%; and dry mouth, 3%.

**Available by prescription only.** Call 1-800-CLARITIN  
for a \$5.00 coupon and important free information  
about seasonal nasal allergy relief.

Notify your doctor of other medication(s) you are currently  
taking.

Consult your doctor for important information concerning  
this product.

Once-a-day

**Claritin.**

10 mg (loratadine)  
TABLETS

**Clear Relief**

Please see following page for additional important  
information.

Schering / KEV

Copyright © 1994, Schering Corporation, Kenilworth, NJ 07033.  
All rights reserved.  
CR-877/17990004 2/94 Printed in U.S.A.

## Under the influence

continued

Jo-Ellan Dimitrius, who began her career with a Ph.D. in criminal justice and uncanny intuition, consulted two years ago with lawyers for the four officers in the first Rodney King beating trial. In that case, the jury did not convict any of the officers. Later, for the black defendants who were acquitted of attempted murder in the beating of truck driver Reginald Denny during the Los Angeles riots used a jury consultant. In the murder trial of Eric and Lyle Menendez, a jury consultant helped craft a strategy for choosing jurors that resulted in two hung juries. Lawyer William Kennedy Smith initially wanted to move his 1991 trial to another county. But a jury consultant's study showed that Palm Beach residents were more likely to believe Smith's innocence than other Floridians. Smith was acquitted.

Consultants claim they produce these victories by combining social-science research methods with good communication skills. Not surprisingly, the majority of consultants are male. "Women have an intuition and sensitivity to courtroom," says Robert Hillhorn, a Galveston, Texas-based jury consultant and attorney. Women employ statistical analysis but they also bring working knowledge of body language. They use psychological evaluation but can also give advice on what color suits makes a defendant look innocent.

Dimitrius insists that all of this is done in a climate where juries are predisposed toward conviction and absorption about 15 percent of what is said. "For people enter a courtroom thinking a defendant is guilty because he was arrested," she says. "Before a trial an accused gets treated the press with all sorts of gossip would never be a possibility in a courtroom. I'm not trying

to shift the balance in my client's favor; I'm just trying to level the playing field again."

Many critics say, though, that jury consultants do a lot more than promote fair trials. Their skill raises a disturbing question about our judicial system in a time of shifting moral assumptions, racial divisions and the instant, pervasive influence of mass media: Wealthy defendants have always been able to hire the best lawyers, but can they now buy a more favorable jury?

**INDICATIONS AND USAGE**  
 CLARITIN Tablets are indicated for the relief of nasal and non-nasal symptoms of seasonal allergic rhinitis.

**CONTRAINDICATIONS**  
 CLARITIN Tablets are contraindicated in patients who are hypersensitive to this medication or to any of its ingredients.

**PRECAUTIONS**  
**General** Patients with renal impairment should be given a lower initial dose (10 mg every other day) because they have reduced renal clearance of CLARITIN Tablets.

**Drug Interactions** The administration of a single 20 mg dose of CLARITIN Tablets (double the recommended daily dose) and a single 200 mg dose of ketoconazole twice daily to 12 subjects resulted in increased plasma concentrations of loratadine (180% increase) and its active metabolite, descarboethoxyloratadine (56% increase in AUC). However, no related changes were observed in the CLARITIN Tablets taken at 2, 6, and 24 hours after the coadministration of loratadine and ketoconazole. Also, there were no significant differences in clinical adverse events between CLARITIN Tablet groups with or without ketoconazole. The pharmacokinetics of hepatic metabolism should be coadministered with caution until definitive interaction studies have been completed. The number of subjects who concomitantly received macrolide antibiotics, cimetidine, ranitidine, or theophylline during the CLARITIN Tablets in controlled clinical trials is too small to rule out possible drug-drug interactions. There was no evidence of an increase in adverse events in subjects who received oral contraceptives and CLARITIN Tablets concomitantly in a phase IIb study.

**Carcinogenesis, Mutagenesis, and Impairment of Fertility** In an 18-month oncogenicity study in mice and a 2-year study in rats, loratadine was administered in the diet at doses up to 40 mg/kg (mice) and 25 mg/kg (rats). In the carcinogenicity studies, chronic "lifetime" assessments were carried out to determine animal exposure to the drug. AUC data demonstrated that the exposure of mice given 40 mg/kg of loratadine was 3.6 (loratadine) and 18 (active metabolite) times higher than a human given 10 mg/day. Exposure of rats given 25 mg/kg of loratadine was 28 (loratadine) and 67 (active metabolite) times higher than a human given 10 mg/day. Male mice given 40 mg/kg had a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) than concurrent controls. In rats, a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) was observed in males given 10 mg/kg and males and females given 25 mg/kg. The clinical significance of these findings during long-term use of CLARITIN Tablets is not known.

In mutagenicity studies there was no evidence of mutagenic potential in reverse (AMES) or forward point mutation (CHO-HGPRT) assays or in the assay for DNA damage (Rat Primary Hepatocyte Unscheduled DNA Assay) or in two assays for chromosomal aberrations (Human Peripheral Blood Lymphocyte Clastogenesis Assay and the Mouse Bone Marrow Erythrocyte Micronucleus Assay) in the Mouse Lymphoma Assay; a positive finding occurred in the nonactivated but not the activated phase of the study.

Loratadine administration produced hepatic microsomal enzyme induction in the mouse at 40 mg/kg and rat at 25 mg/kg, but not at lower doses.

Decreased fertility in male rats, shown by lower female conception rates, occurred at approximately 64 mg/kg and was reversible with cessation of dosing. Loratadine had no effect on male or female fertility or reproduction in the rat at doses of approximately 24 mg/kg.

**Pregnancy Category B** There was no evidence of animal teratogenicity in studies performed in rats and rabbits. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, CLARITIN Tablets should be used during pregnancy only if clearly needed.

**Nursing Mothers** Loratadine and its metabolite, descarboethoxyloratadine, pass easily into breast milk and achieve concentrations that are equivalent to plasma levels with an AUC<sub>0-12h</sub> / AUC<sub>0-12h</sub> ratio of 1.17 and 0.85 for the parent and active metabolite, respectively. Following a single oral dose of 40 mg, a small amount of loratadine and metabolite was excreted into the breast milk (approximately 0.03% of 40 mg over 48 hours). A decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother. Caution should be exercised when CLARITIN Tablets are administered to a nursing woman.

**Pediatric Use** Safety and effectiveness in children below the age of 12 years have not been established.

**ADVERSE REACTIONS**  
 Approximately 90,000 patients received CLARITIN Tablets 10 mg once daily in controlled and uncontrolled studies. Placebo-controlled clinical trials at the recommended dose of 10 mg once a day varied from 2 weeks to 6 months' duration. The rate of premature withdrawal from these trials was approximately 2% in both the treated and placebo groups.

REPORTED ADVERSE EVENTS WITH AN INCIDENCE OF MORE THAN 2% IN PLACEBO-CONTROLLED ALLERGIC RHINITIS CLINICAL TRIALS  
 PERCENT OF PATIENTS REPORTING

	LO RATADINE 10 mg QD n=1926	PLACEBO n=2545	CLEMASTINE 1 mg BID n=536	TERFENADINE 60 mg BID n=684
Headache	12	11	8	8
Somnolence	8	6	22	9
Fatigue	4	3	10	2
Dry Mouth	3	2	4	3

Adverse event rates did not appear to differ significantly based on age, sex, or race, although the number of non-white subjects was relatively small.

In addition to those adverse events reported above, the following adverse events have been reported in 2% or fewer patients:  
**Autonomic Nervous System:** Altered salivation, increased sweating, altered lacrimation, hypoesthesia, impotence, thirst, flushing.  
**Body As A Whole:** Conjunctivitis, blurred vision, earache, eye pain, tinnitus, asthenia, weight gain, back pain, leg cramps, malaise, chest pain, rigors, fever, aggravated allergy, upper respiratory infection, angioneurotic edema.  
**Cardiovascular System:** Hypotension, hypertension, palpitations, syncope, tachycardia.  
**Central and Peripheral Nervous System:** Hyperkinesia, blepharospasm, paresthesia, dizziness, migraine, tremor, vertigo, dysphonia.  
**Gastrointestinal System:** Abdominal distress, nausea, vomiting, flatulence, gastritis, constipation, diarrhea, altered taste, increased appetite, anorexia, dyspepsia, stomatitis, toothache.  
**Musculoskeletal System:** Arthralgia, myalgia.  
**Psychiatric:** Anxiety, depression, agitation, insomnia, paranoia, amnesia, impaired concentration, confusion, decreased libido, nervousness.  
**Reproductive System:** Breast pain, menorrhagia, dysmenorrhea, vaginitis.  
**Respiratory System:** Nasal dryness, epistaxis, pharyngitis, dyspnea, nasal congestion, coughing, rhinitis, hemoptysis, sinusitis, sneezing, bronchospasm, bronchitis, laryngitis.  
**Skin and Appendages:** Dermatitis, dry hair, dry skin, urticaria, rash, pruritus, photosensitivity reaction, purpura.  
**Urinary System:** Urinary discoloration, altered micturition.

In addition, the following spontaneous adverse events have been reported rarely during the marketing of loratadine: peripheral edema, urticaria, hepatic dysfunction including jaundice, hepatitis and hepatic necrosis, alopecia, seizures, breast enlargement, erythema multiforme, and anaphylaxis.

**OVERDOSSAGE**  
 Somnolence, tachycardia, and headache have been reported with overdoses greater than 10 mg (40 to 180 mg). In the event of overdosage, general symptomatic and supportive measures should be instituted promptly and maintained for as long as necessary. Treatment of overdosage would reasonably consist of emesis (pecan syrup), except in patients with impaired consciousness, followed by the administration of activated charcoal to absorb any remaining drug. If vomiting is unsuccessful, or contraindicated, gastric lavage should be performed with normal saline. Saline cathartics may also be of value for rapid dilution of bowel contents. Loratadine is not eliminated by hemodialysis; it is not known if loratadine is eliminated by peritoneal dialysis. Oral LD<sub>50</sub> values for loratadine were greater than 5000 mg/kg in rats and mice. Doses as high as 10 times the recommended clinical doses showed no effects in rats, mice, and monkeys.



ook justice making it impossible  
adged by a jury of one's peers?

## SCIENCE OF MANIPULATION

igh they first entered the court-  
in the 1960s, jury consultants  
ed from a popular, long-term  
in the U.S. legal system—the ap-  
on of nonlegal expertise in the  
oom, including everything from  
scientific witnesses to high-tech  
ter re-creations of events.

recent years, consultants have  
mes proven effective in civil cases  
e they help attorneys pay atten-  
the “human dimension” in a tri-  
ording to Valerie Hans, Ph.D., a  
or of criminal justice at the Uni-  
of Delaware, in Newark, and co-  
r of the book *Judging the Jury*  
im Press, 1986). “During trial,  
ood lawyers get so wrapped up in  
rguments, they forget these are  
ple who have hearts as well as  
” says Hans.

ost lawyers I know have had a  
tomy,” adds jury consultant  
horn, who charges as much as  
a day in court. Lawyers often ask  
y direct questions, he says, and  
ective jurors don't give revealing  
rs. “If you ask a person whether  
icist, what do you think he's going  
?” Instead, Hirschhorn asks what

he calls “open-ended” questions, such as  
inquiring how a juror would feel if his  
daughter married a black man. “Those  
questions serve to peel the onion layer by  
layer until you really know that juror and  
how he or she thinks,” says Hirschhorn.

Today, thanks to the success of the  
techniques jury consultants use in court,  
fewer attorneys are willing to rely on  
simplistic demographic profiles of jurors.

That's one of the reasons jury con-  
sulting has become a booming industry.  
Back in 1982, the American Society of  
Trial Consultants, in Towson, Mary-  
land, had a membership of only fifteen  
trial consultants. Now they have three  
hundred fifty full-time members.

One of the most successful is Amy  
Singer, the founder of Trial Consultants,  
Inc., in Miami, who employs a staff of  
thirty. In the past fourteen years, Singer  
has concentrated on helping lawyers  
with personal-injury cases. She even has  
her own toll-free hot line: “1-800-A  
JURY DR.” For \$250 an hour, attorneys  
can call and talk about their cases on the  
phone to litigation psychologists who  
then fax them recommendations.

Singer, who has a Ph.D. in applied  
research psychology, is known for her  
“scientific” methods: She helps prepare  
for a trial by hooking up witnesses and  
mock jurors to “galvanic skin-response  
machines” (which measure changes in

skin temperature), and recording their  
responses as attorneys run through a  
dress rehearsal of the case.

During a trial, the focal point of her  
method is a trademarked process called  
“Pivotal Point Conditioning,” which  
teaches lawyers how to condition jurors  
to react a certain way.

For instance, years ago, Singer was  
the consultant for the prosecution in a  
personal-injury suit involving a train  
that derailed. Her legal team's main  
contention was that the accident oc-  
curred because the tracks had not been  
properly inspected. Singer told the  
lawyer to remove his glasses every time  
he mentioned the tracks not being  
looked at. By the end of the trial, she  
says, jurors were conditioned to remem-  
ber the point whenever he took off the  
glasses. “People can be influenced and  
persuaded,” says Singer, who boasts a  
win rate of 92 percent and commands as  
much as \$25,000 for ten hours' work.  
“Some people do it better than others.”

## PICKING THE PERFECT JUROR

Clinical psychologist and jury consul-  
tant Wendy Saxon relies on somewhat  
more conventional signals to win cases.  
One of her most recent assignments in-  
volved a lawsuit brought in Newport  
Beach, California, by a black doctor  
named Kenneth Bridges. (continued)



# This is no place for germs.

Unlike some cleaners, LYSOL® Basin.Tub & Tile Cleaner disinfects while it cleans. That way your family won't be sharing the bathroom with a lot of germs, dirt and soap scum. Just the occasional toy boat.

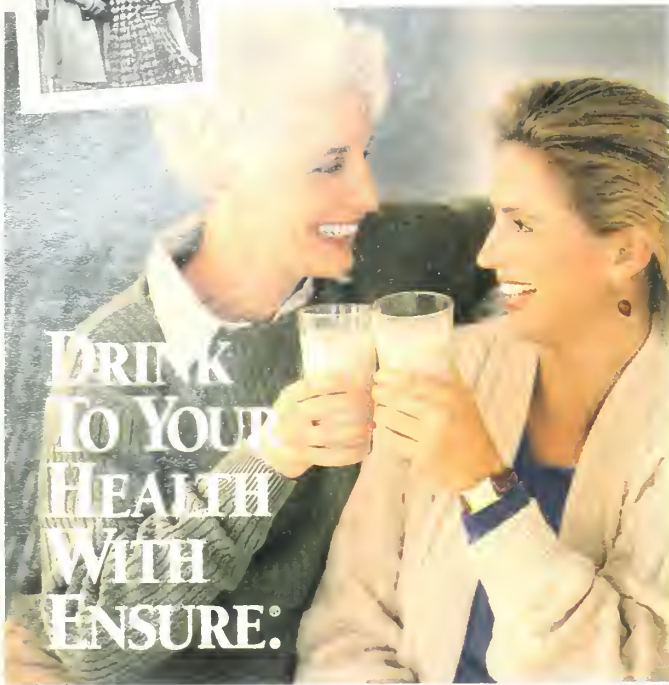
**Deep down, you know it's clean.**



L&F Products



*"When I was a kid my mom was  
always after me to eat right...  
now I'm the one who's after her"*



## The #1 Doctor Recommended Source of Nutrition.

Most doctors will tell you that a key to good health is good nutrition. So how can you help guarantee that you and the ones you love get the right nutrition?

With Ensure.

Ensure is more than a vitamin supplement. It's complete, balanced nutrition in a delicious drink that provides an excellent balance of protein, carbohydrate, vitamins and minerals. It's all the nutrition you need everyday to help stay healthy, be energetic and more active. Drink Ensure anytime. Enjoy it as a healthy meal by itself or as a between-meal snack. Ensure is even recommended #1 by doctors as a complete source of nutrition.

So make sure you and the ones you love get the right nutrition. Drink Ensure and drink to your health.



## Under the influence

*continued*

Bridges claimed he was fired from a medical clinic by the owner, a Korean doctor, because Bridges' wife wanted to move to the same neighborhood as his boss.

Throughout the jury-selection process for the trial Saxon held dozens of index cards, on which she analyzed each potential juror for "projection of possible sensitivities" in seventeen different categories. They included depth of thought, leadership potential, reaction to courtroom personnel and type of humor.

"The type of humor a person has reveals a lot," says Saxon. "A gentle but accurate sense of humor shows a person can accept numerous shades of gray. Hostile humor can be a sign of strength, but not the kind I want. That individual will come down very hard on the accused."

Saxon, who helps select about four juries a month, was particularly doubtful about a potential juror dressed in a gray suit. Saxon isn't a big fan of color interpretation when it comes to guessing jurors' attitudes (a popular rule of thumb in court is that jurors in gray are pro-prosecution; those in red are pro-defense). But something about the man's attitude put her on her guard: Saxon customarily smokes out deceitful people by intently watching for "leakage" in the lower part of the body (she positions herself so that she can see a potential juror's entire body). "Look at him jabbing his foot," she said, pointing and scribbling a note to herself. "That indicates hostility or aggression." As soon as the man stepped down, Saxon advised Bridges' attorney to excuse him as a juror.

Was Saxon's screening process worth the \$125 per hour she charged? Bridges thought so: He won in excess of \$1 million in damages.

Yet another effective—and far more expensive—way of predicting jury verdicts is known as a "mock jury." Before the trial even begins, people are hired for about \$70 a day (roughly seven times the standard juror pay) to listen to attorneys run through a dress rehearsal of their case. Witnesses are videotaped as they practice and hone their testimony. Then the mock jury actually deliberates under observation from a two-way mirror. Mock juries can be deadly accurate: Ninety percent of the time they reach the same verdict as the real jury. And sometimes the case may not even go to court: Presenting the videotape of a strongly favorable mock-jury verdict is a powerful settlement tool when it's sent to the opposition.

## THE UNSEEN JURORS

If a case does go to trial, and a defendant is still nervous about winning, jury consultants can employ the ultimate technique: the "shadow jury."

Half audience, half jury, shadow jurors are people hired to sit in the courtroom during the trial, listen to the evidence and watch both attorneys. When the jury is asked to leave the room, the shadow jury leaves, too. At the end of each day, they are questioned about the evidence and how the lawyers and witnesses have come off.

The main problem with shadow jurors is their expense. To employ and analyze six full-time "ghost" jurors for a year can cost \$10,000 a week. But many attorneys still insist it's worth it.

For example, Joseph Rice, Ph.D., a clinical psychologist and jury consultant, worked on a huge civil case in San Jose, California. An insurance company had been found liable of not paying customers promptly. More than three hundred plaintiffs were suing for emotional damages.

"Ten plaintiffs were coming through court for thirty days in a row," says Rice. "They claimed fighting the insurance company had caused them everything from



# Does Your Garage Door Opener Have A Weak Link?



If you're stuck with a chain drive opener, you know the answer. Chain drives rely on a noisy, greasy, slack chain with hundreds of little links that can stretch or even break.

Consider the advantages of installing a Genie® Screw Drive Opener:

**Increased Strength.** Unlike most chain drive openers, Genie's solid ten-foot steel screw and direct-drive technology deliver more lifting force to your door.

**Maximum Power, Quiet and Durability.** Genie's reliable transfer of power, from motor to screw to door, delivers a quieter, smoother lift and close. Time after time, year after year.

**"Tighter" Security.** Chains flex, wobble and give. But Genie's exclusive solid-steel screw twists down tight and resists forced, manual operation.

**The Standard for Safety.** Every Genie opener meets or exceeds the strict mandates of The Consumer Products Safety Act\* and has earned the UL Mark of Safety.

**Easy Installation.** Follow the step-by-step illustrated instructions. We even have a how-to home video and a toll-free HELP hotline. Or you can just call an authorized Genie Professional to do the job.

For the name of your nearest Genie Dealer or Professional Installer, call 1-800-82-GENIE. In Canada, call 1-800-654-3643.

\*Effective January 1, 1993.

**GENIE**  
Built For A Lifetime.™



GXL Series

# "WE BOUGHT A HOUSE"

Last summer I did what nearly half a million other people around the country did: I made one of the biggest, most expensive, most exciting decisions in my life. I faced the fact that I'm a grown-up. I took part in the Great American Dream. By Linda Fears

**B**uying a house is a lot like having a baby. Before you actually own one, you daydream about what it will look like, imagine all the wonderful things you'll buy for it, pray you'll be good at taking care of it, and hope that everyone else is as in love with it as you are. On the other hand, negotiating a purchase price, having the house inspected, waiting impatiently to hear from the mortgage company and writing the biggest check you've ever written in your life is a lot like labor. You know that millions of people do it all the time, but you're convinced that *your* experience is the most excruciating.

I know that buying a house is like having a baby because I had the baby first. Two babies, in fact. I always thought that I'd get married, buy an old, rambling house, decorate it with rough-hewn antiques and

cheerful floral fabrics, and fill it with happy children. But it didn't work out that way. My husband, Chuck, and I married, moved into a small apartment, got involved in our careers and had two kids. We finally bought the house when the four of us were tripping over each other and our living

room resembled Toys "R" Us.

We waited until the last minute because buying a house is scary. A house is full of all sorts of things that break at the most inopportune moments and need to be fixed—fast. Chuck and I aren't handy. My parents aren't handy either. When I was growing up

home-improvement gene and can't fix a thing.

Our parents, however, never understood our fear of home ownership and, after our second child was born last year, never missed an opportunity to remind us that we "had to buy a house *now*—for the children's sake." Of course, we were perfectly aware that our



*House proud:  
Linda and Chuck,  
C.F. and  
Susannah*

they called repairmen on a regular basis. Chuck's parents, on the other hand, are very handy. His father is an engineer who can patch leaky pipes and rewire light fixtures; his mom's a pro at hanging wallpaper, painting, refinishing furniture, you name it. Unfortunately, Chuck didn't inherit the

apartment was cramped, and we assured them we would start house-hunting—soon.

But we weren't going to go into this thing blindly. First we did our homework and selected towns with the best public schools that were a reasonable *(continued on page 140)*

# I Switched To Lowest Tar."



*I wanted less tar, but I thought I'd have to sacrifice flavor... and isn't that what makes smoking enjoyable? Then I found Carlton...*

*and I switched! I figure if you want less tar, you might as well go with the lowest!*

*U.S. Gov't. Test Method confirms of all king soft packs:*

***Carlton is lowest<sup>®</sup>  
in tar and nicotine.***

1 mg. tar  
0.1 mg. nic.



**New pack!**

© 1994 Philip Morris Inc.

0.1 mg. nicotine av. per cigarette by FTC method.

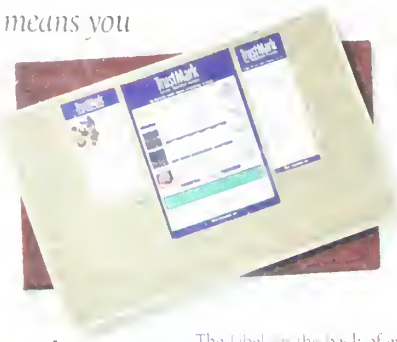
**THE ATTORNEY GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.**

REMEMBER HOW EASILY A HOME  
CAME TOGETHER WHEN YOU  
DIDN'T HAVE TO CHOOSE CARPET?



...somewhere along the way, you  
...at how that quaint little rustic  
...a. The time had come for some-  
...in bigger. But, with the joy  
...operating a real home, you also

...in the country. Which means you  
...can count on the  
...selection, quality and  
...value trusted for  
...decades by millions of people.



...things you care  
...about most, like  
...thickness and  
...durability.

The label on the back of every TrustMark carpet gives you helpful information you can use to compare one carpet to another

## PRESENTING THE TRUSTMARK® CARPET SELECTION SYSTEM.

...ered the frustration  
...cting carpet. So  
...colors, textures  
...yles. And so little  
...nation to help you find  
...rpet that's right for you.



With TrustMark, you'll know  
...you've made the right  
...choice before you leave  
...the store. So now, putting  
...a home together can be every  
...bit as easy as it used to be.

Your specially trained TrustMark salesperson can show you how to use the TrustMark Information Center to choose a carpet that's right for you and your budget

...hat's why there's TrustMark®  
...r carpet selection system from  
...Industries, the world's largest  
...t manufacturer. TrustMark  
...ailable only at certified  
...Mark dealers, a select group  
...most respected carpet dealers

TrustMark is a complete  
...system of carpet styles, practical  
...information and trained sales-  
...people. It gives you facts on every  
...type of carpet. So you can compare  
...one to another, based on the

For more information in  
...the U.S. and Canada call  
...1-800-TRUSTMARK  
...(1-800-878-7862).



by Shaw Industries, Inc.

SELECTION MADE SIMPLE.™

## "We bought a house"

*continued from page 136*

commuting distance from our jobs. Then we drove through the towns to get a good look at the neighborhoods and narrowed down the options even more. Finally, we called real estate agents, made appointments and got down to business.

Real estate agents always ask what type of house you're looking for, and it wasn't until then that Chuck and I realized that when it comes to houses, we have nothing in common. We both like colonials, but I like old and charming, and he likes traditional facades with new, modern interior spaces. I like worn, wide-plank wood floors; he likes wall-to-wall carpet. I like lots of cozy, quaint rooms; he likes big, airy, high-ceilinged rooms that all flow together. But, as it turned out, it doesn't really matter what you want. You look at whatever houses are on the market in your price range and inevitably end up whittling down your wish list to the two or three can't-live-without essentials.

After several months of searching every weekend (not exactly our kids' idea of a good time), we found a house that both of us loved. It was a beautiful Sunday, and as I walked through room after sun-splashed room, I could picture my family living here. My three-year-old son, C.J., made fast friends with the owner's little girl—a good sign. Her bedroom was newly decorated with pinks and florals—ideal for our one-year-old Susannah—another good sign. I loved that the kitchen looked out into the family room and that the family room's many windows offered a sweeping view of the yard. The room even had built-in shelves and cabinets for books and toys (instant organization!). Chuck couldn't get over the acre of land in the backyard and whispered to me that it was ideal for touch football. He then took me aside and, for the first time since we started our search, said, "This is a great house—let's go for it." It wasn't old—or new and modern, and it wasn't a colonial. It was an expanded ranch that was sort of old (1957), charming enough and, we thought, just perfect.

We went home, and neither of us could stop thinking about the house. My parents, as it turned out, stopped by to visit that evening to find out how the search went. We told them we'd found a house. My mom's a real estate agent who knows how fast good houses in good neighborhoods fly off the market, so she suggested that we bid on it that night. "Right now?" we asked incredulously. "But we just saw

it a few hours ago!" "Do you love it?" she asked. We did, and were getting nervous that if we didn't act fast, some other family would be living in our house. So we called our broker and negotiated a price—in five minutes flat. We had an accepted offer. . . . Chuck looked a little shell-shocked. This was real.

My parents were so delighted that we got the house, they almost forgot to ask us what it looked like. "Have the bathrooms been updated?" asked my mother. "No," we said. "But there's a great finished playroom for the kids." "Is the kitchen new?" asked my father, a gourmet cook. "No," we said. "But there's a wonderful backyard for the kids with a brand-new swing set." "Are the bedrooms large?" they both asked hopefully. "Not particularly," we said. "But the family room is." As we were describing the house to them, it suddenly didn't sound as great as we thought it was. We started wondering

whether we had made a huge mistake. We became even more nervous after we called Chuck's parents and told them the news. They couldn't believe the amount of money we were willing to spend on an expanded fifties ranch house that, to them, sounded quite average.

The house was the first major decision either of us had ever made without consulting our parents first. Both Chuck and I are very close to our parents, and we've always looked to them for advice, both when we were younger and since we've been married. Maybe the house isn't worth what we think it is. Maybe we rushed into this and should have looked a little longer for a more perfect house. But wait a minute. I'm thirty, and Chuck is thirty-three. We're grown-ups—parents, for Pete's sake—with common sense and good instincts. Why were they all making us feel like we didn't know what we were doing?

Maybe if they saw the house they'd better understand our decision to buy it. No such luck. My father-in-law immediately noticed the water-stained tiles on the basement ceiling and warned us of future leaky pipes (Never mind that the inspector had already looked behind the tiles, discovered that an old leak had been repaired and told us we had nothing to worry about.) My mother thought we paid market value for the house (phew!), but she spent the visit walking from room to room giving us suggestions for renovations. She also worried that if we slept upstairs (in the fabulous master-bedroom suite, newly built by the current owners), we wouldn't be able to hear the kids downstairs. She suggested we use the original master bedroom, with its tiny bathroom, which was on the first floor across the hall from the kids' rooms, and make the upstairs a guest suite. Maybe she's right, I thought. We could always move upstairs—perhaps when the kids are in high school. Or college.

My mother-in-law thought the house was "cute" but was concerned that it wasn't on a flat street. "Where are the kids going to ride their bicycles?" she asked. (Wow, I never thought of that.) My dad was the most encouraging. He thought the house was great, especially the yard for the kids, but, being a physician, he was worried about their safety. "You better watch those kids when they play outside; there's a big Lyme-disease problem in this area."

Our worst fears had come true—they didn't like it! But why did we care so much? After all, we're old enough to make our own (continued on page 224)



## HOMES, SWEET HOMES

**Number of homes sold last year: 4.2 million**

**Median overall price in U.S.: \$106,800**

**Northeast: \$139,500**

**Midwest: \$85,200**

**South: \$95,000**

**West: \$142,600**

**Median size of new one-family homes: 2,095 square feet**

**Median cost of home improvements after purchase: \$2,000**

Sources: National Association of Realtors, Bureau of the Census



**NEW GE PROFILE. BECAUSE YOU WANT MORE ROOM FOR FOOD. NOT YOUR REFRIGERATOR.**

ly GE could  
come up with  
ea this big.  
GE Profile™ 30.

side you get a huge 30-cubic-foot capacity, the  
st of any side-by-side, ever. And thanks to our  
sive Smartspace design, the outside won't  
p an inch more space than a  
bic foot GE refrigerator.  
o make the most of that roomy  
rior, we've also added lots of  
nious, spacemaking features.  
o door bins so big, they hold the

largest items, even  
a 24-pack of soda.  
A Quickspace™  
shelf that tucks

away to make room for tall things. Two slideout  
shelves that keep spills from spilling over. And, in the  
freezer, adjustable shelves and baskets.

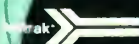
See? You didn't need more kitchen  
space. Just more refrigerator.

To find out more about the new  
GE Profile™ 30 Refrigerator, call the  
GE Answer Center™ at 800.626.2000.



*Profile*  
A GE Appliances Brand

**CAN A TRAIN HOLIDAY  
IMPROVE YOUR LOVE LIFE?**



FOR RESERVATIONS,  
CALL YOUR TRAVEL AGENT  
OR AMTRAK AT 1-800-USA-RAIL

Services vary by route and season.



**T**his is Virgil

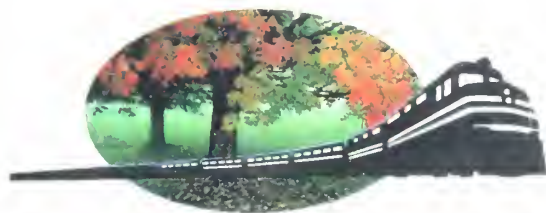
and Lela Peterson  
of Scranton, Iowa.

They have 3 kids, a dog  
and a turtle. And tickets to  
Los Angeles on the Southwest

Chief. ♦ Virgil and Lela, hang on  
to your hats. Or, possibly to each  
other. Because a train trip will  
SEND YOUR LOVE LIFE INTO ORBIT.

♦ On board, you are instantly on vacation.  
You stroll through our glass-topped observa-  
tion cars. You swoon over the scenery. ♦ You  
learn from a Native American guide about the  
legend of the lovelorn Maiden of the Rock, who

jumped from a cliff RIGHT OVER THERE. Sigh. ♦ (A TRAIN TRIP  
IS LIKE ONE LONG, FASCINATING DATE.) ♦ Then Amtrak's  
version of the Cruise Director reminds you about the games  
and hospitality hour in the lounge. Which makes you feel very  
hospitable. ♦ That night, dinner in a dining car, with linen, china  
and chefs. You hold hands under the table. Could anyone blame you?  
♦ The lights darken. A movie is playing in the lounge. You watch  
the movie, and then the stars. ♦ And then, well, that's your business.



**AMTRAK®**

THERE'S SOMETHING ABOUT A TRAIN THAT'S MAGIC



## Our secret **OBSESSIONS**

We all worry sometimes that we left the coffeepot on or that we forgot to lock the back door. But for some women, concerns like these can be full-fledged disorders.

Here, how to tell if your fears have gone too far. By Gini Kopecky

**D**orothy, thirty-nine, a teacher, can't go to bed until she checks over and over to make sure all the doors and windows in her apartment are securely locked. She also peers into every closet. "I'm afraid somebody is going to pop out," she says.

Sandy, thirty-seven, a bookstore manager, changes clothes repeatedly before leaving home. "It takes a long time before I feel I look okay," she says. "Sometimes I'm so self-conscious, I don't leave at all."

Rhonda, thirty-six, a freelance artist, checks as many as five times before going to sleep at night to make sure her alarm clock is on. She's also a compulsive cleaner. "If I don't clean, I don't feel ready, and I have to feel ready—for what, I'm not sure."

Sound familiar? Most women have some little obsession or ritual that they follow occasionally, if

not every day. "I think I left the coffeepot on," they might fret on the way to work. Or, once they're in bed at night, they feel compelled to get up and check that they really did close the refrigerator door.

Like Dorothy, Sandy and Rhonda, most women rarely tell anyone—even their best friends—about such behavior. Not only do they find it embarrassing, they're also afraid that these habits are symptoms of a more serious problem. Am I crazy? they think, even as they check the coffeepot again.

### **LITTLE HABITS, BIG PROBLEMS?**

Judith L. Rapoport, M.D., chief of the child psychiatry branch at the National Institute of Mental Health, in Bethesda, Maryland, and an authority on obsessive-compulsive disorder—an anxiety condition that affects approximately four million adults and children in the United States—is asked

about people's strange little habits all the time. She says that after the publication of her book, *The Boy Who Couldn't Stop Washing: The Experience and Treatment of Obsessive-Compulsive Disorder* (Plume, 1989), she was pulled aside by people who wanted to talk to her about "This habit I have"—of checking a purse for keys three steps beyond the front door, or patting a pocket three times to make sure a wallet is still there.

Rapoport believes our ability to develop such habits is part of nature's design. "The human brain and nervous system seem to be set up to quickly make habits of things," she says. If a behavior makes our life easier, "it quickly gets ritualized and becomes automatic." For instance, the man who told Rapoport how he always patted his pocket three times to check for his wallet recalled that he had formed the habit as a *(continued)*

# Misty



Slim price.  
Sassy pack.

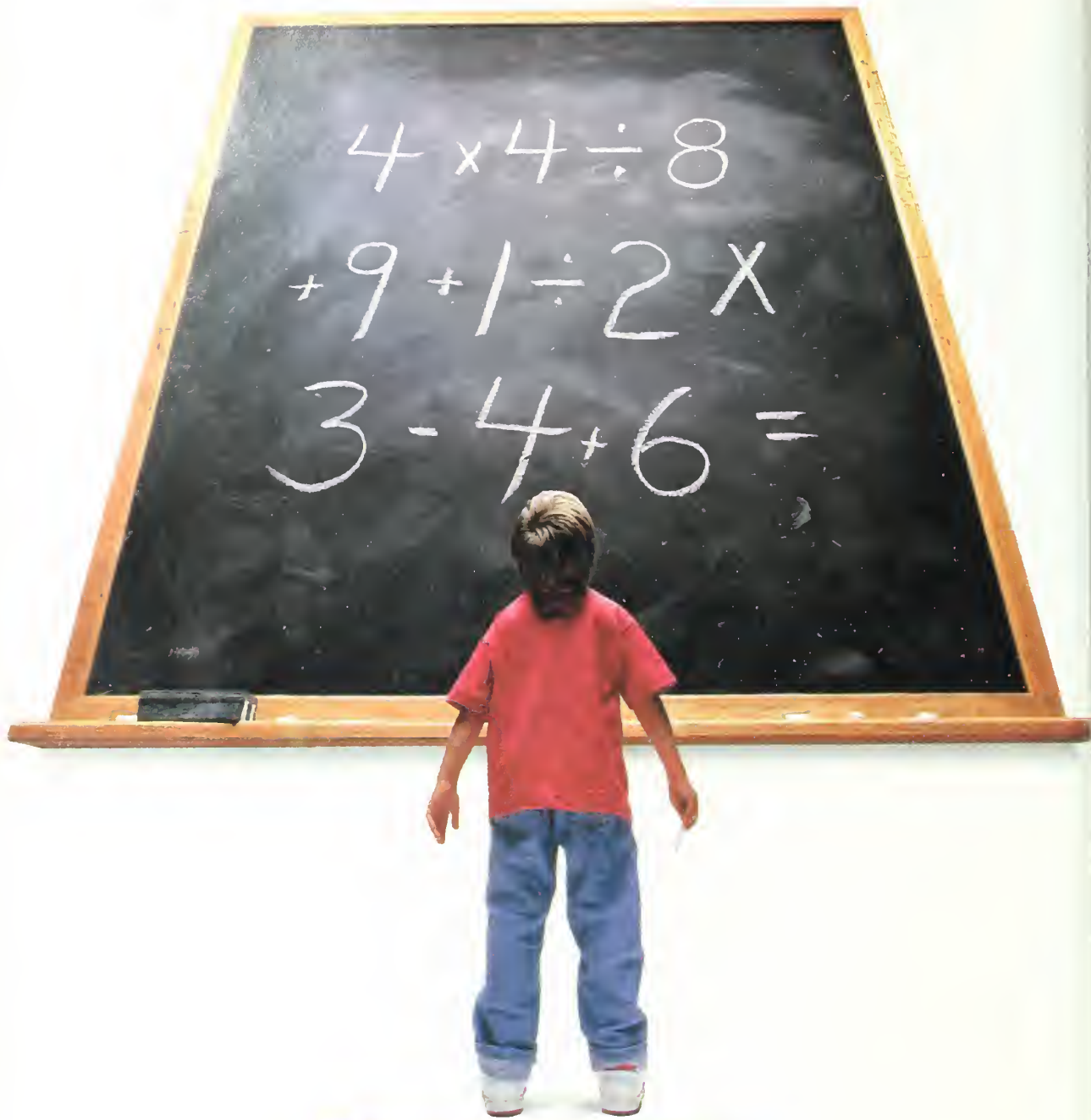
Slim 'n sassy.



**SURGEON GENERAL'S WARNING:** Cigarette  
Smoke Contains Carbon Monoxide.

Menthol Lights 100's. 9 mg. "tar", 0.7 mg. nicotine; Menthol Lights 120's.  
13 mg. "tar", 1.1 mg. nicotine av. per cigarette by FTC method.

Kids' lives are tough enough without making them eat regular granola bars.



Whoever said childhood is the best part of life, obviously doesn't remember what it's like to be a child.

So for all the little traumas, for all the uncelebrated victories, your kids deserve KUDOS.<sup>®</sup>

KUDOS<sup>®</sup> is a nutritious whole-grain bar, with 10% of the US RDA of vitamins A, C and E. 10% of the

daily requirement of iron. And 20% of calcium. Not to mention, it's lower in fat than ever.

But best of all, KUDOS<sup>®</sup> tastes really great.

Because, sure, you want them to eat right. But why make their lives harder than they already are?



"Every kid deserves KUDOS."<sup>™</sup>

ger when he lost his wallet. Similarly, Rhonda remembers that she began checking her alarm clock after her husband shut it off one night, causing her to oversleep the next morning.

But most of us do these things even though we've never had anything go wrong," Rapoport says. "We check light switches, gas jets, or we'll check to make sure there has gone down the mailbox. Most of us are always checking for danger."

People also form habits that make life more efficient. They perform certain tasks in the same order every day—until the routine becomes so automatic they don't worry about forgetting it. All these habits work for most people—which is why they become so easily ingrained.

In most cases, however, a person checks a gas jet or a light switch once—maybe twice—and then, satisfied, moves on to checking. She might occasionally worry about having the iron or the stove on. But what if the worry seems constant? What if a quirk gets you out of control?

That could be a sign of clinical anxiety, "where you worry about everything," says Rapoport.

It could also signal unusual obsessions. "I've seen people who do much more checking than their jobs are in jeopardy or love is threatened," says Rapoport.

George Weinberg, Ph.D., a clinical psychologist in New York City and author of *Invisible Masters: Compulsions and the Fear That Drives Them* (Grove Press, 1993).

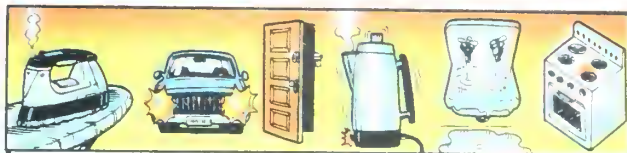
Finally, a habit that's out of control could indicate that a person has obsessive-compulsive disorder (OCD). Sufferers experience persistent thoughts, or obsessions, and in order to offset their anxiety, they feel forced to repeat certain actions, or compulsions. "Almost everyone does things that look like OCD," says Lee Baer, Ph.D., associate professor of psychology at Harvard Medical School and behavior therapist and director of research at the OCD Clinic at Massachusetts General Hospital, in Boston. "But most people can stop their thoughts or behaviors without endlessly repeating them. In OCD, these behaviors are greatly exaggerated."

Some common OCD symptoms include washing hands or showering for hours at a time or many times a day; excessive fears of contamination, pollution,

germs, disease or death; compulsive cleaning, checking, rearranging or counting; repeating actions or behaviors a fixed number of times; excessive fears of making a mistake; uncontrolled collecting and hoarding; and excessive concern for order and symmetry.

While the symptoms are often crazy, the people caught in their grip are not. Most of them "know that what they're doing doesn't make sense," says Rapoport. "They're aware of how bizarre their symptoms are, but they feel they have to repeat them."

Sufferers fear that if they don't obey these rituals, "something horrible is going to happen," adds Baer.



## WOMEN'S MOST COMMON OBSESSIONS

WHAT ARE WOMEN MOST LIKELY TO WORRY ABOUT? LHJ TOOK AN INFORMAL POLL, AND THE FOLLOWING WERE THE MOST FREQUENTLY MENTIONED OBSESSIONS

■ **Checking the alarm clock several times to make sure you've set it for the next morning before you can go to sleep.**

**Worrying that you:**

■ **forgot to turn the iron off.**

■ **left the coffeepot on.**

■ **forgot to lock the back door.**

■ **left the oven on.**

WHAT MEN WE KNOW WORRY ABOUT:

■ **Leaving the car lights on.**

■ **Forgetting to turn off the water.**

Experts disagree about what causes OCD. George Weinberg believes that compulsions are "symbolic acts"—unconscious attempts to cover up or run away from "some underlying dread," usually resulting from an early-life trauma.

Rapoport suspects a neurobiological cause. She points out that OCD tends to run in families, that tests show that those with the disorder have abnormal brain function and that OCD sufferers tend to have other neurobiological diseases, all indications that the condition is biological. Lee Baer takes the middle ground. "I'm also convinced that there's a biological cause to most cases of OCD," he says. "But certain life events can precipitate its beginnings."

Collecting? Checking? Cleaning? Oh, dear, you may be thinking, that's me! Most likely it isn't. Rapoport suspects that

most people have some milder form of one or more of these symptoms. The only time to worry, she says, is if symptoms become so severe that they interfere with the ability to function. "I've seen patients whose only symptom is washing," she says. "But if they're in the shower eight hours a day, that's a serious problem."

## HOW TO KICK THE HABIT

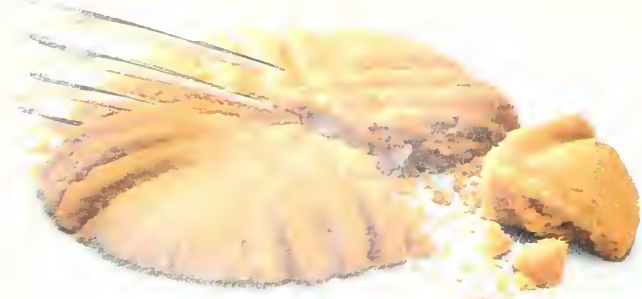
So, what should you do if you have little obsessions or rituals? If your habits are mild and nonintrusive, the answer may be nothing.

To break free of a preoccupation or habit that is troubling, Baer, in his book *Getting Control: Overcoming Your Obsessions and Compulsions* (Plume, 1992), recommends documenting the frequency of thoughts and rituals. Then, ask friends and family members how much time they spend engaged in these activities. "People with serious problems often lose track of what's normal. So they may not know that taking three hours to get dressed in the morning is too long."

The next step is to try to bring the behavior within normal range—gradually. "Set small goals," says Baer, "because if you set an unrealistically high goal, you're going to fail." For instance, if the problem is compulsive cleaning, you might first gradually lengthen the amount of time you can resist the impulse to clean, then slowly reduce the hours you devote to cleaning; finally, increase the amount of time you can spend sitting in a less-than-perfectly-clean room.

But if you just can't seem to make any progress kicking your habit, "then you probably should consult a psychiatrist or psychologist familiar with OCD," says Baer. For instance, behavior therapy focuses on helping patients overcome their problems by getting them to face the thoughts or situations that upset them. Studies indicate that more than 70 percent of all patients "are much better after treatment," says Baer, and that "very few patients' symptoms return."

For those with severe compulsions or obsessions, medication (alone or combined with behavior therapy) may be the answer. Some medications currently prescribed for OCD sufferers: the antidepressants Prozac and Zoloft, and Anafranil, a drug that acts upon neurotransmitters in the brain. Medication does have its drawbacks, though: It's ineffective in approximately one third of all cases, and sometimes when (continued)



(Butter Recipe)

# The Trick To This Treat Is Crisco's Moister, Chewier Recipe.



(Crisco Recipe)

Moister and chewier? Yes! Compared to this popular peanut butter cookie recipe\* made with butter, Crisco's Irresistible Peanut Butter Cookies are moister and chewier. So, this Halloween, treat your family to Irresistible Peanut Butter Cookies - the name says it all!



## Irresistible Peanut Butter Cookies

- 1/2 cup of Creamy Peanut Butter
- 1/2 cup Crisco Shortening
- 1/2 cups firmly packed light brown sugar
- 3 tablespoons milk
- 1 tablespoon vanilla
- 1 egg
- 1 cups all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- Heat oven to 375°F.
- Combine peanut butter, Crisco, lt. brown sugar, milk and vanilla in large bowl.
- Beat at med. speed of elec. mixer 'til well blended.
- Add egg.
- Beat just until blended.
- Combine flour, salt and baking soda.
- Add to creamed mixture at low speed.
- Mix just until blended.
- Drop by heaping teaspoonfuls 2 ins. apart onto greased baking sheet. VARIATION: Flatten slightly in crisscross pattern with tines of fork.
- Bake at 375°F for 7 to 8 minutes, or until set and just beginning to brown.
- Cool 2 mins. on baking sheet before removing to kitchen counter top.
- YIELD: 3 Dozen Cookies



Cooks Who Know Trust Crisco

## Our secret obsessions

continued

it does work, patients must contend with unpleasant side effects, such as drowsiness or weight gain. "It's better to try one treatment than to have two treatments available," says Rapoport. "And they don't get help with one, they should try the other."

Finally, just knowing that there is help for this problem and that it isn't a unique one—can be a tremendous emotional boost. Each time an article or TV program on OCD appears says Jim Broatch, M.S.W., director of the Obsessive Compulsive (OC) Foundation, in Milford, Connecticut. "I get letters and phone calls from people saying, 'There's help! I thought I was the only one suffering. Thank God, I'm not alone.'"

Gini Kopecky, a writer and editor based in New York City, frequently about psychology and relationships.

### HOW OBSESSIVE ARE YOU?

Are your compulsions out of control? Other than being diagnosed by a specialist, there's no way of knowing for sure. But you can get a good sense of how severe your obsessions are by taking the following test.

#### 1. How much of your time is taken up by these thoughts or rituals?

- None. (0 points)
- Less than one hour a day. (1 point)
- One to three hours a day. (2 points)
- Three to eight hours a day. (3 points)
- Almost every waking hour. (4 points)

#### 2. How much do these compulsions interfere with your ability to function?

- Not at all. (0 points)
- Slightly, but overall my life isn't really affected. (1 point)
- Mildly; they do interfere somewhat. (2 points)
- Moderately; they definitely interfere, but I'm still able to function. (3 points)
- Extremely; they're so incapacitating that every aspect of my life is severely affected. (4 points)

#### 3. How much distress do these thoughts or rituals cause you?

- None. (0 points)
- Mild; distress is infrequent and not really disturbing. (1 point)
- Moderate; they do cause some distinct distress. (2 points)
- Severe; these thoughts often plague me. (3 points)
- Extreme; these thoughts and/or rituals cause me near-constant distress. (4 points)

#### 4. How well do you do at resisting these thoughts or rituals?

- I always resist and find it takes little to no effort to do so. (0 points)
- I resist most of the time. (1 point)
- I make some effort to resist. (2 points)
- I give in to them completely. (3 points)

Scaring: If your score on each of these questions is two or lower, your obsessions and compulsions are normal.

A score of three or higher on one or more of these questions, however, indicates that your behavior may be abnormal. Consider professional help.

For more information on OCD, and for a list of specialists or support groups in your area, contact The OC Foundation, Inc., P.O. Box 70, Milford, CT 06460; 203-878-5669.

Adapted from THE BOY WHO COULDN'T STOP WASHING: THE EXPERIENCE OF TREATMENT OF OBSESSIVE-COMPULSIVE DISORDER, by Judith L. Rapoport, M.D. (Plume, 1989), by permission of the author.

# Crisco® Beats Butter With A Stick.



Introducing New Butter Flavor\* Crisco Sticks.

Crisco comes in premeasured sticks.

After, only better.

Crisco Sticks are all-vegetable shortening and, per 1/4 cup, have 50% less saturated fat than butter (Crisco 3g saturated fat per Tbsp!\*, vs. butter 7g).

Crisco Sticks keep in your pantry instead of your refrigerator, so they're always softer and

easier to blend than butter.

And only Crisco gives you *The Ultimate Chocolate Chip Cookie*, which bakes up higher and stays softer and moister than the Toll House® cookie made with butter.

Try Crisco Sticks, now available in both Regular and Butter Flavor. Together, they've got butter beat.



Toll House



Crisco

## The Ultimate Chocolate Chip Cookie

- 3/4 cup Butter Flavor\* Crisco
- 1 1/4 cups firmly packed light brown sugar
- 2 Tbsps. milk
- 1 Tbsp. vanilla
- 1 egg
- 1 3/4 cups all-purpose flour
- 1 tsp. salt
- 3/4 tsp. baking soda
- 1 cup semi-sweet chocolate chips
- 1 cup large pecan pieces (optional)\*\*

\*\*Note: If nuts are omitted, use 1/2 cup semi-sweet chocolate chips

1. Heat oven to 375° F.
2. Combine Butter Flavor Crisco, brown sugar, milk and vanilla in large bowl.
3. Beat at medium speed of electric mixer until creamy.
4. Beat egg into creamed mixture.
5. Combine flour, salt and baking soda and mix into creamed mixture until just blended.
6. Stir in chocolate chips and pecan pieces.
7. Drop rounded tablespoonfuls (about 2 measuring tablespoons) of dough 3 inches apart onto ungreased baking sheet.
8. Bake at 375° F for 8 to 10 minutes for chewy cookies (cookies will appear moist—DO NOT OVERBAKE), or 11 to 13 minutes for crisp cookies.
9. Cool on baking sheet 2 mins. Remove to cooling rack.

Yield: 3 Dozen 3-Inch Cookies



Cooks Who Know Trust Crisco



GRIFFITH'S  
TRUE  
GRIT



Dakota, sweetie?"

Melanie Griffith calls out to her blond, angel-faced five-year-old daughter by

addict." But if luxury bath products aren't part of her recovery process, becoming the best single mother she can be in this secluded summer home—a posh East Hampton rental where five-bedroom retreats fetch beyond \$40,000 a month—most definitely is. This is where Griffith, thirty-seven, has come to get her head together and build a new life for herself in the turbulent wake of her split from

## After a rough couple of years, the actress is finally saying good-bye to her bad habits—including Don Johnson. By Jim Jerome

icy bichon frise—scamper and flop around together where Dakota goes.

The little girl, a perfect blend of both stunning parents, comes back outside to the backyard patio, where Griffith and friends are dining al fresco.

"Hey," Griffith says to Dakota and her pal Lola, trying to keep them occupied, "you girls want to take a bath together in my bathtub? Ooooh, Dakota, you've got those nice bath-oil beads." That does the trick. Two smiling heads bob in the affirmation—and off they go.

Getting—and staying—clean has been a major theme for Melanie Griffith, who describes herself matter-of-factly as "a recovering alcoholic and drug

Johnson, forty-four, last March.

Dinner caps a typically healthy day that included a long bike ride, a trip with Dakota to a gourmet market, and a visit to a new friend's rambling beachfront house. But Griffith has come here seeking not inclusion among the well-heeled, but, simply, healing.

"It's working," she sighs. "I needed new eyes, a new place where I could get away from everything of the past few years."

The simple pleasures—and chores—of single motherhood are helping the actress stay her course, and it's clear she relishes this intimate time alone with Dakota. (Alexander, nine, her son by ex-husband, actor Steven Bauer, *(continued on page 213)*

## Family affairs



### YOUNG LOVE

Don and the teenage Melanie in 1975, four years after their first kiss



### BAUER'S HOUR

Melanie with second husband Steven Bauer in 1984



### BACK AT THE RANCH

Don and Melanie's twenty-acre spread outside Aspen



### TOGETHER AGAIN (briefly)

At a film institute awards ceremony last March



### MOMMIES DEAREST

With mother Tippi Hedren and daughter Dakota



### ALL IN THE (blended) FAMILY

Melanie with Dakota and Alexander, her son with Bauer

# THE MARRIAGES THAT SHOULDN'T BE SAVED

Abuse of any kind is absolutely unacceptable in a relationship. But since millions of women suffer from such brutality, marital therapists are trying to find the best way to handle this horrible problem. Should a woman leave her mate? Should she stay? Here, the experts' astonishing—and controversial—findings

**S**ince its debut in 1953, "Can this marriage be saved?," *Ladies' Home Journal's* well-known column, has been chronicling the American marriage. Our premise then and now is that many couples can solve their problems if they are willing to face tough issues, and have the right therapist to guide them.

But what about the issue of domestic violence? Can—or should—anything be done to salvage relationships that have been tainted by brutality?

Such questions have a real urgency: The National Coalition Against Domestic Violence, in Denver, estimates that about fourteen hundred women are killed every year by husbands, ex-husbands or boyfriends; two million more women are beaten. (Other groups have said the total

could be as high as four million.) A report last summer from the American Psychological Association revealed that one in three women in this country will be physically assaulted by a male partner during her adult lifetime.

And as the nation saw last summer in the tragic O.J. Simpson case, when his history of marital discord became widely known, domestic violence is a problem that exists among all economic classes and can often be hidden under an amiable public facade.

To find out whether abusive marriages are beyond hope and help, the *Journal* spoke with experts across the country. While they were divided on some issues—for example, what kind of treatment batterers should be given—all were unanimous (*continued on page 220*)



# It's a classic catch-22: Nothing shores successful, you need to be confident

BY SHARLENE JOHNSON

**W**hen Kaye Bailey's\* boss asked her to take on some extra projects, Kaye, thirty-five, knew that this was her chance to prove that she could handle greater responsibility. But when the time came to start the first project, Kaye said she was too busy. In truth, her boss was a perfectionist, and Kaye was afraid that she couldn't do a good job. Eventually, the project went to someone else, and the opportunity wasn't offered again.

Faced with doing something that we don't feel confident about, many of us have the same initial response: procrastinate, delegate, do anything to avoid it. While that's a perfectly normal response, it's not the best thing to do—Kaye may have saved herself some anxiety, but she also convinced her boss that she wasn't willing to work hard. Even worse, her reluctance to risk failure reinforced her feelings of insecurity.

## Learning to succeed

In fact, the most important step in building greater self-confidence is learning to do things that involve a certain amount of uncertainty. To keep the risk in perspective, it's important to make sure your goals are realistic. This is one area where men and women often differ. "Men's expectations for themselves tend to be based on their father, their boss or some other external role model," says Rosemary D'Arcy, director of the Center for Management Development at Bryant College, in Smithfield, Rhode Island. "Women, on the other hand, often set goals based on internal (continued)

\*Name has been changed.



Never try out a new dish when you're having guests for dinner. Instead, plan your menu around a few simple things and practice them until you're satisfied with the results. When you have mastered one dinner menu, work on another and practice until you have a whole repertoire.

—JACQUES PÉPIN, HOST OF *TODAY'S GOURMET III*

## Strengthen your status at the office

Develop a personal mission statement, on paper, that clearly summarizes the goals most important to you and to your organization. Work daily on improving your own unique talents and capabilities. Read a new book, learn a new skill and practice keeping promises to yourself and to others.

—STEPHEN R. COVEY, AUTHOR OF *THE SEVEN HABITS OF HIGHLY EFFECTIVE PEOPLE* (SIMON & SCHUSTER TRADE, 1990) AND CHAIRMAN OF THE COVEY LEADERSHIP CENTER, IN PROVO, UTAH

# THE HABIT

self-confidence like success—but to be  
ere, expert tips to help you achieve both

## Say good-bye to bad shopping days

Buying only part of an outfit, even if it's the best deal on earth, can be a real nightmare to coordinate with your wardrobe. Whenever possible, try to buy a complete outfit at once, unless you're certain that the item you're buying will go with something you already own. If you buy something on a whim, or only because it's on sale, you're taking a big risk. —SYLVIA SPITALNICK, DIRECTOR OF "AT YOUR SERVICE," BLOOMINGDALE'S PERSONAL SHOPPING SERVICE, IN NEW YORK CITY



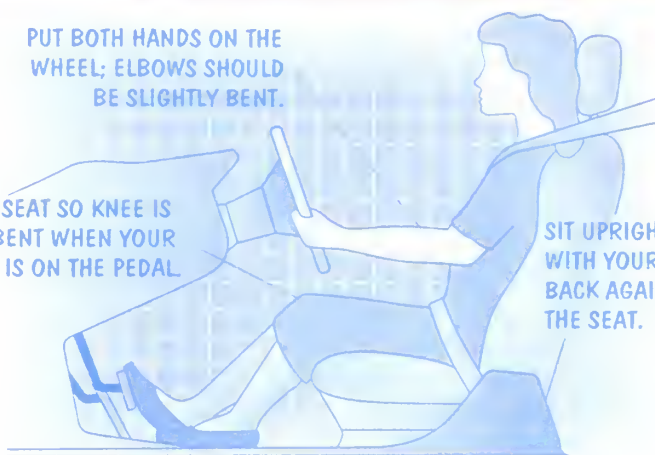
## Get a hard bargain

of all, identify the issues for your side and the other side. For example, if you're going to ask for a raise, her concerns might include things like salary restrictions. Second, prioritize these issues and pay special attention to developing arguments for the top two or three. Third, develop a settlement range that allows for concessions. If you want a 6 percent raise, ask for 8 percent. Finally, develop the strategies you want to use. For instance, this might mean emphasizing only a few of your strongest arguments (weak ones will only weaken your position, not strengthen it). —ANK L. ACUFF, AUTHOR OF *HOW TO NEGOTIATE ANYTHING WITH ANYONE ANYWHERE AROUND THE WORLD* (AMACOM, 1992)

PUT BOTH HANDS ON THE WHEEL; ELBOWS SHOULD BE SLIGHTLY BENT.

POSITION SEAT SO KNEE IS SLIGHTLY BENT WHEN YOUR FOOT IS ON THE PEDAL.

SIT UPRIGHT WITH YOUR BACK AGAINST THE SEAT.



## Shift your auto skills into high gear

The more informed you are about your automobile, the more confident you'll be behind the wheel. That doesn't mean you have to become a mechanic—just get an illustrated book and gain a basic understanding of what goes on under the hood (or ask a knowledgeable friend to show you).

Comfort is also important. Be sure you are sitting in the seat properly:

You should have a slight bend in your knee when your foot is on the pedal, and a slight bend in your elbows when you have both hands on the wheel and your back is against the seat. And make sure your mirrors are adjusted correctly: You should be able to see a small portion of the rear quarter panel and lots of pavement (more pavement than sky) out of both side mirrors. —LYN ST. JAMES, PROFESSIONAL RACE-CAR DRIVER

# OF SUCCESS

(continued) expectations that are so perfect they can't be achieved." Do a reality check—ask yourself whether you know other women who have achieved the goal you're aiming for (or a similar goal). Trying to attain an impossible standard is a sure way to destroy your confidence.

If something seems too risky to attempt, says D'Arcy, "ask yourself, What's the worst that can happen? The consequences are rarely as bad as you imagine." And although the occasional setback is inevitable, it doesn't have to destroy your confidence. "Regardless of the outcome, give yourself credit for making the effort," says Duffy Spencer, Ph.D., a sociologist in Westbury, New York. Remember that one slip-up doesn't make you a failure.

### **The control factor**

Any time you feel in control of a situation, you'll feel more confident. "For example, if you have a job that you know very well, you're much more likely to feel confident," says D'Arcy. "Self-confidence comes when you realize that your success lies in your own hands." If you're worried about something in particular, make sure you do your homework and plan ahead. Then try to practice how you'll handle the situation.

### **The self-esteem connection**

No amount of success will make you confident if you don't have high self-esteem, says Julie Dodd, director of the Old Dominion University Women's Center, in Norfolk, Virginia. "I continue to meet women who are very accomplished but who still have the same insecurities that women in general have."

Fortunately, good self-esteem is something you can work on. "I'm a firm believer in positive self-talk," says D'Arcy. "It's important to remind yourself often of your own positive attributes and skills." Also, make an effort to spend time with supportive people.

Whatever you do, don't dwell on your insecurities. "There's a fine line between acknowledging how you feel and reinforcing those feelings," says D'Arcy. It may help to talk about specific worries, but try not to say things like "I never do anything right." And don't berate yourself if you feel a little insecure, she adds. "Everyone feels insecure sometimes; some people just hide it well."



## **Captivate an audience**

The first thing is to know your subject well. Try to meet a few of the people in the audience beforehand. When you can look out there and see the people that you've met, even briefly, you'll feel much more confident, knowing that you can speak to them personally. —PAULINE SHIRE

INTERNATIONAL PRESIDENT OF TOASTMASTERS INTERNATIONAL

## **Trust your basic parenting instincts**

Every parent should realize that there's no such thing as a perfect parent.

Once you let go of an unattainable standard, it will be easier to maintain your confidence. Also, stay informed and talk to other parents so you'll get an idea of common problems to expect at different ages as well as solutions that work. Finally, rely on your intuition—you're probably a better parent than you think. —LAWRENCE BALTER,

PH.D., AUTHOR OF "NOT IN FRONT OF THE CHILDREN . . ." HOW TO TALK TO YOUR CHILD ABOUT TOUGH FAMILY MATTERS (PENGUIN, 1994)

## **Make the next trip the best trip**

When traveling by plane, you want your luggage to arrive when and where you want, so pack light and carry it on. If you do check something, look at the destination tag to be sure the airport code is correct. Never pack valuables, including prescription drugs, in a bag you plan to check. —ALEXANDRA MESSER BIRNBAUM, EDITORIAL CONSULTANT TO THE BIRNBAUM TRAVEL GUIDES (HARPERCOLLINS)

## **Have more fun in bed**

Tune in to what turns you on—whether it's foreplay, empathy or soft words—and negotiate for it. When you're relaxed, you'll be in the mood to be passionate. Also, find out specifically what turns your partner on and then become an expert at that. You'll be more confident if you know you're hitting the mark. —PATRICIA DUFFY SPENCER, PH.D., CO-AUTHOR OF "HOT MONOCROMY: ESSENTIAL STEPS TO MORE PASSIONATE INTIMATE LOVEMAKING" (DUTTON, 1992)

## Be your own financial planner

Before you invest in anything, make sure you have "peace of mind" money in the bank or in a money-market fund, because you don't want to be in a position where you have to sell stock in an emergency. On a long-term basis, you'll usually make money in stocks. If you're just starting out, find a no-load, no-transaction-fee mutual fund—you can add as little as \$50 every three months to a lot of them, and you can't do that with an individual stock. Then, invest a small amount of money on a regular basis while you get comfortable looking at the prices in the paper and develop some sort of feeling for the stock market. If you get used to writing a check every month, it's a habit you'll continue.

MURIEL SIEBERT, PRESIDENT AND CHAIRPERSON OF MURIEL SIEBERT & Co., INC.



## Decorate a house to be proud of

Start off with a small room, like a bedroom. Be adventurous, but don't go out on a limb. Some of the easiest and least expensive things you can do to freshen up a room include changing the window treatments, adding a fresh coat of paint or trying a new color. If you start with something easy, you'll have a sense of accomplishment that will encourage you to go on. —GARY WHEELER, PRESIDENT OF THE AMERICAN SOCIETY OF INTERIOR DESIGNERS

## Conquer your party shyness


A lot of people have difficulty in social situations because they feel they're being judged. Some even think that their lack of confidence is obvious and that everyone will know they're a failure. That doesn't happen—people are not that focused on others (they're usually worried about themselves). To make things easier, bring a friend, but agree not to stand together the entire time. Make a contract with yourself to talk to five new people, and plan a few questions to get the conversation started. —DIANE BRASHEAR, PH.D., A FAMILY THERAPIST AND CLINICAL ASSOCIATE PROFESSOR AT INDIANA UNIVERSITY SCHOOL OF MEDICINE, IN INDIANAPOLIS

## Cultivate the art of flower arranging

Anyone can master the basic techniques of this no-foil arrangement. The key is to limit yourself to three types of flowers, since it's difficult for beginners to keep an arrangement balanced with more than that (shown are dark burgundy dahlias, orange snapdragons and peach ocean roses). First, fill a vase with bare branches, such as curly willow, to create a "cage" that will hold the blooms in place. Then, using the largest variety (in this case, the dahlias), make a shape somewhat like a pyramid: Use four flowers to form a square (looking down our arrangement from the top) and cut a fifth slightly longer to place in the center of the square. Next, evenly distribute four snapdragons and four roses to fill the gaps. If the arrangement still has holes, use a filler like golden glow (shown), Queen Anne's lace or baby's breath—but don't overdo it.

—SEAN PSOMAS, OWNER OF WILDFLOWERS, IN STATEN ISLAND, NEW YORK



A full-length photograph of a woman with short blonde hair, smiling, wearing a black sleeveless dress with a grey shawl draped over her shoulders. She is standing in a room with a wooden floor. In the background, there is a blue rocking chair on the left, a wooden table with a colorful basket on the right, and a green chair. The lighting is bright and natural, suggesting a window or door in the background.

*Ten years ago, she  
saw the man of her  
dreams, went after  
him—and got him.  
But marriage hasn't  
cooled her passion.  
By Melina Gerosa*





# Loving STEVEN

Quelle Barn (the name means "what a barn!"), Steven Spielberg's multimillion-dollar compound in East Hampton, New York, is quite a distance from Ashland, Missouri, the town where Spielberg's wife, Kate Capshaw, worked as a grade school teacher. And now, over a grilled chicken

salad at The Honest Diner, a trendy Hampton eatery, Capshaw is savoring exactly how far she's come, literally and otherwise, from her native Midwest.

"I mean," she says in amazement, "I was a teacher [of disabled children] in a rural school district, where I sat in the



A night at the Oscars: Capshaw with Steven Spielberg, Capshaw's daughter Jessica and Spielberg's mom, Leah

lounge with the other teachers and drank Folgers coffee with Coffee-mate, smoked cigarettes and talked about our babies and the Holocaust mini-series that was on television." Her small blue eyes have a startling, power-drill effect. "Then: boom, slurrp, dunk, quick cut! I'm (continued)

(continued) sitting having an interview with the very women's magazine I bought every month to get recipes out of."

Well, the transition hasn't been quite as easy, or as fast, as Capshaw makes it sound. In fact, her passage from a divorced single mom to the wife of the world's most powerful film director has been as difficult as it is remarkable. But if there is one trait that has kept her going, it is her bright-eyed determination. The commercials and soap-opera appearances that she fought for as a fledgling actress in New York led eventually to movie roles, including the breakout part of the blond screamer in Spielberg's 1984 hit *Indiana Jones and the Temple of Doom*.

And that part led to something else as well: a passionate affair that culminated in the breakup of Spielberg's marriage to Amy Irving and his union with Capshaw.

"I wanted to use my time well," Capshaw once said of that fateful interview with the director when he was casting *Indiana Jones*. "Here was my one chance to talk to Steven Spielberg, and I wasn't going to waste it trying to get a job."

Capshaw says, too, that her nose knew he was the one for her. "What attracted me was the way he smelled," she says, dousing her chicken with Tabasco sauce. And how exactly was that? "Like babies when they are born, like he was mine," she tries to explain. "They say if you blindfold a mom and present her with twenty babies, she'll be able to pick hers out because of the smell. It was like that."

Today her life is that of Hollywood Wife, Super Deluxe, with homes including a Pacific Palisades estate, a Malibu beach house and Quelle Barn, plus sprawling office suites in New York's Trump Tower. She also has all the servants she wants and instant entrée to the highest levels of the industry power structure.

"I've always been able to see possibilities," Capshaw says lightly. "Steven and I were talking the other day, and he was saying that my it-could-happen [attitude] is why we have this life together."

Such single-mindedness could seem off-putting, but the strength is tempered with a maternal, down-to-earth demeanor. For though her life is high powered, her appearance is casually reassuring. For the interview, she wears white jeans, a fitted black T-shirt, clogs, a gold wedding band (which, she

says, never comes off) and nary a fleck of makeup.

"It takes good running shoes to keep up with Kate," says Spielberg. "She has an agenda of things to do, and every morning she wakes everybody up with an explosion of energy and leads us through the day. It's like 'Whistle While You Work,' starring Kate Capshaw." (Their children now include four-year-old Sasha; two-year-old Sawyer; Theo, the six-year-old African-American foster child the Spielbergs adopted in 1989; nine-year-old Max, Spielberg's son with Irving; and Jessica, Kate's seventeen-year-old daughter from her first marriage.)

Nowadays, when either of the Spielbergs talks about their marriage, there is

This September she plays James Woods' levelheaded wife in the now-time thriller *Next Door*; in October she appears as Warren Beatty's girlfriend in *Love Affair*, the remake of *An Affair to Remember*, and in her biggest role to date, she's the ex-district attorney wife of Sean Connery in the 1995 adventure drama *Just Cause*.

Trying out for those roles, and others, taught her one valuable lesson, Capshaw says: Don't drop the family name. "I went in for a reading, and one point in the conversation I said 'Steven says hello,'" she explains. "I will never do that again. I don't think [meant] the difference of me getting not getting the role, but I don't need to talk about my family."

Her husband admits to

prefer his wife to be at home and not an actress. "I'm selfish about my wife. I want all to myself," he says plainly. Capshaw, of course, has that particular argument.

The couple have agreed, however, never to argue at the same

So it was Spielberg

two-year, post-*Schindler's List* vacation that provided opportunity for Capshaw to accept tempting parts. "We both feel that it's my turn, although we don't talk about that way," says Capshaw, who at the time of the interview was flying back and forth from East Hampton to Miami to finish *Just Cause*.

Leaving her family at home, though, has been a bittersweet experience. "Everybody is just getting ready for *Dear Mommy's* like 'Bye-bye-kiss-say' and then I got on the airplane, I worked, wrapped, got back on the plane, tucked the kids in and went to dinner," she says in one long breath. "I was commuting to work in Miami; it felt like a flight attendant."

To help her deal with this glamorous version of the working-woman conundrum, Capshaw relies on her "Mommy Group," which includes neighbor Rita Wilson, who is married to Spielberg's close pal Tom Hanks; Annette Bening; Goldie Hawn and Sally Field, among others. The group, entitled Girls' Night Out Productions, meets once a month, and the women gather for similar bonding sessions. "We leave our dimmers and we've had a million belly laughs, figured out someone's love life," (continued on page 10)



## GIRLS' NIGHT OUT

Once a month these Hollywood pals (from left, Rita Wilson, Sally Field, Kate Capshaw, Goldie Hawn and Annette Bening) gather and discuss everything from the latest hot script to how to get the kids to sleep through the night

no hint of the angst that preceded it, the painful intermittent reconciliations between Steven and Amy Irving, and awkwardly poignant incidents like Capshaw's refusing to hide in a hotel room when she accompanied Spielberg to the London premiere of the third *Indiana Jones* movie.

Instead, Capshaw will happily tell you of her years running the Spielberg home. "I put together a family," she says, and instantly corrects herself. "We put together a family. We had five children in three years, Judaism [she converted], circumcisions, braces, marriage." She pauses for a moment. "Not to mention divorce," she says, applying more Tabasco sauce. "I've been busy."

Now the forty-year-old actress is so secure in her home life that she's putting some of her energy back into her career. After a five-year hiatus, Capshaw has three significant roles:

r e a t i v e

*Campbell's*



**IT'S MORE THAN  
FAST. IT'S A REAL  
CHANGE OF PACE.**


**Campbell's Italian Burger Melt**  
1/2 lb. ground beef  
1 can Campbell's Italian Tomato Soup  
slices mozzarella, or American cheese  
hamburger rolls



1. Shape beef into 6 patties and brown in skillet. Drain fat.
  2. Add soup and 1/3 cup water.
  3. Cover and cook 10 min. or until patties are no longer pink.
  4. Top with cheese and serve on rolls. Serves 6.
- Prep. Time: 10min. Cook Time: 25min.

**NEVER  
UNDERESTIMATE  
THE POWER OF**  
*Campbell's*





When we walk  
down the street  
together everyone  
looks at Linda.  
I feel like  
I'm just tagging  
along with this  
tall, blond Viking.

—Clotilde

FRIENDS EVER SINCE. MEET CLOTILDE WHITE, FORTY-ONE, THE  
FOUR, FORMER TOP MODELS WHO HAVE RECENTLY RESUMED  
ER AFTER ALL THESE YEARS. By Lois Joy Johnson, Beauty & Fashion Director



**CLOTILDE, A NEW YORKER LOVES CLASSIC STYLES IN RICH NEUTRAL BROWNS, GREENS, NAVY AND BLACK. LINDA, A WISCONSIN NATIVE, GOES FOR MORE VARIETY AND ESPECIALLY LOVES PALE SHERBET SHADES. THOUGH THEY HAVE DIFFERENT TASTES, BOTH HAVE GREAT STYLE AND KNOW HOW TO MAXIMIZE THEIR LOOKS. SOME OF THEIR BEST TIPS: WEAR SOMETHING UNEXPECTED—A PINK JACKET WITH FLANNELS, A PRETTY CAMISOLE UNDER A BUTTON-DOWN SHIRT. GIVE A SUIT THE SEX APPEAL OF JEANS: SKIP THE SHIRT, SHORTEN THE SKIRT, LIMIT ACCESSORIES, WEAR TONED OPAQUE HOSE. ADD SOME BODY DEFINITION—JUST ONE PIECE, LIKE A TAILORED JACKET, CAN HELP EVEN AN UNTONED BODY LOOK SLEEKER. WEAR A SKIN-FRESHENING COLOR—WHITE, APRICOT, PALE BLUE—NEAR YOUR FACE WHEN TIRED. LEFT: SUIT, PHILIPPE ADEC; VEST, DKNY; SHIRT, EQUIPMENT SOCKS, HOT SOX; SHOES, UNLISTED. RIGHT: SHIRT, JEANS, CK CALVIN KLEIN.**

best  
friends



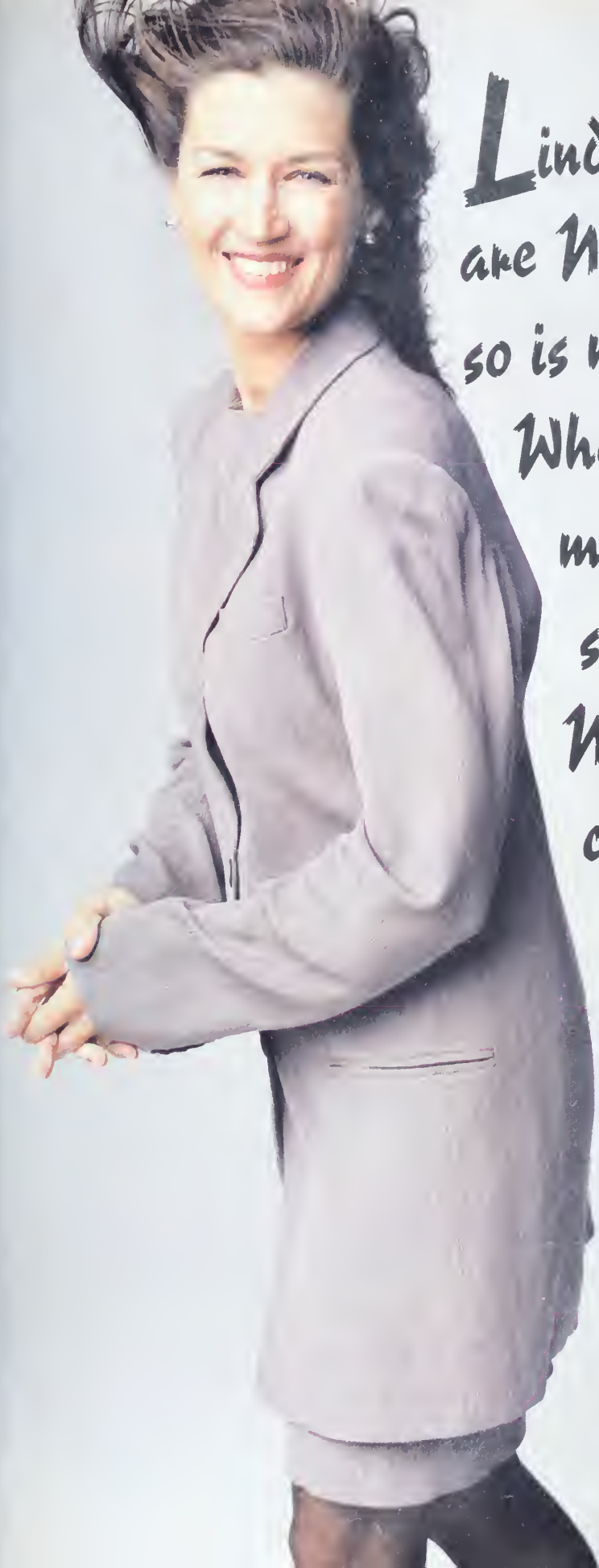
*Clotilde used to model for Ralph Lauren  
—her classic style inspired him! I prefer  
eclectic clothes. Whenever I buy something  
new I can almost hear Clotilde saying,  
"What are you thinking?!"*

*—Linda*

**SAYS CLOTILDE, "LINDA LOOKS EXACTLY THE SAME TO ME AS SHE DID SEVENTEEN YEARS AGO. I'VE SEEN HER THROUGH ALL HER PREGNANCIES, I'VE BEEN AT THE HOSPITAL WHEN HER BABIES WERE BORN; SHE ALWAYS LOOKS THIS GOOD!" SAYS LINDA, "CLOTILDE IS PERFECT, SHE DOESN'T EVEN NEED MAKEUP. HER DARK HAIR AND BROWS ACCENT HER SKIN AND EYES. I'M INVISIBLE WITHOUT MAKEUP—MY EYELASHES ARE WHITE!" BOTH AGREE THAT WHEN IT COMES TO BEAUTY ROUTINES, IT'S BEST TO KEEP THINGS SIMPLE. "IT'S ALL ABOUT DISCIPLINE," SAYS LINDA. "KEEP EVERYTHING IN PEAK CONDITION—WELL-CUT, GLOSSY HAIR, FRESH-LOOKING SKIN, A TONED BODY AND GROOMED HANDS MAKE EVERYONE LOOK YOUNGER." ON LINDA: SHIRT, BROOKS BROTHERS; TANK, J. CREW. ON CLOTILDE: DRESS AND JACKET, MICHAEL KORS; HOSE, DKNY.**







**Linda's parents  
are Norwegian—  
so is my mother.**

**When I told her  
my mom always  
served me brown  
Norwegian goat  
cheese on toast  
for breakfast,  
she said,**

**"So did mine!"**

**We joke that  
it's our  
beauty secret.**

**—Clotilde**

"I LOVE EXPERIMENTING WITH PRODUCTS, ESPECIALLY SHAMPOOS AND MOISTURIZERS," SAYS CLOTILDE. "MY NEW FAVORITE MOISTURIZER IS ESTÉE LAUDER'S RESILIENCE." LINDA, ON THE OTHER HAND, STICKS WITH TRIED-AND-TRUE PRODUCTS FOR YEARS. "I SWEAR BY IVORY SOAP TO WASH MY FACE, AND I'VE BEEN USING ELIZABETH ARDEN'S VISIBLE DIFFERENCE MOISTURIZER FOR TWENTY YEARS," SAYS LINDA. "I LOVE DIME-STORE SHOPPING FOR CHEAP MAKEUP FINDS—AND I STILL USE YOGURT TO GIVE MYSELF A FACIAL—A BEAUTY TIP FROM THE SEVENTIES!"

RIGHT: SHIRT, EQUIPMENT; PANTS, MICHAEL KORS; BELT, RALPH LAUREN; SHOES, ROBERT CLERGERIE; WATCH, SWATCH; CHAIR, HINTON & COMPANY.

FAR RIGHT, ON

CLOTILDE: TWINSET, MALO; LEGGINGS, DKNY; SOCKS, HUE; SHOES, ROBERT CLERGERIE. ON LINDA: SWEATER, DKNY; TANK, ESPRIT; LEGGINGS, CK CALVIN KLEIN; SOCKS, EGSMITH; OXFORDS, UNLISTED.



best  
friends


*One time my family visited Clotilde for a month. There we were with our combined seven kids—it was great!*

*—Linda*



# David's

# KITCHEN

A photograph of a kitchen with a wooden countertop and a window. On the counter, there are several pizzas, a plate of cookies, a striped cloth, and a decorative figurine. In the background, there is a coffee machine, a scale, and other kitchen items. The wall is made of wood paneling.

**When David Liederman, of David's Cookies, isn't mixing a batch of Macadamia Chocolate Chunk cookies, he's cooking up casual meals for family and friends at the six-burner Garland range he learned to cook on twenty-six years ago**



David frequently uses his home kitchen to test new recipes for Restaurant Luna, his Italian restaurant in Mount Kisco, New York



The bakery corner is David's favorite spot. His secret: "A convection oven makes everything crunchy outside, moist inside" —like those famous cookies



When you're ready to eat but your dinner's not.

Nothing Handles Your Hunger Like A Triscuit.®



NABISCO  
FOODS

© 1993 NABISCO INC

# Food Journal

## **CATCH OF THE DAY**

Restaurant-perfect seafood recipes from top chefs across the country

## **COFFEE BREAK**

For breakfast time, snack time, anytime: our very best coffee cakes, muffins and scones

## **"I WENT TO COOKING SCHOOL"**

Two women share their notes and recipes for great-tasting low-fat dishes and authentic Italian meals

## **TWICE AS NICE**

Take the ho-hum out of leftovers with dinners that can be reinvented the next night in a deliciously different way




## **THE LATEST DISH**

The food-migraine link, how to brew a perfect cup of tea, and more

**Grilled Fish in  
Lemongrass Broth**







# Catch of the day

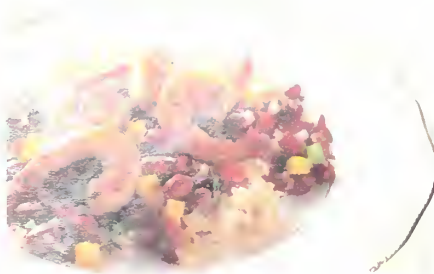
SOMETHING'S FISHY: WHY DOES SEAFOOD ALWAYS TASTE BETTER IN RESTAURANTS THAN IT DOES AT HOME? FOR ANSWERS, WE ASKED TOP CHEFS KNOWN FOR THEIR FABULOUS FISH DISHES TO SHARE THEIR FAVORITE, PERFECT-EVERY-TIME RECIPES

## Catch of the day

*Emeril's*

- Easy ● Challenging ▼ Low-fat  
 ● Moderate ⊕ Microwave □ Low-calorie

### SEARED SHRIMP WITH RED BEAN RELISH



At Emeril's, the cuisine of New Orleans gets a boost from innovative chef Emeril Lagasse. He gives shrimp a Creole kick and serves it with a zesty relish.

*Prep time: 40 minutes plus standing*

*Cooking time: 1 hour, 40 minutes* ▼○

1 pound dried red or pinto beans  
 Water

2 pounds medium shrimp, peeled  
 2 tablespoons Creole seasoning\*  
 1 red, green and yellow pepper, diced  
 1 small red onion, chopped fine  
 2 tablespoons minced shallots  
 2 tablespoons vegetable oil  
 1/3 cup fresh lemon juice  
 1 tablespoon minced fresh thyme  
 1 tablespoon minced garlic  
 1 teaspoon salt  
 1/2 teaspoon freshly ground pepper  
 Dash hot pepper sauce  
 Lemon wedges

- Soak beans in water to cover by 2 inches overnight. Drain. Combine beans with fresh water to cover by 2 inches in large saucepot and bring to boil. Reduce heat and simmer covered until just tender, 1 1/2 hours. Drain, rinse and refrigerate.
- Meanwhile, toss shrimp with Creole seasoning in medium bowl. Cover and refrigerate 2 to 6 hours.
- Combine cooled beans with remaining ingredients except lemon wedges in large bowl; toss to combine. Makes 9 cups.
- Heat large nonstick skillet over medium-high heat until very hot. Add half the shrimp to skillet in single layer; cook 1 minute. Turn shrimp over. Add 2/3 cup water and continue cooking, shaking pan, until shrimp are opaque throughout, 2 to 3 minutes more. Transfer to bowl. Wipe out pan and repeat with remaining shrimp and 2/3 cup more water.
- Mound bean relish on 8 dinner plates. Arrange shrimp on top. Serve with lemon wedges. Makes 8 servings.

\*Creole seasoning is available in many supermarkets and specialty stores. To make your own, combine 4 teaspoons paprika, 1 tablespoon each salt and garlic powder, and 2 teaspoons each oregano, thyme, onion powder and ground black and red pepper. Makes 1/4 cup.

Per serving		Daily goal
Calories	350	2,000 (F), 2,500 (M)
Total fat	6 g	60 g or less (F), 70 g or less (M)
Saturated fat	1 g	20 g or less (F), 23 g or less (M)
Cholesterol	140 mg	300 mg or less
Sodium	1,053 mg	2,400 mg or less
Carbohydrates	43 g	250 g or more
Protein	31 g	55 g to 90 g

### SALMON WITH BALSAMIC SAUCE



#### FASTEST RECIPE OF THE MONTH

Chef Saleh Joudeh attributes the success

#### Fish tips from expert chefs

■ Fish should be at room temperature, not cold, when you begin cooking. (Let fish stand up to 30 minutes.) Preheat the skillet for 3 to 5 minutes—an electric range takes longer to heat up than gas does—and heat the oil before adding the fish. Hold your hand above the skillet, out of spattering range. You should be able to feel the heat. —SALEH JOUDEH

■ Fish cooks very quickly, so it is easy to overcook. Test for doneness by touching the fish while it's cooking—the texture should be soft, not firm. —JOACHIM SPLICHAL

■ Soft fish, such as sole, flounder and scrod, are easy to poach—bake gently in a flavored liquid, such as court-bouillon (an herb-and-wine-flavored broth). They are not good choices for grilling because they are delicate and may fall apart. —OLIVER SAUCY

■ A great do-ahead technique for entertaining: Rub fish with ingredients such as coarsely chopped cumin, black sesame seeds, cornmeal or ground, toasted basmati rice—they create a crust that seals in the flavor of the fish. Sauté lightly with the crust side down; set aside on a cookie sheet or roasting pan. Just before serving, finish cooking in a preheated oven for about 5 minutes. —NORA POUILLON

■ If you add shrimp to a hot pan, they need to be cooked only 1 to 2 minutes. To ensure that you buy the size shrimp you want, look for the count per pound. (Medium shrimp number 43 to 50 per pound; large, 31 to 35; jumbo, 21 to 25.) —EMERIL LAGASSE

of his renowned restaurant, Steh a Lago, in Seattle, to the spirit of h styl of Italian cooking. Here he combine salmon, a Northwest specialty, wh colors and flavors of the Mediterranean

*Prep time: 25 minutes*

*Roasting time: 5 to 10 minutes*

4 salmon fillets (6 oz. each)

Salt and freshly ground pepper  
 2 tablespoons flour  
 1 tablespoon olive oil  
 1 tablespoon minced garlic  
 1 can (16 oz.) tomatoes, drained  
 3/4 cup clam juice or chicken bro  
 1/2 cup balsamic vinegar  
 1/3 cup dry white wine  
 1 tablespoon chopped fresh basil

- Preheat oven to 375°F. Sprinkle with salt and pepper, then with flour.
- Heat oil in large ovenproof skillet high heat. Add salmon, skin side up. cook 2 minutes. Turn fish over. Add garlic, chopped tomatoes, clam juice, gar and wine; bring to boil. Tr skillet to oven and roast 5 to 10 m until fish is opaque throughout.
- Transfer salmon to plates; keep a

Continue cooking tomato mixture stove over high heat until thickene 10 minutes. Stir in basil. Spoon a over fillets. Makes 4 servings.

Per serving		Daily goal
Calories	330	2,000 (F), 2,500 (M)
Total fat	14 g	60 g or less (F), 70 g or less (M)
Saturated fat	2 g	20 g or less (F), 23 g or less (M)
Cholesterol	94 mg	300 mg or less
Sodium	360 mg	2,400 mg or less
Carbohydrates	10 g	250 g or more
Protein	36 g	55 g to 90 g

### PEPPERED TUNA WITH PONZU SAUCE



#### TEST KITCHEN FAVORITE

At Patina, in Los Angeles, this dish is trademark of chef Joachim Splinal blend of French techniques and flavors. Be sure to blanch the garlic times—this sweetens it and prevents from overpowering the sauce.

*Prep time: 15 minutes*

*Cooking time: 35 to 40 minutes*

1 1/2 pounds tuna steaks, 1 1/2 inches thick

1 tablespoon cracked black pepper  
 12 green onions, trimmed  
 1 1/2 pounds bok choy or spinach

(continued on page 1)



The most  
delicious  
things  
happen  
when you  
cut into  
pork.

These Fiesta Pork Burritos are as delicious as they are easy. All it takes is some fresh, lean, tender pork and a few other easy ingredients to have dinner rolled up in no time. Preparation and cooking time: 15 minutes.



## Fiesta Pork Burritos

Roll up about a pound of boneless pork loin into strips and stir-fry with one tablespoon vegetable oil and sliced onion. Stir in an 11-ounce can of drained beans and toss with two teaspoons taco seasoning. Roll up portions in four flour tortillas and serve with salsa, rice and beans. Serves four.

Information, approximately, per serving: 418 cal., 12 g total fat, 3 g saturated fat, 66 mg cholesterol

For recipes, send a self-addressed, stamped, business-size envelope to: Recipes-Ad, Box 10383, Des Moines, IA 50306

Analysis done by The Food Processor II Diet Analysis Software. Pork data from USDA Handbook 8-10 (1991)



The Other  
White Meat.®

America's Pork Producers.

©1994 National Pork Producers Council in cooperation with the National Pork Board

# Tonight's Perfect Chicken? It's In The Bag!



Use Reynolds Oven Bags for a winning chicken dinner any day of the week! Everything cooks perfectly all by itself with no pans or oven to scrub.



**FREE RECIPES:** For more easy-to-make everyday meals, write to The Reynolds Wrap Kitchens, P.O. Box 1592, Dept. A-233, Church Hill, MD 21690.

- Combine bok choy and cooked green onions in microwave dish. Cover and microwave on High 2 minutes.
  - Cut tuna into 3/4-inch slices. Arrange on 4 plates with vegetables and wontons. Spoon on sauce. Makes 4 servings.
- \*Wonton skins are available in Asian markets and in many supermarkets.

Per serving		Daily goal
Calories	455	2,000 (F), 2,500 (M)
Total fat	18 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	60 mg	300 mg or less
Sodium	1,575 mg	2,400 mg or less
Carbohydrates	30 g	250 g or more
Protein	44 g	55 g to 90 g

## SEAFOOD FETTUCCINE WITH TOMATOES

*pictured on page 175*

At Cafe Maxx, in Miami, chef Oliver Saucy serves this pasta brimming with ripe Florida tomatoes and local seafood. The fish you include will be complemented by the robust sauce.

*Prep time: 15 minutes plus marinating Cooking time: 25 minutes*

- 2 tablespoons olive oil, divided
- 2 tablespoons fresh lemon juice
- 2 tablespoons chopped shallots
- 12 large shrimp, peeled and deveined
- 8 ounces monkfish, cut into 3/4-inch pieces
- 6 sea scallops
- 1 cup finely chopped onions
- 2 tablespoons minced garlic
- 2 pounds ripe tomatoes, seeded and diced (5 cups)
- 1 1/2 teaspoons salt
- 1/2 teaspoon freshly ground pepper
- 2 tablespoons butter or margarine
- 8 ounces lump crabmeat, flaked and picked over
- 1/2 cup chopped fresh basil

## Catch of the day

*continued from page 178*

- 4 garlic cloves, peeled
- 2/3 cup chicken broth
- 2 tablespoons fresh lemon juice
- 1/4 cup soy sauce
- 1 tablespoon minced fresh ginger
- 1/2 cup peeled, seeded, diced plum tomato
- Vegetable oil, for frying
- 15 wonton skins, cut into 1/4-inch strips\*
- 2 teaspoons olive oil

- Cut tuna steaks in half lengthwise. Sprinkle with pepper.
- Bring 8 cups water to boil in large saucepan. Cut two 3-inch pieces from the bottom of each green onion. Slice 1/2 cup green onion tops thin and set aside. Add 3-inch pieces to boiling water and cook 2 minutes. Remove with slotted spoon and rinse under cold water.
- Separate bok choy into individual stems; cut each stem in half lengthwise, then crosswise. Add to boiling water and cook until tender, 3 minutes. (For spinach, do not cut leaves. Blanch just until wilted, 30 seconds.) Drain and rinse.
- Bring 1 cup water to boil in small saucepan over high heat. Add garlic and boil 1 minute; drain. Repeat blanching twice more. Slice garlic 1/8 inch thick.
- Add broth, lemon juice and soy sauce to pan; bring to boil. Remove from heat; add sliced green onion tops, ginger, tomato and garlic. Set aside.
- Heat 1 inch vegetable oil in small skillet to 375°F. Add wonton strips in small batches and cook until deep golden. Drain.
- Heat olive oil in 10-inch cast-iron skillet over medium-high heat. Add tuna and cook 3 minutes per side for rare, 4 to 5 per side for medium-well done.

# Flavor? It's In The Bag!

## Chicken 'N Gravy

**Prep Time: 14 minutes    Cooking Time: 45 minutes**

- |                                              |                           |
|----------------------------------------------|---------------------------|
| 1 Reynolds* Oven Bag, large size (14" x 20") | 1-1/2 cups water          |
| 2 tablespoons flour                          | 6 skinless chicken pieces |
| 1 package (3/4 to 1 oz.) chicken gravy mix   | Seasoned salt and pepper  |
| 1/4 teaspoon garlic powder                   | 4 medium carrots, sliced  |
|                                              | 2 stalks celery, sliced   |

- **PREHEAT** oven to 350°F.
- **SHAKE** flour in Reynolds Oven Bag; place in 13x9x2-inch pan.
- **ADD** gravy mix, garlic powder and water to bag. Squeeze to blend ingredients. Sprinkle chicken with seasoned salt and pepper. Place in bag. Place carrots and celery in bag around chicken.
- **CLOSE** bag with nylon tie; cut six 1/2-inch slits in top.
- **BAKE** until chicken is tender, 45 to 50 minutes. Makes 4 servings.



# Easy? It's In The Bag!

## Chicken & Sour Chicken

Prep Time: 11 minutes    Cooking Time: 30 minutes

- 1 Reynolds® Oven Bag, large size (14" x 20")
  - 1 cup all-purpose flour
  - 1/2 cup packed brown sugar
  - 1/2 cup vinegar
  - 1/2 cup soy sauce
  - 1 can (20 oz.) pineapple chunks in juice, drained
  - 1 medium green pepper, cut in rings or strips
  - 4 skinless, boneless chicken breast halves
  - Hot cooked rice
- Preheat oven to 350°F. Shake flour in Reynolds Oven Bag; place in 13x9x2-inch baking pan. Add vinegar and soy sauce to bag. Squeeze bag to blend in pineapple and green pepper to bag. Add chicken to bag. Turn bag with chicken with sauce. Arrange ingredients in an even layer. Close bag with nylon tie; cut six 1/2-inch slits in top. Bake until chicken is tender, 30 to 35 minutes. Serve over rice. Makes 4 servings.



- 1/2 cup dry sherry
- 1 stalk lemongrass,\* trimmed and minced (or 1/2 teaspoon grated lemon peel)
- 1 to 2 jalapeño chiles, minced
- 3 tablespoons nuoc mam\* (fish sauce)
- 1 cup thinly sliced carrots
- 3 ounces shiitake mushrooms, stemmed and quartered (2 cups)
- 4 green onions, sliced thin diagonally
- 4 rockfish, striped bass or grouper fillets (6 oz. each)
- Salt and freshly ground pepper
- 2 bunches (4 cups) watercress, stems trimmed
- 1/2 cup cilantro leaves

1. Prepare grill or preheat broiler.
2. Heat 1 tablespoon oil in large saucepot over medium-high heat. Add ginger and cook, stirring, 30 seconds. Add sherry and boil until reduced by half. Add 6 cups water and bring to boil. Add lemongrass, jalapeños, nuoc mam, carrots, shiitakes, green onions and drained noodles; simmer 1 minute.
3. Meanwhile, brush fish with remaining 1/2 teaspoons oil and sprinkle with salt and pepper. Grill 4 to 5 minutes per side, until opaque throughout.
4. Just before serving, stir watercress into simmering broth. Ladle soup into 4 large soup bowls. Top each with grilled fish and garnish with cilantro leaves. Makes 4 servings.

\*Pad thai noodles, lemongrass and nuoc mam are available in Asian markets, or by mail from A Taste of Thai, 800-243-0897.

Per serving	Daily goal
Calories	420    2,000 (F), 2,500 (M)
Total fat	10 g    60 g or less (F); 70 g or less (M)
Saturated fat	2 g    20 g or less (F); 23 g or less (M)
Cholesterol	60 mg    300 mg or less
Sodium	156 mg    2,400 mg or less
Carbohydrates	34 g    250 g or more
Protein	43 g    55 g to 90 g

## Shrimp & Monkfish with Lemon Peel

Combine 1 tablespoon oil and the lemon juice and shallots in a small bowl. Add shrimp, monkfish and scallops. Cover and refrigerate 30 minutes. Heat remaining 1 tablespoon oil in large skillet over medium heat. Add onions and cook until tender, 4 minutes. Add garlic and cook, stirring, 1 minute more. Stir in tomatoes, salt and pepper; cook 15 minutes. Transfer to large bowl. Pat fish dry on paper towels. Heat butter in same skillet over medium-high heat. Add monkfish and scallops; cook, turning frequently, 4 minutes. Add shrimp and cook 1 minute. Stir in tomato mixture, then crabmeat, basil and lemon juice. Cook until through. Serve sauce over hot fettuccine. Makes 4 servings.

	Daily goal
Calories	605    2,000 (F), 2,500 (M)
Total fat	18 g    60 g or less (F); 70 g or less (M)
Saturated fat	5 g    20 g or less (F); 23 g or less (M)
Cholesterol	246 mg    300 mg or less
Sodium	1,209 mg    2,400 mg or less
Carbohydrates	66 g    250 g or more
Protein	47 g    55 g to 90 g

## GRILLED FISH IN LEMONGRASS BROTH

For more information, contact the chef, Chef Nora Pouillon of Restaurant Nora, in Washington, D.C., for her commitment to organic food. In this recipe, Thai spices enhance the flavor without adding fat.

Prep time: 35 minutes    Grilling time: 8 to 10 minutes ▼○

- 1/2 cup pad thai noodles,\* soaked in hot water 3 minutes, or vermicelli, cooked, drained and rinsed
- 1/2 cup plus 1/2 teaspoons vegetable oil
- 1/2 cup plus 1/2 teaspoons minced fresh ginger

# Clean-Up? It's In The Bag!

## Chicken & Green Bean Dinner

Prep Time: 15 minutes    Cooking Time: 45 minutes

- 1 Reynolds® Oven Bag, large size (14" x 20")
- 1/2 cup chicken broth
- 1/4 teaspoon pepper
- 1 tablespoon flour
- 1 can (10-3/4 oz.) condensed cream of mushroom soup
- 1 package (9 oz.) frozen cut green beans, defrosted
- 1 can (2.8 oz.) French-fried onions, divided
- 6 skinless chicken pieces
- Seasoned salt and pepper

- **PREHEAT** oven to 350 F.
- **SHAKE** flour in Reynolds Oven Bag; place in 13x9x2-inch baking pan.
- **ADD** soup, green beans, chicken broth, pepper and 1/2 can of onions to bag. Squeeze bag to blend in flour. Arrange ingredients in an even layer. Sprinkle chicken with seasoned salt and pepper. Place chicken in bag; sprinkle with remaining onions.
- **CLOSE** bag with nylon tie; cut six 1/2-inch slits in top.
- **BAKE** until chicken is tender, 45 to 50 minutes. To serve, stir sauce. Makes 4 servings.





# Coffee Break

We did the hard part—perfecting recipes for a deliciously different selection of snack cakes—so you could take it easy. Just bake them up, invite your friends and treat them to some much-needed R&R. Enjoy!



## OUR BEST COFFEE CAKES, MUFFINS AND SCONES



THIS PAGE, CLOCKWISE FROM TOP LEFT: ANADAMA MUFFINS, APPLESAUCE RAISIN MUFFINS, GRANOLA SCONES, HONEY BUNS. OPPOSITE: CRANBERRY TWIST

# Surprising Facts About Today's Canned Food

## What's in a can? Surprise!

Just about everything you need for quick and appealing appetizers, entrees, side dishes, desserts and snacks.

### Convenient

Canned foods are convenient ingredients that add pizzazz to your cooking.

### Nutritious

A recent study for the U.S. Department of Agriculture found that there's virtually no difference in the nutritional values of fresh, frozen and canned foods when they're prepared for the table.

### Healthy

Perfect for health-conscious cooking, canned foods contain no artificial preservatives. Most of today's canned foods also contain significantly less sodium than ever before.

### Delicious

There are more than 1,500 appetizing canned food items available today. Choose from a wide variety of fruits and vegetables, as well as gourmet and ethnic foods.

### Recyclable

Food in steel cans is the smart choice for helping our environment, too. Steel cans are 100% recyclable and are collected through more than 12,000 community recycling programs in the U.S. and Canada.

### Secret Ingredients for Cooking in the '90s

The secret ingredients of many fine recipes are canned foods. Treat your family or guests to this colorful, hearty and refreshing salad. You may be surprised at how easy and delicious this style of cooking can be!

## Corn and Black Bean Salad with Lime Dressing

(Serves Six)

### Dressing:

- 3/4 tsp ground cumin
- 1/4 cup fresh squeezed lime juice
- 2 tbsp vegetable oil

### Salad:

- 2 cups packed Romaine lettuce cut into 1/2-inch crosswise pieces
- 1 can (11 oz.) corn kernels, drained
- 1 can (15 oz.) black beans, rinsed and drained
- 1/2 cup each red and green bell peppers, diced
- 1/2 cup sweet onion, diced
- 1/4 cup cilantro (fresh coriander) leaves

1. Place the cumin in a small skillet and set over low heat just until the skillet gets warm and the cumin is heated, about 1 minute. Off the heat, add the lime juice and oil, whisk to blend.
2. In a large bowl, combine the Romaine lettuce, corn, black beans, cilantro, red and green peppers, and onion. Add the lime dressing and toss to coat.
3. Spoon the salad into a deep platter or shallow bowl.

## Coffee break

continued

- Easy ● Challenging ▼ Low-fat  
 ● Moderate ⊕ Microwave ▼ Low-calorie  
 \* Can be frozen up to 1, 3, 6 or 9 months

### CHERRY SCONES



Dried cherries are the latest addition to the dried-fruit craze. If you prefer a sweeter scone, choose dried sweet cherries instead of tart ones.

Prep time: 15 minutes

Baking time: 15 to 18 minutes

○\*

- 1 large egg, lightly beaten
- 2/3 cup buttermilk
- 1 teaspoon vanilla extract
- 1/3 cup dried tart cherries, chopped
- 2 1/4 cups all-purpose flour
- 1/3 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/3 cup butter or margarine, cut up
- 1 large egg, beaten with 1 tablespoon water, for glaze

1. Preheat oven to 375°F. Grease cookie sheet.
2. Combine egg, buttermilk, vanilla and cherries in bowl; let stand 5 minutes.
3. Stir flour, sugar, baking powder, baking soda and salt in large bowl. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Stir in cherry mixture until moistened. On lightly floured surface, knead dough 6 to 8 turns. With lightly floured rolling pin, roll dough 1 inch thick.
4. Cut scones with lightly floured 2-inch biscuit cutter and transfer to prepared cookie sheet. Reroll scraps and repeat. Brush tops lightly with egg glaze. Bake 15 to 18 minutes, until golden. Cool on wire rack. Makes 1 dozen.

Per scone	Daily goal	
Calories	185	2,000 (F), 2,500 (M)
Total fat	7 g	60 g or less (F), 70 g or less (M)
Saturated fat	4 g	20 g or less (F); 23 g or less (M)
Cholesterol	50 mg	300 mg or less
Sodium	302 mg	2,400 mg or less
Carbohydrates	27 g	250 g or more
Protein	4 g	55 g to 90 g

**Granola Scones:** Prepare as above but substitute 1/2 cup oats, uncooked, for vanilla and dried cherries; stir into egg mixture. Reduce flour to 1 3/4 cups and sugar to 2 tablespoons. Add

1/4 teaspoon cinnamon to dry ingredients. Cut in butter as directed, then in 1/2 cup chopped dates, 1/4 cup shredded coconut and 1/4 cup sunflower seeds. Stir in buttermilk mixture as directed. Flatten to 8-inch squares. Brush with egg, then sprinkle with 2 tablespoons oats and 1 tablespoon sunflower seeds. Score top into 16 squares. Bake 18 to 20 minutes.

Per scone	Daily goal	
Calories	265	2,000 (F), 2,500 (M)
Total fat	12 g	60 g or less (F); 70 g or less (M)
Saturated fat	5 g	20 g or less (F); 23 g or less (M)
Cholesterol	43 mg	300 mg or less
Sodium	385 mg	2,400 mg or less
Carbohydrates	36 g	250 g or more
Protein	6 g	55 g to 90 g

### CRANBERRY TWIST

#### FOOD EDITOR'S CHOICE

The fragrance of freshly baked cranberry cake can lift the weariest of spirits. Rich yeast dough, swirled with fresh berries and nuts, delivers great flavor.

Prep time: 55 minutes plus rising  
 Baking time: 25 minutes

- 2 packages active dry yeast
- 1/2 cup warm (105°F.-115°F.) water
- 1/4 cup plus 2 teaspoons granulated sugar
- 5 1/2 to 6 cups all-purpose flour, sifted
- 1 cup warm (105°F.-115°F.) milk
- 1/4 cup butter or margarine, softened and cut up
- 2 large eggs, at room temperature
- 1 1/2 teaspoons salt

### Filling

- 1 cup cranberries, chopped
- 1 cup firmly packed brown sugar
- 1/2 cup finely chopped walnuts or pecans
- Pinch cloves

- 2 tablespoons butter or margarine, melted and cooled

### Glaze

- 1 cup confectioners' sugar
- About 2 tablespoons milk

1. Dissolve yeast in water with 1/2 cup sugar in small (corn)

### The lowdown on rising

Yeast is available in several forms: active dry, fast-rising, bread-machine and refrigerated cake. A 1/4-ounce packet of dry yeast equals 1/2 ounce. 2 1/2 teaspoons or 1 small yeast cake. Hint: For rich doughs made with eggs and butter, dissolve each packet of yeast in 1/4 cup warm water and 1 teaspoon sugar. This gives yeast cells a chance to grow before combining with other ingredients, which can slow their rising.



The tortellini came from an Italian Market.  
The shrimp from the Gulf of Mexico.  
And the artichoke hearts are from somewhere quite unexpected.



## Tortellini Salad with Shrimp

**Ingredients:** 1 box (9 ounces) fresh cheese-filled spinach tortellini; 2 cups zucchini, sliced; 2 small tomatoes cut into wedges (7 ounces); artichoke hearts, drained and quartered; 1 cup chopped, cooked, ripe olives, drained; 1/2 pound shrimp, cooked, peeled and deveined; Italian Herb Dressing; fresh basil leaves; grated Parmesan cheese. (Recipe follows)

**Cook tortellini** as package directs; drain. In a large bowl gently toss all ingredients except cheese. Sprinkle with Parmesan.

**Italian Herb Dressing:** In small bowl whisk together 3/4 cup olive oil; 1/4 cup red wine vinegar; 1 clove garlic, minced; 1/4 teaspoon dried parsley leaves. Season with salt and cracked black pepper to taste. Makes about 1 cup.

Makes 4 main-dish servings (about 8 cups)

You probably think that the succulent, pale green artichoke hearts that come from a can could only be the product of someone's imagination. But the fact is, today's modern steel can has proven to be one of the best ways to preserve the taste and nutrition that nature gives to over 1500 different foods. And when you use canned artichoke hearts to make Tortellini Salad with Shrimp, you just may find them to be the tastiest you've ever speared with a fork.



What's In A Can Will Surprise You.



## Coffee break

continued

dough, let stand until bubbly 15 minutes.

2. Meanwhile, place 2 cups flour in large mixer bowl. Stir in milk, butter,  $\frac{1}{4}$  cup sugar, the eggs and salt, and beat until well combined. Add yeast and gradually beat or stir in 3 more cups flour until dough pulls away from sides of bowl.

3. On floured surface knead dough until smooth and elastic, incorporating only as much remaining flour as necessary, 8 to 10 minutes. Transfer to greased bowl, turning to grease top. Cover and let rise in warm, draft-free place until doubled in bulk, 1 to 1 1/2 hours. Punch dough down. Let rest 10 minutes.

4. **Prepare filling:** Meanwhile, combine cranberries, brown sugar, walnuts and cloves in medium bowl. Makes  $1\frac{1}{2}$  cups.

5. Grease 2 jelly-roll pans. Divide dough in half. On lightly floured surface, roll one half to an 18x10-inch rectangle. Brush lightly with half the butter. Spread  $\frac{3}{4}$ -cup filling evenly on top. Roll up, jelly-roll style, from long side. Pinch seam to seal.

6. Place log diagonally on prepared jelly-roll pan. With sharp knife, cut log in half lengthwise, turning cut sides up. Loosely twist halves together, keeping cut sides up. Shape into a ring; place inverted

6-ounce custard cup in center. Pinch ends of dough together to seal. Repeat with remaining dough, butter and filling on second pan. Cover and let rise in warm, draft-free place until doubled in bulk, 30 to 45 minutes.

7. Preheat oven to 375°F. Bake rings 25 minutes, switching pans halfway through, until golden. Cool on wire racks. Makes 2 rings, 12 servings each.

8. **Make glaze:** Combine confectioners' sugar and milk; drizzle over cakes.

Per serving		Daily goal
Calories	235	2,000 (F), 2,500 (M)
Total fat	6 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	27 mg	300 mg or less
Sodium	182 mg	2,400 mg or less
Carbohydrates	41 g	250 g or more
Protein	5 g	55 g to 90 g

## ANADAMA MUFFINS

Cornmeal is a must for these muffins, based on an Early American yeast bread. A hint of molasses completes the lovely, old-fashioned flavor.

*Prep time: 15 minutes*

*Baking time: 20 minutes*

- 1 large egg, lightly beaten**
- 1 cup milk**
- $\frac{1}{4}$  cup butter or margarine, melted**
- 3 tablespoons light molasses**
- $1\frac{1}{2}$  cups all-purpose flour**
- $\frac{1}{2}$  cup cornmeal**

- $\frac{1}{4}$  cup firmly packed brown sugar**
- 1 tablespoon baking powder**
- $\frac{1}{2}$  teaspoon baking soda**
- $\frac{1}{2}$  teaspoon salt**

1. Preheat oven to 425°F. Grease two  $2\frac{1}{2}$ -inch muffin-pan cups.

2. Combine egg, milk, butter and molasses in medium bowl. Stir dry ingredients together in large bowl. Stir molasses mixture just until blended. Spoon into prepared muffin cups.

3. Bake 20 minutes or until toothpick inserted in center comes out clean. Move from pan and cool on wire rack. Makes 1 dozen.

Per muffin		Daily goal
Calories	170	2,000 (F), 2,500 (M)
Total fat	6 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	31 mg	300 mg or less
Sodium	324 mg	2,400 mg or less
Carbohydrates	26 g	250 g or more
Protein	3 g	55 g to 90 g

## APPLESAUCE RAISIN MUFFINS

Sprinkled with a topping of brown sugar, these homey muffins are a scrumptious change from your usual morning fare.

*Prep time: 15 minutes*

*Baking time: 25 minutes*

**Streusel**

- $\frac{1}{4}$  cup firmly packed brown sugar**



1/2 cup all-purpose flour  
 2 tablespoons butter or margarine,  
 softened

1 egg, lightly beaten  
 1/2 cup applesauce  
 1/2 cup milk  
 1/2 cup vegetable oil  
 1/2 cup granulated sugar  
 1/2 cup raisins  
 1/2 cup all-purpose flour  
 1/2 cup baking powder  
 1/2 cup baking soda  
 1/2 cup salt  
 1/2 cup cinnamon

Preheat oven to 400°F. Grease twelve  
 muffin-pan cups.  
**Streusel:** Combine brown sugar  
 and flour in small bowl. With fork, blend  
 until crumbly.  
 Combine egg, applesauce, milk, oil,  
 and raisins in medium bowl.  
 Mix dry ingredients together in large  
 bowl. Stir in applesauce mixture just until  
 combined. Spoon into prepared muffin  
 pan. Sprinkle streusel on top.  
 Bake 25 minutes or until toothpick in  
 center comes out clean. Cool in  
 pan 5 minutes. Remove from pan and  
 cool completely. Makes 1 dozen.

	Daily goal
240	2,000 (F), 2,500 (M)
8 g	60 g or less (F); 70 g or less (M)
2 g	20 g or less (F); 23 g or less (M)

Cholesterol	24 mg	300 mg or less
Sodium	256 mg	2,400 mg or less
Carbohydrates	39 g	250 g or more
Protein	3 g	55 g to 90 g

### HONEY BUNS

These honey-filled sticky buns are quick  
 breads (made without yeast, they don't  
 require rising or kneading). They're per-  
 fect at room temperature for any cover-  
 and-carry occasion.

Prep time: 40 minutes      ●\*1  
 Baking time: 25 minutes

**Filling**  
 1/4 cup honey  
 3 tablespoons butter, softened  
 1/4 teaspoon grated orange peel  
 1/2 cup finely chopped walnuts or  
 pecans

2 1/2 cups all-purpose flour  
 3/4 cup granulated sugar  
 4 teaspoons baking powder  
 1/4 teaspoon salt  
 1/4 teaspoon nutmeg  
 1/2 cup cold butter, cut up  
 1 large egg, lightly beaten  
 1 container (8 oz.) low-fat (1%)  
 cottage cheese  
 1 teaspoon vanilla extract

**Glaze**  
 1/3 cup confectioners' sugar, sifted

1/4 teaspoon grated orange peel  
 2 to 3 teaspoons orange juice

1. Preheat oven to 375 F. Grease 13x9-  
 inch baking pan.
2. *Make filling:* Stir honey, butter and peel  
 in bowl until smooth; stir in nuts.
3. Combine flour, sugar, baking powder,  
 salt and nutmeg in large bowl. With pas-  
 try blender or 2 knives, cut in butter until  
 mixture resembles coarse crumbs. Com-  
 bine egg, cottage cheese and vanilla in  
 medium bowl; stir into flour mixture.
4. On lightly floured surface, knead  
 dough 6 to 8 turns, just until it holds to-  
 gether. With floured rolling pin, roll  
 dough to 12-inch square. Spread filling  
 evenly on dough and roll up, jelly-roll  
 fashion. With sharp knife, cut into twelve  
 1-inch slices. Arrange cut side down in  
 prepared pan. Bake 25 minutes or until  
 golden. Cool in pan on wire rack. Makes  
 1 dozen.
5. *Make glaze:* Stir confectioners' sugar  
 and orange peel with juice in small bowl  
 until smooth. Drizzle over buns.

Per bun		Daily goal
Calories	330	2,000 (F), 2,500 (M)
Total fat	15 g	60 g or less (F); 70 g or less (M)
Saturated fat	7 g	20 g or less (F); 23 g or less (M)
Cholesterol	47 mg	300 mg or less
Sodium	399 mg	2,400 mg or less
Carbohydrates	44 g	250 g or more
Protein	6 g	55 g to 90 g

Recipes by Lisa Brainerd.

# LEAVE IT TO KITCHENAID TO WHIP UP A REALLY GOOD GUARANTEE.



For airy egg whites or heavy  
 bread dough, nothing comes close  
 to the legendary KitchenAid® stand  
 mixer. Our hand mixer packs a  
 lot of power for stiff cookie doughs.  
 And our blender makes short  
 work of a lot of jobs, including  
 crushing ice.

Now even our Total Replacement  
 Warranty gives you really satisfy-  
 ing results. Should anything go  
 wrong with your KitchenAid  
 appliance during the first year of  
 ownership, we'll deliver a new  
 one to your door. Absolutely free.  
 For details, call 1-800-422-1230.

**KitchenAid®**  
 FOR THE WAY IT'S MADE™

# TWICE AS NICE

We've given new meaning to leftovers: With our innovative recipes, you plan for extras from one family meal and, with a few ingredients, transform it into a completely different dinner. That's two meals in one—what a nice idea!

- Easy ● Challenging ▼ Low-fat  
 ● Moderate ⊕ Microwave ⊖ Low-calorie

## BRAZILIAN PORK ROAST

Fresh pineapple sweetens up this spiced pork roast. October is pork month, so look for sales promotions and favorable prices at the supermarket.

Prep time: 30 minutes ○

Roasting time: 45 minutes

- 1 pineapple, peeled and cored
- 4 teaspoons vegetable oil, divided
- 1 cup chopped onions
- 1 teaspoon minced garlic
- 2½ pounds boneless pork loin, trimmed
- 8 whole cloves
- ½ teaspoon cinnamon
- ½ teaspoon cumin
- ⅛ teaspoon ground red pepper
- 1 cup orange juice
- 1 cup water

- ½ teaspoon salt
- 2 teaspoons flour
- 2 teaspoons brown sugar
- 1 cup long-grain rice, cooked

1. Preheat oven to 375°F.
2. Slice eight ½-inch-thick slices from pineapple; cut each into 2 semicircles. Set aside. Coarsely chop remaining pineapple.
3. Heat 2 teaspoons oil in Dutch oven over medium-high heat. Add onions and cook until tender, 5 minutes. Add garlic and cook 1 minute.
4. Pat pork with paper towels. Insert whole cloves into pork. Rub pork with cinnamon, cumin and pepper. Add to Dutch oven and cook until browned, 4 to 5 minutes per side. Add chopped pineapple and cook until browned and juices are evaporated, 5 minutes. Add juice, water and salt. Bring to simmer.
5. Cover and transfer to oven. Roast 45 minutes. Transfer pork to platter; keep warm. Skim fat from drippings. Bring drippings to boil. Whisk in flour to thicken.
6. Heat 1 teaspoon oil in large skillet over medium-high heat. Sprinkle pineapple slices with brown sugar. Add half the slices to skillet and cook until caramelized, 4 to 5 minutes per side. Repeat with remaining 1 teaspoon oil and pineapple.
7. Serve pork and caramelized pineapple with rice. Reserve 1 pound (about half) pork and any leftover gravy for Pork and Black Bean Burritos. Makes 4 servings.

Per serving	Daily goal
Calories 495	2,000 (F), 2,500 (M)
Total fat 13 g	60 g or less (F); 70 g or less (M)
Saturated fat 3 g	20 g or less (F); 23 g or less (M)
Cholesterol 89 mg	300 mg or less
Sodium 374 mg	2,400 mg or less
Carbohydrates 59 g	250 g or more
Protein 36 g	55 g to 90 g



BRAZILIAN PORK ROAST

## PORK AND BLACK BEAN BURRITOS

This Mexican-inspired dish gets high nutritional marks for lots of fiber and low fat. Another plus: It's on the table in a half hour.

Total prep/cooking time: 30 minutes ○

- 1 tablespoon vegetable oil
- ½ cup chopped onion
- 1 teaspoon minced garlic
- 1 pound Brazilian Pork Roast (see recipe, left), cut into thin strips (2 cups)
- 1 jar (8 oz.) prepared salsa
- 1 cup water
- Leftover gravy (optional)
- 1 can (15 or 19 oz.) black beans, drained and rinsed
- 2 tablespoons fresh lime juice
- ¼ teaspoon salt
- 2 tablespoons chopped fresh cilantro
- 8 flour tortillas (6-inch), heated
- 4 cups shredded iceberg lettuce
- 1 cup chopped tomato
- Lime wedge, for garnish

1. Heat oil in Dutch oven over medium heat. Add onion and cook until tender, 3 to 4 minutes. Add garlic and cook 1 minute more. Add pork, salsa, water and any leftover gravy; cover and simmer 20 minutes. Add beans and simmer until heated through. Stir in lime juice and salt. Sprinkle with cilantro.
2. Fill each tortilla with generous ⅓ cup filling. Serve with lettuce and tomato. Makes 4 servings. (continued)



PORK AND BLACK BEAN BURRITOS



*U***SING A DIFFERENT FAT FREE SLICE ON THIS REUBEN  
WOULD BE LIKE USING STEAK SAUCE ON SALMON.**

ra  
Free' Singles. The best tasting fat free slice.

o  
thead and have a reuben again. And enjoy.

**5** Slices



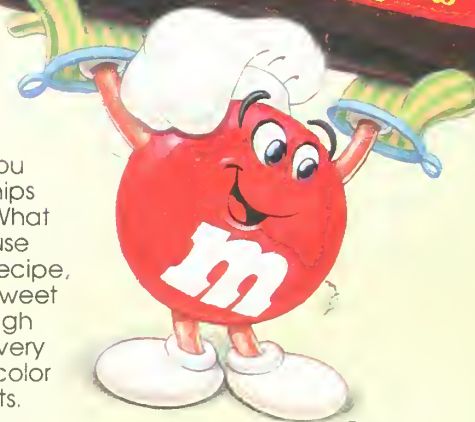
Look for this and other intriguing recipe ideas in  
specially marked packages of Kraft® Free® Singles.

*T***HE BEST IN THE FREE WORLD.™**

# A Small Addition To Your Kitchen



If you'd like to become a more creative baker, you might consider replacing the ordinary chocolate chips you're using with "M&M's"® Mini Baking Bits. What can you bake with them? Anything. Just use your imagination or use our Jumbles Recipe, for starters. They come in either semi-sweet or new milk chocolate. And even though they're a lot smaller than regular "M&M's,"® they're very easy to spot. So look in the baking aisle. Add a little color to your life; start baking with "M&M's"® Mini Baking Bits.



**AUTUMN HARVEST POT ROAST**

## AUTUMN HARVEST POT ROAST

Warm, sweet spices season this rump roast for a very nostalgic one-dish meal. Trim all visible fat from the meat before browning.

*Prep time: 15 to 20 minutes* ○  
*Roasting time: 2½ to 2¾ hours*

- 1½ teaspoons salt
- ½ teaspoon freshly ground pepper
- ½ teaspoon cumin
- ¼ teaspoon cinnamon
- ¼ teaspoon cloves
- ¼ teaspoon ginger
- 4 pounds beef rump roast, trimmed, tied
- 2 tablespoons vegetable oil
- 2½ cups diced onions
- 1 can (13¼ or 14½ oz.) beef broth
- 6 garlic cloves, peeled
- 1 bay leaf
- 2 cups diced carrots
- 2 cups cubed white turnips
- 1 pound new potatoes, quartered
- 1 pound butternut squash, peeled, seeded and cut into 1½-inch pieces (3 cups)
- 1 pound zucchini, trimmed, cut into ½-inch-thick semicircles

1. Preheat oven to 300°F.
2. Combine salt, pepper, cumin, cinnamon, cloves and ginger in small bowl. Pat meat with paper towels. Rub spice mixture all over meat.
3. Heat oil over high heat in heavy roasting pan. Add meat and brown on all sides, about 10 minutes. Remove meat.
4. Add onions and cook 5 minutes. Return meat to pan; add beef broth, garlic and bay leaf. Cover and transfer to oven. Roast 2 hours.
5. Add carrots, turnips, potatoes and butternut squash to pan; roast 30 to 45 minutes more or until meat and vegetables are tender.
6. Meanwhile, bring 2 inches water to boil in saucepan with steamer rack insert. Place zucchini on rack in pan. Cover and cook until tender, 5 to 7 minutes. Toss zucchini with vegetables.
7. Transfer roast to cutting board and let stand 5 minutes. Discard bay leaf (Reserve 2½ cups meat and ½ cup beef broth for Mushroom Beef Barley Soup.) Slice roast across the grain. Serve with vegetables and broth. Makes 4 servings.

(continued)

Per serving		Daily goal
Calories	465	2,000 (F), 2,500 (M)
Total fat	14 g	65 g or less (F), 70 g or less (M)
Saturated fat	3 g	21 g or less (F), 23 g or less (M)
Cholesterol	89 mg	300 mg or less
Sodium	962 mg	400 mg or less
Carbohydrates	43 g	200 g or more
Protein	40 g	55 g to 90 g

Per serving		Daily goal
Calories	760	2,000 (F), 2,500 (M)
Total fat	25 g	60 g or less (F), 70 g or less (M)
Saturated fat	7 g	20 g or less (F), 23 g or less (M)
Cholesterol	184 mg	300 mg or less
Sodium	1,542 mg	2,400 mg or less
Carbohydrates	56 g	250 g or more
Protein	76 g	55 g to 90 g

# That'll Get Big Results.



## JUMBLES

made with "M&M's"® Mini Baking Bits

- |                                                |                                               |
|------------------------------------------------|-----------------------------------------------|
| 1/2 cup (1 stick) softened butter or margarine | 1/2 teaspoon baking soda                      |
| 1/2 cup granulated sugar                       | 1 12-oz. package (1-3/4 cups) "M&M's"®        |
| 1/4 cup firmly packed light brown sugar        | Semi-Sweet OR Milk Chocolate Mini Baking Bits |
| 1 large egg                                    | 1 cup raisins                                 |
| 1-1/4 cups all-purpose flour                   | 1 cup chopped nuts                            |

Preheat oven to 350° F. In a bowl beat butter and sugars until light and fluffy; add egg. Combine flour and baking soda; blend into creamed mixture. Stir in "M&M's"® Mini Baking Bits, raisins and nuts. Drop rounded tablespoonsful of dough (1-1/2 inch balls), about 2 inches apart, onto greased cookie sheets. Bake 13 to 15 minutes. Cool 2 to 3 minutes on cookie sheets before transferring to wire racks to cool thoroughly. Store in tightly covered container. MAKES ABOUT 32 COOKIES.

**"The Milk Chocolate Melts In Your Mouth—Not In Your Hand."**



## MUSHROOM BEEF BARLEY SOUP

You can substitute other kinds of mushrooms for the shiitake, but it's the combination of mushrooms that gives this soup its great flavor.

Total prep/cooking time: 30 minutes

- 2 tablespoons olive oil
- 1 cup chopped onions
- 1 pound white mushrooms, sliced
- 1 pound shiitake mushrooms, sliced
- 1 teaspoon chopped fresh thyme or 1/4 teaspoon dried
- 1/2 teaspoon freshly ground pepper
- 2 cans (13 3/4 or 14 1/2 oz. each) chicken broth
- 1 can (13 3/4 oz.) beef broth
- 1 cup reserved broth from pot roast
- 1 cup water
- 1 cup diced carrots
- 1 cup quick-cooking barley
- 1/2 cups cooked Autumn Harvest Pot Roast (see recipe, left), cut into 1/2-inch dice (1 lb.)
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh dill

Heat oil in 4-quart saucepan over medium-high heat. Add onions and cook until tender, 5 minutes. Add mushrooms, thyme and pepper; cook,

stirring occasionally, 10 minutes more.

2. Add all broths and water; bring to boil. Stir in carrots and barley; simmer until barley is tender, 10 minutes.

3. Add beef and simmer 5 minutes more. Stir in parsley and dill. Makes 10 cups.

Per serving		Daily goal	
Calories	170	2,000 (F)	2,500 (M)
Total fat	6 g	60 g or less (F)	70 g or less (M)
Saturated fat	1 g	20 g or less (F)	23 g or less (M)
Cholesterol	33 mg	300 mg or less	
Sodium	620 mg	2,400 mg or less	
Carbohydrates	64 g	250 g or more	
Protein	16 g	55 g to 90 g	

## ROASTED THYME CHICKEN

Herbed chicken and onions roast unattended for a few hours before serving—is there a better definition of the perfect Sunday dinner?

Prep time: 10 to 15 minutes

Roasting time: 2 to 2 1/2 hours

- 3 tablespoons chopped fresh parsley
- 1 tablespoon plus 1 teaspoon chopped fresh thyme (or 1 teaspoon dried)
- 1 tablespoon butter or margarine



MUSHROOM BEEF BARLEY SOUP

- 1 teaspoon chopped garlic
- Salt and freshly ground pepper
- 1 large roasting chicken (5-6 lb.)
- 3 teaspoons olive oil
- 3 medium onions, cut into wedges
- Water
- 1 tablespoon port wine
- 1 teaspoon cornstarch (continued)



**ROASTED THYME CHICKEN**

2. Loosen skin on chicken breast and drumstick with fingers. Press remaining herb butter evenly under skin.
3. Place chicken on rack in large shallow roasting pan. Tie legs together. Brush with 2 teaspoons oil and rub with reserved 1 teaspoon herb butter. Sprinkle outside with 1/2 teaspoon each salt and pepper.
4. Toss onions with remaining 1 teaspoon fresh thyme (or 1/4 teaspoon dried) and 1 teaspoon oil. Place in roasting pan around chicken.
5. Roast chicken 1 1/2 hours. Pour 1/3 cup water over chicken and baste; stir onions.
6. Roast chicken 30 to 60 minutes more, until meat thermometer inserted in inner thigh reaches 180°F. Transfer chicken and onions to platter.
7. *Make pan gravy:* Add 3/4 cup water to pan. Heat over medium heat, scraping up browned bits, 1 to 2 minutes. Strain into small saucepan; skim fat from top.
8. Combine port and cornstarch in small bowl. Whisk into saucepan; bring to boil and boil 1 minute.
9. Carve half the chicken. (Reserve

remaining for Big Easy Jambalaya.) Serve with gravy and onions. Makes 4 servings

Per serving		Daily goal	
Calories	575	2,000 (F), 2,500 (M)	
Total fat	39 g	60 g or less (F); 70 g or less (M)	
Saturated fat	11 g	20 g or less (F); 23 g or less (M)	
Cholesterol	157 mg	300 mg or less	
Sodium	734 mg	2,400 mg or less	
Carbohydrates	13 g	250 g or more	
Protein	41 g	55 g to 90 g	

### BIG EASY JAMBALAYA

Nothing could be easier than making this festive chicken-and-shrimp dish in just thirty minutes. If you prefer, you can substitute another cup of chicken broth for the clam juice.

*Total prep/cooking time: 30 minutes*

- 1 bottle (8 oz.) clam juice
- 1 cup chicken broth
- 1 cup long-grain rice
- 1 tablespoon butter
- 2 tablespoons olive oil
- 1 cup chopped green pepper
- 1 cup chopped onions
- 1 cup chopped celery
- 1 can (14 1/2 to 16 oz.) whole tomatoes in puree
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon ground red pepper
- 1 bay leaf
- 2 cups cubed Roasted Thyme Chicken (see recipe, left)

(continued) 1. Preheat oven to 375°F. Combine parsley, 1 tablespoon fresh thyme (or 3/4 teaspoon dried), the butter, garlic and 1/2 teaspoon each salt and pepper in bowl. Reserve 1 teaspoon herb butter.

browned bits, 1 to 2 minutes. Strain into small saucepan; skim fat from top. 8. Combine port and cornstarch in small bowl. Whisk into saucepan; bring to boil and boil 1 minute. 9. Carve half the chicken. (Reserve



With Lipton's special blend of seasonings, you can create...

**RECIPE SECRETS® ROASTED POTATOES**

- 1 envelope Lipton Recipe Secrets Onion or Savory Herb with Garlic Recipe Soup Mix
- 2 pounds all-purpose potatoes, cut into large chunks
- 1/3 cup olive or vegetable oil

Preheat oven to 450°. In large plastic bag or bowl, add all ingredients. Close bag and shake, or toss in bowl, until potatoes are evenly coated. Empty potatoes into shallow baking or roasting pan; discard bag. Bake, stirring occasionally, 40 minutes or until potatoes are tender and golden brown. Garnish, if desired, with chopped parsley. Makes about 8 servings.



Lipton® Recipe Secrets® Onion. The Secret Good Cooks Know





*If you think Molly McButter is just for potatoes,*

*you're not using your noodle.*



**Cook once, serve twice**

More great dinners to make with last night's roasted chicken, pork loin or pot roast. Each recipe serves four

**Chicken with spicy peanut noodles**

*Make sauce:* ½ cup creamy peanut butter, ½ cup hot water, ¼ cup light soy sauce, 2 tablespoons rice wine vinegar, 1 tablespoon grated peeled ginger and 1 teaspoon hot pepper sauce in bowl. Add ¾ pound spaghetti, cooked, 2 cups shredded roasted chicken meat and ½ cup each chopped green onions and shredded carrot; toss. Serve immediately.

**Pork with creamed cabbage and apples**

Melt 2 teaspoons butter in large skillet over medium-high heat. Add ½ cup chopped onion and 1 teaspoon caraway seeds; cook 5 minutes. Add 1 package (16 oz.) coleslaw or shredded green cabbage and 2 Golden Delicious apples, peeled, cored and diced; cook until cabbage begins to wilt. Add 1 cup chicken broth, 2 tablespoons fresh lemon juice and ¾ pound sliced, cooked pork loin; stir, cover and simmer 10 minutes. Add ¼ cup heavy cream, ½ teaspoon salt and ¼ teaspoon pepper; simmer uncovered until sauce is thickened. 5 minutes more.

**Harvest melt sandwich**

Heat 2 teaspoons vegetable oil in small skillet over high heat; add 2 cups sliced onions and cook until soft and browned. 15 minutes. Combine 2 tablespoons mayonnaise and 1 tablespoon horseradish; spread on 4 slices toasted pumpernickel or rye bread. Place thinly sliced leftover pot roast on toast, then onions; sprinkle with salt and pepper and top with sliced havarti cheese. Broil until cheese is melted.

and medium shrimp, peeled and fresh parsley

Bring clam juice to boil in pot; add shrimp; stir in rice and butter. Cook according to package directions. While, heat oil in deep skillet over medium heat. Add onion, bell pepper, and celery; cook, stirring occasionally, 10 minutes. Stir in tomato puree, break tomatoes with hands. Add salt, the bay leaf; simmer 2 minutes. Add shrimp; cook covered, stirring twice, until shrimp are done. Add rice to skillet; fold in until well combined. Discard bay leaf. Garnish with parsley. Makes 4 servings.



**BIG EASY JAMBALAYA**

	Daily goal
505	2,000 (F), 2,500 (M)
17 g	60 g or less (F); 70 g or less (M)
4 g	20 g or less (F); 23 g or less (M)
142 mg	300 mg or less
1,053 mg	2,400 mg or less
51 g	250 g or more
36 g	55 g to 90 g



*No Fat  
Five Calories  
Great Taste*

*Mmm... Molly*

Contains 115 mg to 180 mg sodium per serving.

# "I WENT TO COOKING SCHOOL"

**T**hirty-four-year-old Andrea Stone knew that she needed to reduce the fat in her cooking—not just for her own health, but also because her husband's cholesterol was too high. So Andrea enrolled in the low-fat cooking course at Peter Kump's School of Culinary Arts in New York, where she learned a slew of healthy cooking techniques. "I think I'm a much better cook now," she says. "I've learned how to add flavor without fat, and I'm more confident about cooking with seasonings, which is what makes everything taste good. Another plus: My husband's cholesterol dropped by 35 points!"



## ANDREA'S FAVORITE LOW-FAT LESSONS

**FAT-FREE CONDIMENTS** are perfect for saucing up meats and vegetables. The chicken recipe I learned cooks down fresh fruit to a sauce and spikes the flavor with mustard. You can also make tasty salsas—tomato and basil, mango and green onion or plum and tarragon—or use prepared salsa or chutney.

**SAUTÉ THE LOW-FAT WAY** in a large, good-quality, nonstick pan. Heat the pan over medium-high heat, pat the meat or vegetables dry with paper towels, spray ingredients with vegetable cooking spray or brush lightly with oil and sauté. Don't crowd the ingredients or they'll end up steaming instead.

**GET TO KNOW GRAINS** such as quinoa, millet, couscous and wild rice. Add beans and whole grain bread to your diet. Eating more of these filling, high-fiber, low-fat items will leave you craving fewer fats and sweets.

**DON'T GIVE UP SALAD DRESSING**—just try this homemade version that has only a trace of fat: Whisk together  $\frac{1}{3}$  cup fresh lemon juice, 1 tablespoon Dijon mustard,  $\frac{1}{2}$  cup vegetable stock, fruit juice or vegetable juice and  $\frac{1}{4}$  teaspoon freshly ground pepper in a small bowl. Drizzle in 2 tablespoons salad or olive oil as you whisk. Makes 1 cup.

○ Easy ● Challenging ▼ Lowfat  
● Moderate ☺ Microwave ▼ Lowfat  
\* Can be frozen up to 1, 3, 6 or 9 months

### CHICKEN BREASTS WITH FRUIT MUSTARD

A simple sautéing method heightens flavor while adding very little fat. The browned bits in the skillet are scraped up with broth to make a tasty sauce.

Prep time: 20 minutes  
Cooking time: 31 minutes

- $\frac{1}{2}$  pound seedless green grapes
- 2 Granny Smith apples, peeled and sliced very thin
- 2 ripe bosc or Bartlett pears, peeled and sliced very thin
- 3 tablespoons cider vinegar
- 2 to 4 tablespoons sugar
- $\frac{1}{2}$  teaspoon grated lemon peel
- $\frac{1}{2}$  teaspoon cardamom
- $\frac{1}{2}$  teaspoon cinnamon
- 1 whole clove
- Salt and freshly ground pepper
- $\frac{1}{4}$  cup Dijon mustard
- 4 chicken cutlets, pounded thin
- 1 tablespoon vegetable oil
- $\frac{3}{4}$  cup chicken broth

1. Puree grapes in blender; strain through sieve into large saucepan. Add apples, pears, vinegar, 2 tablespoons sugar, the lemon peel, cardamom, cinnamon, clove and a pinch salt. Bring to a boil; reduce heat and simmer, stirring occasionally, until fruit falls apart, 2 to 3 minutes. Discard clove. Transfer puree to blender and blend until smooth. Return to saucepan. Whisk in mustard and a pinch of sugar, if desired. Keep warm.
2. Brush chicken lightly with oil and sprinkle with salt and pepper. Heat large nonstick skillet over medium-high heat. Sauté chicken and cook 2 to 3 minutes per side just until cooked through; keep warm.
3. Add broth to skillet and bring to a boil. Scrape up browned bits. Stir in puree. Serve with chicken. Make 4 servings.

Per serving		Daily goal
Calories	350	2,000 (F); 2,500 (M)
Total fat	7 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	68 mg	300 mg or less
Sodium	815 mg	2,400 mg or less
Carbohydrates	45 g	250 g or more
Protein	28 g	55 g to 90 g



CHICKEN BREAST WITH FRUIT MUSTARD

What can you learn from cooking courses? Plenty, say our students. We sent two women to class—one for low-fat, one for Italian—and they shared their A+ recipes and tips



Easy three-step  
 on for adorning  
 conscious low-fat  
 chocolate cake:  
 1. Peel off wax paper  
 from cake. Brush  
 with melted jel-  
 ly. Arrange fresh  
 raspberries on top.



### CHOCOLATE ALMOND TORTE WITH RASPBERRIES

Irene couldn't believe that a cake could be so chocolaty and still be fat-reduced. The key is using both chocolate and cocoa. The tender cake has a crackly top, so invert to serve. A small piece is very satisfying.

Prep time: 30 minutes  
 Cook time: 30 minutes

- 1 cup granulated sugar, divided
- 1/2 cup sifted unsweetened cocoa
- 1/2 cup boiling water
- 1/2 cup squares (3 oz.) semisweet chocolate
- 2 tablespoons brandy
- 1/2 teaspoon almond extract
- 3 large egg yolks
- 3 large egg whites

- 1/4 teaspoon cream of tartar
- 3 tablespoons flour
- 1/4 cup blanched ground almonds
- 1/4 cup red currant jelly, melted
- 1 pint fresh raspberries
- Confectioners' sugar

1. Preheat oven to 375°F. Line bottom of 8x3-inch springform pan with wax paper. Lightly coat with nonstick vegetable spray.
2. Combine 3/4 cup sugar and the cocoa in microwaveproof bowl. Gradually stir in water to make a smooth paste. Chop chocolate and stir in. If not completely melted, microwave on Medium (50% power) 1 to 1 1/2 minutes. Whisk in brandy and extract, then yolks.
3. Beat egg whites with cream of tartar in mixer bowl at medium speed to soft

- peaks. Gradually beat in remaining 1/4 cup sugar until stiff but not dry.
4. Whisk flour and almonds into chocolate mixture. Fold some of the egg whites into chocolate, then fold in remaining.
5. Spoon batter evenly into prepared pan. Bake 30 minutes, until toothpick inserted in center comes out with moist crumbs. Cool completely on wire rack.
6. Invert cake onto serving plate; peel off paper. Brush on jelly. Garnish with berries. Sift confectioners' sugar over top. Makes 12 servings.

Per serving		Daily goal
Calories	180	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F), 70 g or less (M)
Saturated fat	2 g	20 g or less (F), 23 g or less (M)
Cholesterol	35 mg	300 mg or less
Sodium	24 mg	2,400 mg or less
Carbohydrates	33 g	250 g or more
Protein	4 g	55 g to 90 g

# Now that's Italian!

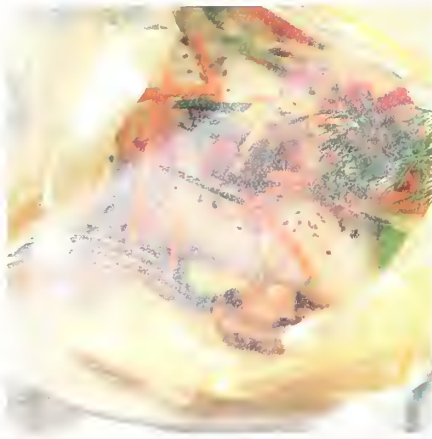
Sheri Miller, forty, a floral designer for special events and mother of a four-year-old, has taken many basic cooking courses, but she'd never studied



Seattle. Sheri learned that there's a lot more to Italian cooking than pasta. "I've been practicing my new recipes on my husband, who loves them!" says

Italian—her favorite—before. So she was thrilled to take a class on regional Italian food at the Everyday Gourmet school, in

Sheri. "A couple of friends who came to dinner were so impressed with my food that now we all go to cooking school together!"



## FISH IN PARCHMENT

Steaming fish in paper (en papillote) is a low-fat technique that highlights the natural flavors of food.

Prep time: 45 minutes  
Baking time: 10 minutes

- Salt and freshly ground pepper
- 1 carrot, sliced 1/4 inch thick
- 2 leeks, white only, sliced 1/4 inch thick
- 1 zucchini, sliced 1/4 inch thick
- 1/2 pound mushrooms, sliced thin
- 2 tomatoes, seeded and diced
- 2 shallots, minced
- 2 tablespoons chopped fresh parsley, chives or dill
- 1 tablespoon olive oil
- 4 sole or other fish fillets (4 oz. each)
- 1/4 cup dry white wine

1. Bring 2 quarts water to boil in



saucepan. Add 1 teaspoon salt. Add carrots and cook 3 minutes. With slotted spoon, transfer to bowl of ice water. Repeat with leeks, then with zucchini, cooking each 3 minutes. Drain. Add to bowl with remaining vegetables and herbs.

2. Preheat oven to 425°F. Cut four 17x12-inch sheets parchment paper or foil. Fold in half; cut each into a half-heart shape. Unfold and brush lightly with oil. Spoon vegetables on one side of each heart; sprinkle with salt and pepper. Top with fish (A). Drizzle on wine. Fold paper over fish; seal edges with small folds (B).

3. Place packets on cookie sheet; bake 10 minutes until puffed. Makes 4 servings.

Per serving		Daily goal
Calories	215	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F), 70 g or less (M)
Saturated fat	1 g	20 g or less (F), 23 g or less (M)
Cholesterol	54 mg	300 mg or less
Sodium	668 mg	2,400 mg or less
Carbohydrates	16 g	250 g or more
Protein	25 g	55 g to 90 g



## ZUPPA DI FAGIOLI

BUDGET RECIPE OF THE MONTH

This simple Tuscan soup with beans illustrates how basic ingredients, used well, can yield extraordinary results. A small amount of pancetta—a salt-cured, but not smoked, bacon—gives the soup a rich, hearty taste.

Prep time: 20 minutes plus standing  
Cooking time: 1 hour 20 minutes

- 1 1/2 cups dry cannellini or Great Northern beans
- About 1/3 cup olive oil
- 3 ounces pancetta, chopped
- 2 celery ribs, chopped
- 2 teaspoons minced garlic plus 1 garlic clove, halved
- 4 cups chicken broth
- 2 cups water
- 6 leaves fresh sage, chopped, or 1/4 teaspoon dried plus 1 tablespoon chopped fresh parsley
- 4 plum tomatoes, chopped

Salt and freshly ground pepper  
6 slices (1/2-inch) coarse Italian peasant bread, toasted

1. Soak beans in water to cover by inches in large bowl overnight. Drain.
2. Heat 3 tablespoons oil in large saucepot. Add pancetta and celery; cook 5 minutes over medium heat. Stir in minced garlic and cook 3 seconds. Add beans, broth, water, sage and tomatoes. Bring to boil; reduce heat and simmer covered until very tender, 1 hour.
3. Transfer half the soup in batches to blender and blend until smooth. Return to pot and cook 10 minutes more. Season with salt and pepper.
4. Rub halved garlic over toast slices; place in bottom of 6 soup bowls. Drizzle with remaining oil and spoon soup on top. Makes 8 cups.

Per cup		Daily goal
Calories	300	2,000 (F), 2,500 (M)
Total fat	12 g	60 g or less (F), 70 g or less (M)
Saturated fat	2 g	20 g or less (F), 23 g or less (M)
Cholesterol	5 mg	300 mg or less
Sodium	876 mg	2,400 mg or less
Carbohydrates	35 g	250 g or more
Protein	13 g	55 g to 90 g

# Art and Music from Russia

## "The Nutcracker" Musical Artbox



Plays Tchaikovsky's  
*Dance of the  
Sugar Plum Fairy*

Approximately actual size.

One hundred years ago in St. Petersburg, a tradition was born: Tchaikovsky's Nutcracker ballet. Ardleigh-Elliott captures the stage with "The Nutcracker" musical artbox by Russian Master Artist Natalia Zeitseva. An original issue in the Russian Ballet Musical Artbox Collection, playing *Dance of the Sugar Plum Fairy*.

This classically shaped Virtuoso™ music box brings you *five miniature masterpieces of original Russian lacquer art*, each re-created in fine porcelain. Every box is lavished with 24-karat gold and accompanied by a superior 18-note movement.

A handnumbered edition of 150 firing days. Guaranteed for one full year. Exclusively from Ardleigh-Elliott, The Company of Note.™ \$39.50.



**ARDLEIGH  
ELLIOTT**

COMPANY OF NOTE

Ardleigh-Elliott

Center for the Arts Drive, Niles, IL 60714-1393

Please respond by  
November 15, 1994

(Mr.) (Mrs.)

(Miss) (Ms.)

(Please circle one)

Name (Please print clearly)

Address

City

State

Zip

Phone

© 1992 Ardleigh-Elliott

RBB-100

73311-E88001

want to own "The Nutcracker" musical artbox. send no money now. Bill me in two monthly payments of \$19.75\*. My purchase is guaranteed.

\*\$4.44 shipping and handling fee per musical artbox, and state tax where applicable. Pending credit approval. Offer valid in the U.S.

# WHAT'S COOKING

## tea time

**T**ea shops are springing up in big cities all over the country. But don't think Grandma's kitchen—these are stylish, modern places that serve a variety of perfectly brewed specialty teas in an atmosphere designed for maximum soothing. The new appeal of tea is its image of civilized pleasure—a delight to be brewed with care and savored at leisure. And some kinds even have a health bonus—such as green tea, favored in Asian countries. In a recent National Cancer Institute study, green tea was shown to reduce the incidence of cancer of the esophagus. And studies in Japan have showed lower rates of lung, stomach and skin cancer as well as

lowered cholesterol among daily green-tea drinkers.

There are three types of tea:

**Green tea** is prepared for market by steaming (rather than fermenting). The leaves are rolled, then dried. Flavors range from sweetly grassy to earthy and toasted.

**Oolong tea** is partially fermented. Its color and flavor fall between green and black tea.

**Black tea**, the most popular in the U.S., is fully fermented, a process that produces a hearty, deep flavor. Some of the better-known black teas: **Assam** (a full-bodied malty taste); **Ceylon** (a light golden color and pungent flavor); **Darjeeling** (delicate yet full-bodied);

**English breakfast** (a blend of Assam and Ceylon teas); **Earl Grey** (gets its aroma from the addition of oil of bergamot); and **Keemun** (a rich, winy tea). FYI: **Orange pekoe**, the common tea-bag tea, isn't a type or blend, but a grade of tea with a long, rolled, wiry leaf.

To brew the perfect cup:

1. Run cold tap water for 10 seconds, fill a kettle and boil.
2. Pour some of the almost-boiling water into the pot; let stand to heat it.
3. Empty the warmed teapot. Add 1 barely rounded teaspoon (or tea bag) of tea per cup of water. Pour boiling water over the tea. Cover; let steep 3 to 5 minutes. Stir and serve, straining tea into cups.

## MARKET TRENDS

# Anyone for SQUASH?

Winter squash is one of nature's more decorative foods. But if you don't take advantage of its versatility, you're missing out on a real seasonal treasure. Baked, steamed or microwaved, winter squash offers a sweet, nutty taste and adds autumn

color to your table.

Despite its name, winter squash is generally available year-round, but you'll find the greatest assortment and the best quality between October and December. Popular varieties such as acorn, Hubbard, spaghetti, butternut



and turban share a hard skin and firm, meaty orange flesh. They vary in size from the small acorn, weighing about 1½ pounds, to the large Hubbards, weighing up to fifteen pounds.

Look for hard, sturdy and heavy squash with a slightly glossy and blemish-free skin. Store for one week at room temperature, or up to two months in paper bags in a cool, dry, dark, ventilated space.

For most winter squash, two pounds of peeled, trimmed squash yields about four cups cooked. One serving is about ½ cup cooked. Before cooking, scrub skin, then cut the squash in half to scoop out the seeds and stringy fibers. For easy cutting, pierce the skin and microwave for about thirty seconds, turning several times.

An excellent source of vitamin A and a good source of vitamin C, winter squash contains about 50 calories and less than a gram of fat per serving.





IT'S 5:00.



*Time to pull another rabbit out of the hat.*



*Quick* GET THE BISQUICK.

**NEW QUICK CHEESEBURGER BAKE**  
PREP TIME: 12 MIN • BAKE TIME: 30 MIN

- |                                                       |                                                           |
|-------------------------------------------------------|-----------------------------------------------------------|
| 1 lb ground beef                                      | 1/4 cup milk                                              |
| 3/4 cup chopped onion                                 | 2 cups Bisquick®<br>Original or Reduced Fat<br>baking mix |
| 1 can (10 3/4 oz)<br>condensed Cheddar<br>cheese soup | 3/4 cup water                                             |
| 1 cup frozen mixed<br>vegetables, if desired          | 1 cup shredded Cheddar<br>cheese                          |



*Heat* oven to 400. Generously grease 13x9x2" baking dish. Cook beef and onion in 10" skillet until beef is brown, drain. Stir in soup, vegetables and milk. *Stir* baking mix and water in baking dish until moistened, spread evenly. Spread beef mixture over batter, sprinkle with cheese. *Bake* 30 min. 8 to 10 servings. High Altitude: No changes.

THE  
JOURNAL  
Classic

OCTOBER 1957

In the fall of 1957, the Journal took the humble hamburger on a global journey with a feature entitled "Hamburger Around The World." Our Hungarian Stuffed Cabbage Rolls remain a classic—cook them up and indulge in the aroma of a dish like Mom used to make.

What else was happening in 1957? Rock 'n' roll was king among kids, Dr. Spock offered sage advice to parents on the pages of LHJ, and the Soviets launched Sputnik, the first man-made satellite to orbit Earth. Suddenly, the planet seemed a little smaller.

HUNGARIAN STUFFED CABBAGE ROLLS

Prep time: 20 to 25 minutes

Baking time: 1 hour

- 8 large green cabbage leaves
- 1 cup cooked long-grain rice
- 1/2 pound ground beef
- 1/2 pound ground pork
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 1/4 teaspoon thyme
- 1 cup minced onions
- 1 large egg, beaten

Sauce

- 1 cup tomato juice
- 1 cup water
- 2 beef bouillon cubes
- 1 cup chopped onions
- 2 tablespoons chopped fresh parsley

1. Cook cabbage in 4 quarts boiling, salted water, 5 minutes. Drain.
2. Combine remaining ingredients except sauce. Divide into 8 equal



portions. Wrap each portion in cabbage leaf; tie with string.

3. Prepare sauce: Combine all ingredients in large skillet. Add cabbage rolls; bring sauce to simmer over medium heat. Cook and cook, turning occasionally 1 hour. Discard string. Serve rolls with sauce. Makes 4 servings.

No preservatives, fillers, artificial flavors





# MIGRAINE MAKERS

If you're one of the eighteen million Americans who suffer from migraines, you might find some relief by changing what

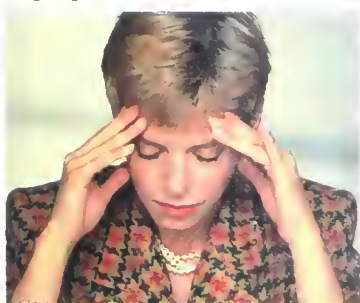
you eat. About 30 percent of migraines appear to be triggered by food. (Other causes include hormonal changes, stress, excessive smoking, even strong odors and bright lights.)

Below are the most common troublemakers for people who are prone to migraines.

**Chocolate:** It contains phenylethylamine, a compound that constricts blood vessels in the head.

**Tyramine:** Another compound that can cause blood-vessel constriction. Large amounts of tyramine are

contained in aged cheeses, including cheddar and Swiss, very ripe bananas, avocados, fava beans and chicken livers.



certain types—including red wine, cognac and Scotch—contain by-products of fermentation, called congeners, that can trigger headaches.

**Caffeine:** Many doctors encourage migraine sufferers to limit coffee to no more than two cups a day and to avoid excessive tea and cola consumption. But cut back gradually.

**Sodium nitrite:**

A preservative used in some processed meats, including hot dogs, bacon, cold cuts.

**Alcohol:** Though all alcohol dilates blood vessels, cer-

An abrupt reduction can also trigger a migraine.

**Aspartame:** The low-calorie sweetener used in most diet sodas.

**Monosodium glutamate (MSG):** A flavor enhancer often used in Chinese food and many food products, including packaged gravies and sauces and instant bouillon.

—Caroline B. Kline, R.D., a writer and nutrition consultant



or leftovers.



We use only Tyson Holly Farms chicken in our Patties, Tenders, Chunks and Fillets.



Feeding you like family.



# Don't sell this recipe short with cheap sausage.

Your recipe deserves the woodsy, hearty flavor of Hillshire Farm Smoked Sausage.

Sausage Spaghetti: 15 min.

Saute Hillshire Farm Smoked Sausage links with peppers and mushrooms. Stir in spaghetti sauce and simmer

10 min. Pour over pasta. Magnificent!

Taste The Difference When It Comes From Hillshire Farm.



## H I L L S H I R E F A R M

### INSIDE THE JOURNAL KITCHEN

Dear LHI:  
*Chef Frank Musone at Turtle Bay Restaurant, in Portland, Oregon, prepares a delicious Pork Normande. Can you get him to share his secret for this wonderful entrée?*

—Daphne Rice  
 Portland, Oregon



in large skillet over medium-high heat. Add pork and cook until browned, 3 to 4 minutes per side. Transfer to a plate; keep warm.

**3.** To the same skillet, add **1 Granny Smith apple**, peeled, cored and sliced into  $\frac{1}{4}$ -inch

wedges, and **12 prunes**, pitted and halved. Add  $\frac{1}{4}$  cup calvados (apple brandy) and cook until apples are soft, 2 to 3 minutes. Add  $\frac{1}{4}$  cup more calvados,  $\frac{1}{2}$  cup heavy or whipping cream and salt and freshly ground pepper to taste. Bring to boil; cook 1 minute. Return pork to pan and heat through. Serve with **couscous or rice**. Makes 4 servings.

### FRENCH LESSON

The classic ingredients of Normandy, in northern France, flavor this perfect-for-fall pork dinner: apples, prunes and calvados, an apple brandy that is a specialty of the region.

**1.** Trim excess fat from **1 pound pork tenderloins**. Cut into twelve 1-inch-thick medallions. Pound each once with a meat mallet or rolling pin.

**2.** Heat **2 teaspoons vegetable oil**

### RECIPE INDEX

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk include microwave instructions.

#### BREADS

Anadama Muffins p. 188  
 Applesauce Raisin Muffins p. 188  
 Cherry Scones p. 186  
 Cranberry Twists p. 186  
 Granola Scones p. 186  
 Honey Buns p. 189

#### DESSERTS

\*Chocolate Almond Torte with Raspberries p. 197  
 Cool Whip Graveyard Treat p. 211  
 David's Homestyle Chocolate Chunk Cookies p. 172  
 Irresistible Peanut Butter Cookies p. 148  
 Jumbles p. 187  
 The Ultimate Chocolate Chip Cookie p. 149  
 Walnut Torte p. 200

#### ENTRÉES

Autumn Harvest Pot Roast p. 192  
 Big Easy Jambalaya p. 194  
 Brazilian Pork Roast p. 190  
 Chicken Breasts with Fruit Mustard p. 196  
 Chicken & Green Bean Dinner p. 183  
 Chicken 'N Gravy p. 182  
 Chicken with Spicy Peanut Noodles p. 189  
 Fiesta Pork Burritos p. 181  
 Fish on Parchment p. 198  
 Grilled Fish in Lemongrass Broth p. 183  
 Harvest Melt Sandwich p. 189

Hungarian Stuffed Cabbage p. 206  
**New Quick Cheeseburger Bake** p. 205  
**One-Pan Tomato Basil Chicken** p. 107  
 \*Peppered Tuna with Ponzu Sauce p. 182  
 Pork Normande p. 208  
 Pork and Black Bean Burritos p. 190  
 Pork with Creamed Cabbage and Apples p. 189  
 Roasted Thyme Chicken p. 198  
 Salmon with Balsamic Sauce p. 178  
 Sausage Spaghetti p. 208  
 Sausage Stir-Fry p. 209  
 Seafood Fettuccine with Tomatoes p. 182  
 Seared Shrimp with Red Bean Relish p. 178  
**Sweet & Sour Chicken** p. 183  
**Tortellini Salad with Shrimp** p. 193

#### MISCELLANEOUS

Mushroom Beef Barley Soup p. 193  
 Zuppa de Fagioli p. 198  
**SIDE DISHES**  
 Corn and Black Bean Salad with Lime Dressing p. 192  
 Polenta with Wild Mushrooms p. 200  
 Recipe Secrets® Roasted Potatoes p. 188

ot two more kids sleeping through  
ght,” says Capshaw proudly. “They  
away from their dinners with three-  
e deals.”  
en Capshaw’s understanding of  
agility of Hollywood marriages,  
ight think that she’d be a little  
of her husband’s socializing with  
dy besides his film buddies. But  
tress says she’s so sure of her  
nd’s loyalty that other women  
o threat. “We are fortunate; we  
in a circle of friends who are cred-  
nd attractive and sexy and inno-  
t, so all of that is very com-  
le,” she says. “And it’s good.  
es,] if he turns to look at a beau-  
oman, I’m enjoying looking at  
well. If he gets jealous, it’s be-  
of the fun I have when I work,  
se that’s how we met,” she ex-  
“And I get just as jealous as he  
because I know what it’s like to  
with him. I fell in love with him  
ng him direct a movie.”  
l when you listen to Spielberg  
out her, it’s no wonder she’s so  
ent. “She has a quality that I’ve  
seen in anyone else before,” says  
erg. “She is self-illuminating. The  
ation comes out of her eyes and

out of her smile.  
When the marital road runs rocky,  
however, Capshaw says the couple solve  
problems by giving each other the micro-  
phone. “It’s like a debate; okay, you  
have five minutes. He doesn’t edit his  
thoughts or feelings or opinions, and I  
don’t either. Sometimes it’s a matter of  
just figuring out who feels the strongest.”  
A current topic of debate is how to add a  
new member to the family. “He says  
adopt; I say natural,” says Capshaw,  
who would like to get pregnant again.  
Either way, the new baby will be  
raised Jewish. After Sasha was born  
and before they got married, Capshaw  
converted from Methodism to Judaism  
through Orthodox instruction. The  
change wasn’t a wrenching one; in  
fact, Capshaw maintains that she has  
always wanted to be Jewish. “It wasn’t  
until I found myself in a family where I  
really wanted that structure and I  
wanted to have the ritual. I wanted our  
marriage to be Jewish, and I wanted  
our children to be Jewish,” she says,  
adding proudly, “I make a mean loaf  
of challah bread.”  
She can be an occasionally mean dis-  
ciplinarian as well. In order to provide a  
good example for the children, Cap-  
shaw will remind her husband to pick  
up after himself. “He gets two Oscars,  
makes zillions of dollars for making

these amazing pictures and he’s got to  
clear the dinner table,” she says.  
This no-nonsense, just-do-it spirit has  
been the driving force of Capshaw’s life,  
the power that propelled her from a tiny  
teacher’s lounge to a meg mansion.  
“When someone believes so much  
they are immovable,” she explains. “So  
there are certain things in my life that I  
believe in that make me feel very sturdy.  
Very sturdy.” Namely, her children, her  
husband and her work.  
But like anyone who has fought to get  
where she is, Capshaw knows that she  
must continue to strive—by being an  
ever-better mother, wife and actress.  
Having all that she has, she says intent-  
ly, “means you have to keep creating it  
every day.” For example, “I just can’t  
have a bunch of wonderful kids; I have  
to keep kissing them and listening to  
them, teaching them and connecting  
with them. As hard as it is to take them  
to [the set of *Just Cause* in] Miami, it’s  
important. I can tell them a good-night  
story, I can order toast with extra cinna-  
mon, and they get that.”  
As far as Kate Capshaw is concerned,  
a woman’s work—especially a woman  
who is determined to get what she  
wants—is never done. ■  
*Melina Gerosa is the entertainment editor  
of Ladies’ Home Journal.*

# You can't go wrong with the right sausage.

Hillshire Farm's special  
country farm smoking  
has made it America's  
smoked sausage.



Sausage Stir-Fry: 20 min.  
Start with a Hillshire Farm Smoked Sausage  
link, slice and brown it. Stir-fry some  
vegetables. And go nuts with cashews  
Serve over rice mmmmmmm



Taste The Difference When It  
Comes From Hillshire Farm.



# H I L L S H I R E F A R M

## Scared silly

continued from page 81

media brutality as a source of aggressive habits in youngsters and recommended that the current MPAA ratings be expanded and that they be given for TV shows as well as films.

Given the breadth and variety of network, cable and satellite programming, such a solution might be tough, if not impractical. But some in the industry feel that a degree of creative self-restraint may be in order. "I don't think television should be legislated, but there should be more self-consciousness on the part of the purveyors [of this material]," says former NBC executive and producer Grant Tinker.

Which raises another question: How much is too much horror? The experts

hesitate to answer, although the reactions of moviegoers through the years may provide some clues. There were few who didn't fear taking a shower after seeing *Psycho* or jumping in the ocean after *Jaws*. And a rash of alleged cases of demonic possession accompanied the release of *The Exorcist* in 1973. Says sociologist Clinton Sanders, "There's a tendency for the audience to define the real world relative to what they see in the media. And our everyday environment is becoming more and more scary."

Indeed, along with increasing news of man-made and naturally occurring horrors like ozone depletion and flesh-eating bacteria, there appears to be a rise in reports of paranormal ones, such as haunted houses (see "We lived in a haunted house," page 78) and alien

abductions. Some attribute this trend to the approach of the year 2000; the 20th century and a new millennium have been traditionally associated with the supernatural and the end of the world. "The state of the world is more a critical edge than it ever has been," says Vicki Cooper, editor and publisher of *UFO Magazine*, a bimonthly publication that approaches the subject scientifically. "When it comes to the turn of the century, we tend to put more credence in the supernatural."

### SCARES APPARENT

In horror at its best, says Clive Jurkiewicz, a film director and author of two best-sellers *The Books of Blood* and *Bal*, "There should be room for the shudder and the laugh." There's certainly room for both on Halloween.



originally set aside by the Celts  
 es ago to honor the dead, Octo-  
 now provides plenty of holiday  
 d fears for both adults and chil-  
 As an alternative to trick-or-  
 3, a tradition that appears to be  
 in most areas as safety aware-  
 rows, community-sponsored  
 ted houses” and chaperoned  
 orhood tours are becoming in-  
 gely popular. Amusement and  
 parks across the country are  
 shing in on creepiness—festoon-  
 ir cheery facades with cobwebs  
 rnstalks, and terrorizing visitors  
 ghastly array of ghouls and gob-  
 ne such celebration, Halloween  
 Nights at Universal Studios in  
 drew over one hundred thou-  
 tests last fall.  
 home, Halloween has become

one of the biggest party nights of the  
 year. According to the National Con-  
 fecturers Association, in McLean, Vir-  
 ginia, total sales of candy at Halloween  
 last year reached almost \$800 million—  
 more than at Christmas, Easter and  
 Valentine’s Day— and continue to grow  
 by 2 percent annually. This year, the  
 association estimates that Americans  
 will consume twenty million pounds of  
 candy corn alone. And revelers are de-  
 manding ever-more sophisticated tricks  
 and treats—including screaming door-  
 mats, wraithlike wind socks and  
 fiendish foodstuffs.

“More and more adults are also  
 throwing Halloween parties,” says Will  
 Mark, marketing manager for Amscan,  
 a major party-goods manufacturing firm  
 based in Harrison, New York. “It’s not  
 just for children anymore.”

But kids still hold sway in the area of  
 costume retailing. While the traditional  
 witch, devil and ghost outfits continue  
 to scare up steady business, popular  
 films and TV shows typically inspire  
 the very latest haunt couture. Accord-  
 ing to Terry Goldkranz, a fabric buyer  
 for Rubie’s Costume Company of  
 Richmond Hill, New York, this year’s  
 hot sellers are characters from the box-  
 office hit *The Flintstones*. “We’re work-  
 ing on them day and night,” says  
 Goldkranz, who had tracked over five  
 hundred thousand orders for Fred,  
 Barney, Wilma, Betty, et al., as the  
*Journal* went to press.

Yabba dabba boo!

*Dean Lamanna, a contributing editor to Ladies' Home Journal, is, needless to say, an aficionado of the horror genre.*

# Cool Whip® Graveyard Treat



Mix 2 cups of the cookie crumbs, 1/4 cup of the sugar, and margarine in 13x9-inch pan. Press firmly onto bottom of pan. Refrigerate.

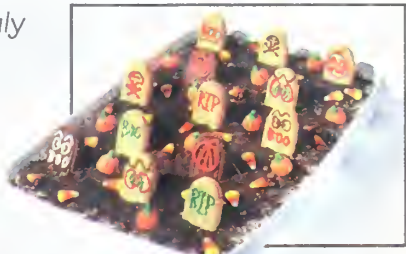


Beat cream cheese and remaining 1/4 cup sugar in bowl until smooth. Stir in 1/2 of the whipped topping. Spread over crust.



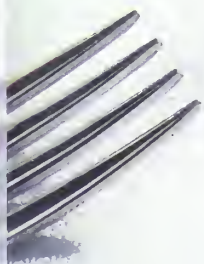
Stir boiling water into gelatin in bowl 2 minutes or until dissolved. Mix cold water and ice to make 1 1/2 cups. Stir into gelatin until slightly thickened. Remove any remaining ice.

Spoon over cream cheese layer. Refrigerate 3 hours or until firm. Spread remaining whipped topping over gelatin. Sprinkle with remaining cookie crumbs. Decorate as a graveyard, if desired. Makes 15 to 18 servings.



- 2 1/4 cups chocolate wafer cookie crumbs, divided
- 1/2 cup sugar, divided
- 1/2 cup (1 stick) margarine, melted
- 1 package (8 oz.) PHILADELPHIA® Brand Cream Cheese, softened
- 1 tub (12 oz.) COOL WHIP® Non-Dairy or COOL WHIP LITE® Whipped Topping, thawed
- 2 cups boiling water
- 1 package (8-serving size) or 2 packages (4-serving size) JELL-O® Brand Orange Flavor Gelatin
- 1/2 cup cold water
- Ice cubes

Decorations:  
 assorted rectangle-shaped sandwich cookies, decorator icing, candy corn and pumpkins



Soft Skin  
Feels Soft

You  
Need  
Cocoa  
Butter  
This  
Rich.



Cocoa Butter is one of nature's most effective skin softeners; the more Cocoa Butter a moisturizer contains, the softer it leaves your skin. Palmer's® Cocoa Butter Formula™ enriched with emollients and Vitamin E, is concentrated to help soothe away even the roughest, driest skin and stretch marks. For more information and a free sample, please call toll free 1-800-441-SOFT.

**PALMER'S**

EVERYTHING PALMER'S TOUCHES  
TURNS TO SOFT.

### "My teacher touched me"

*continued from page 104*

Dare recently said. He still doesn't believe Mr. Luke could have done anything wrong at Frost, nor does he believe that what happened nine years ago was Luetkemeyer's fault. "The fourteen-year-old came up to him and asked if he could touch him. The kid's gay now. The kid touched him. I don't know how it's Mr. Luke's fault."

Luetkemeyer's final court appearance, on April 26, was over in a matter of minutes. Twice the judge asked him if he wanted to make a statement. Twice he said no. Only one boy—the one from Frost—heard the guilty pleas. He was happily hugging Cindy Keefer outside the courtroom when Luetkemeyer rushed past him.

Three days later, expecting vindication, the child read a weekly newspaper and found that people still doubted him. "He was sobbing," his father says. "It just devastated him to have parents or friends of his calling him a liar. We were afraid to leave him alone." Other children were devastated for different reasons. Some became depressed; others developed behavior problems.

Yet the guilty pleas left parent Lesley Fletcher uneasy. She had been one of Luetkemeyer's staunchest supporters; she'd helped organize his benefit dance. But now, as she began to read court documents and talk to the prosecutor, she learned that two people besides Keefer had been prepared to testify that they had been his victims, too. "That really made me feel that I'd been lied to," she says. "I started feeling maybe there is something to it. Maybe he has a problem." But Fletcher refuses to punish herself: "I truly did what I thought was right in my heart. I'm human, and I make mistakes, too."

She remembers picking up her fourteen-year-old one day after school last fall. The kids were hanging out as usual in Mr. Luke's room. The teacher was playfully spanking her son over his knee. Both were laughing. "Whack him one for me," Fletcher had joked.

Asked if she now thinks some of the horseplay was not as innocent as it seemed, Fletcher falls silent for a long moment. "I can think a lot of things if I really let myself," she says.

### A TOWN IN PAIN

Even now, no one is sure what four simple words—"My teacher touched me"—have cost this community.

"I hope it is over," prosecutor Raymond Morrogh says. "It's a shame some people won't see what there is to be seen." Declares Robert R. Spillane, superintendent of Fairfax

schools, "They're all in denial. This young man deserves a badge once for his courage, and his parents deserve the thanks of the community pursuing it. . . . Some people here he was a terrible teacher. Not a bad one. He is a fabulous teacher in a serious problem."

Months after Mr. Luke was out of his classroom, forgetting he would be back. And parents like Marjorie continued to lose sleep. "I know I should let this go," she says. "But I can't."

Deirdre McGann worries that the damage is deeper than anyone realizes and wonders whether any child will ever speak up again. "The kids are taking health class: If anyone touches you, makes you uncomfortable, you tell someone; and if they don't believe you, you tell until somebody believes you," she says. "This kid came forward and did what we taught him to. Look at what happened."

Paul Luetkemeyer looks at what happened and considers his life ruined. "Everything I knew has been taken away from me," he says. He surrendered his teaching certificate and resigned because he could be fired. He cannot work again, nor does he want to. He is awkward around children. He is not ready to plan a new life yet.

Like everyone else, the boy and his family continue to sift through emotional debris. In some ways, the parents consider themselves fortunate; their son was not physically harmed. At every point, friends offered comfort. "It hasn't been a pleasant experience, but we'll be fine," says the father.

Bitterness lingers, though. "You don't want to see your kid pilloried," asks. "Would you like to see deodorant shirts? Would you like to see shirts? I have less anger toward him than I have toward the others. It's beyond my comprehension." What Luetkemeyer did with other children, he stresses, "may not have anything to do with what he did to ours. But it did it to ours."

Both parents keep reassuring their son that coming forward was the right thing to do. "Whether it was worth it is a different question," the father says grimly. The boy already has answered that for himself. "I was before I told anyone," he says. "I was before I told anyone, I had, like, as many friends. . . . and I was happier. No one was sorry that they were wrong."

He planned to return to Frost next year. Maybe eighth grade will be better. Maybe everyone will forget.

*Tamara Jones and Patricia Davis are writers for The Washington Post.*

**s true grit**  
from page 151

his father, and Jesse, eleven, son with Patti D'Arbanville, is v camp. Griffith and Johnson, 1 China on business this day, taking.)

a sleek, long-legged stunner, and curvy five-foot-eight, 120-ure. Often hardened on-screen ole and makeup, her tanned, angular face in soft evening s off a sexy, earthy glow. Yet distinct and quirky screen deries over: Her speech is full of girlish cadences and inflections. o mistake, though: The wary, blue eyes, and silent, sidelong hen questions hit too close to etray a toughened, womanly

out the divorce—or marriage—auses as she draws on a menthol k Hedges. With legal matters er tack is strenuously diplomat a divorce, but I want the door —always," she says. "He would change. I can't change him. uiring minds want to know. obody's business why we're vanced. It's tough, it's sad."

wonder Griffith shows her pressed. Johnson is, after all, he moved in with at the age of (he was twenty-two), married ced at eighteen and remarried

e loved Don with all of my all of my life," she says wistful- doesn't just shut down. He s be in my life. But we both ange. I feel like I'm recovering d dream."

oad habit. After staying "really r five years since leaving the azelden Foundation in Min- 1988, Griffith began drinking -medicating" (the euphemism last year. The idea, she says, mb herself and not face the rer situation. Again, she got sober.

een able to run from pain to orts," she says. "I'm facing it now irts, but not as bad as the dil..."

r sign of strength: Making two quick succession—*Milk Mon*-ed last August, and *Nobody's* this month. The starring role mer (she plays a gold-hearted the comedy, which, she says, *Alone* meets *Pretty Woman*?) -start a career that has flagged 1988 hit she filmed just before hazelden, *Working Girl*. That hols comedy earned her an Award nomination for Best ut was followed by duds like

*Born Yesterday, Shining Through* and *The Bonfire of the Vanities*.

But as work was getting back on track, her marriage got derailed. Johnson, who detoxed a decade ago, recently slid off the wagon into fine wines, tequila and, reportedly, trouble. He was rumored to have fathered a child while shooting *Guilty as Sin* in Toronto; he slurred his way through a well-publicized syndicated morning radio talk show in April; and in June, he and son Jesse narrowly escaped disaster in a car crash in Aspen. Soon after, Johnson entered the Betty Ford Center to dry out. Griffith was long gone by then, but her ambivalence was apparent. Days after filing divorce papers on March 11, she withdrew; days later she refiled. Griffith refuses to disclose what, exactly, pushed her over the edge.

Curiously, the best-seller *The Celestine Prophecy* played a powerful role. "Part of the reason why I left was reading this book. It made me face the fact that I was not happy in my life." She cites the book's concept of evolving to ever-higher "energy fields," adding: "There are certain people who survive by sucking other people's energy in order to build up their own. I had to get away from an energy sucker. It's amazing how much more energy I now have. If I had stayed, I'd have been miserable."

Progress means indulging herself by occasionally vegging out in bed all day to watch TV, go over scripts, nap—and feel neither guilty nor selfish. "I've been a caretaker all my life. Being good to myself was something I never felt I deserved."

She seems to have no such hang-ups with retail. In L.A. she recently dropped nearly \$2,500 on clothes in less than an hour. In a New York antiques shop she made off with a nifty thirties Lalique perfume bottle that she got for \$7,500, bargained down from \$14,000.

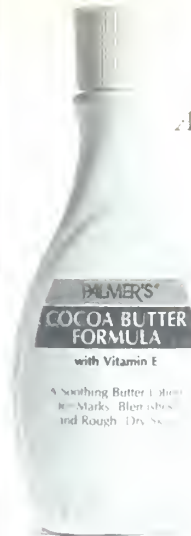
"It was just like being a drug addict," she says, laughing, "seeing how far I could push this guy. Then my business manager freaked out and said, 'You're in the middle of a divorce and you're buying like that? This is crazy!'"

What she is not in the market for, she insists, is romance, despite reports to the contrary. A recent tabloid ambush caught her emerging from a Manhattan hotel with son Alexander and a hunky man named Bryan Kestner. "Bryan's not a boyfriend. Just a friend," she claims. "I'm not ready for a romance. I know I cannot be with anybody else until I'm okay with myself. Plus, I haven't met anybody I want to have a relationship with. Prince Charming's out there somewhere, I'm sure. Maybe. Well, maybe not."

Besides, Griffith feels "burned" and disillusioned. "I thought true love meant I would do anything for that (continued)

**Cocoa Butter Formula™ Lotion**

A rich, emollient blend of Cocoa Butter and Vitamin E for daily hand and all-over-body care. Helps moisturize and soothe rough, dry skin. Also available in a family size with convenient pump.



**For Cocoa Butter This Rich, Call 1-800-441 SOFT.**

We'll send you more information and a free sample.

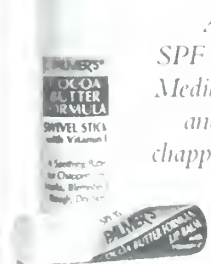
**Cocoa Butter Formula™ Moisturizing Body Oil.**

A lightly scented Body Oil with Vitamin E to help moisturize and soothe rough, dry skin without greasiness. Features a flip-top cap for easy application in either shower or bath. Also available in a travel/trial size bottle.



**Cocoa Butter Formula™ Moisturizing Lip Balm and Swivel Stick®**

A new lip balm with SPF 15 and Vitamin E. Medicated to help prevent and temporarily protect chapped, cracked or wind-burned lips. Also available for spot moisturizing, a convenient Swivel Stick to touch-up dry areas on the face and body.



**PALMER'S**

EVERYTHING PALMER'S TOUCHES TURNS TO SOFT.

1(800) ...  
**NO MORE WRINKLES!**  
CALL 24 HOURS • 1(800) 888-8739

Look Years Younger  
With New European  
Drug-Free Treatment!

◆ GUARANTEED RESULTS ◆



## Griffith's true grit

continued

person, that that person would do anything for me. I was naive. I should have been smarter."

Griffith was born in New York in 1957, the only child of Tippi Hedren (Alfred Hitchcock's *The Birds*, *Marnie*) and businessman Peter Griffith. They divorced when Griffith was about four; Hedren relocated to California and married TV producer/director Noel Marshall. Griffith did some child modeling despite her shyness, and attended Catholic schools. She met Johnson when, at fourteen, she visited her mom on the set of *The Harrod Experiment*, in which Johnson co-starred.

"I had skipped a grade, so all of my girlfriends were fifteen, sixteen," she recalls. "Everybody else had at least made out with somebody or 'done it' with a boyfriend. I didn't want anyone to even touch me. But then there was this gorgeous guy... Don was just so beautiful."

They were soon living together, eventually marrying, though the marriage fell apart in less than a year. In the meantime, Griffith had appeared in *Night Moves* and *The Drowning Pool*, overcoming her shakiness before the cameras. It was her behavior offscreen, though, that halted her promising young career. (Griffith blames an "addictive personality" and genetics for her slide into substance abuse.) As the film work dried up, she got by with TV movies and series pilots. After meeting actor Bauer on one TV project, they moved to New York. Shortly after she gave birth to Alexander in 1985, she and Bauer split.

But her career fortunes were improving with impressive, wide-ranging roles through the eighties—from Brian DePalma's lurid thriller *Body Double* to Jonathan Demme's offbeat *Something Wild*, and the gritty British drama, *Stormy Monday*. But Griffith was still paying a terrible price: By mid-1988, after shooting *Working Girl*, she was hopelessly strung out.

Help came from none other than Johnson, then starring as *Miami Vice* superstud Sonny Crockett. He had come back into Griffith's life after she did an episode in 1987. He helped coax his ex-wife into Hazelden.

The detox worked—but there was no getting Johnson out of her system. The pair remarried in 1989; four months later, in October, Dakota was born.

For a while, life, she says almost tearfully, was "so good, so beautiful, everything that I ever dreamed of—this is so delicate, so sad." Her voice trails off.

One issue, she hints, was control. "When I got back with Don I was fresh out of rehab and very vulnerable. I think I allowed him to control me. It's like you

go out on a date and he has steak tartare and you go, 'Yeah, I love steak tartare too,' but you really don't. But you want to get close to that person so you order it, too. Five years later you wake up and go, 'I hate this steak tartare, never like it and never want to have it again.'

Whatever diet she's on these days is working wonders. Told she looks younger in person, she rakes back her brows and smiles. "Well, thank you. It's true. I'm getting divorced. I'm an emancipated woman."

Aging is a nonissue for the new woman for Revlon's Age Defying line, since Griffith not only looks younger, but admits she feels "like fifteen, or twenty. I don't get how to thirty-seven."

As dinner ends and darkness descends, thick, flickering candlelight under a starry, moonless sky—time—and growth—can ward off Griffith's fear of aloneness at nightfall.

"It's hard," she admits, "to be alone, or just be alone. I've always been a very needy person—and very phobic. It's difficult going from 'getting something' to not 'getting any'? Yeah, it's difficult."

What she is getting plenty of these days is comfort and grounding through meditative prayer as a devotee of Gurumayi, the spiritual leader of the Siddha Yoga Foundation. While en route with Alexander, she was introduced to Gurumayi through her acting career.

"I always thought gurus ripped you off," she says. "Then I did my first intensive with her, and it was wild. It's been a major influence. But I'm not a spiritualist; I don't live by the rules."

Griffith hopes the emancipating move to East Hampton will continue after Labor Day, when she returns to her water canyon home, in L.A. "That's East Hampton," she says. "But I don't get the kids to L.A. while everything gets straightened out."

That shouldn't be much of a problem, given how Griffith has straightened herself out.

"My personal life has really been screwed up," Griffith says. "I tend to lose myself in my relationships. I'm striving to not be dependent upon anybody else for my well-being. It's pretty scary. But I'm already a totally different person from when I left Don. I can actually turn out the light after reno and lay there in the dark for a minute before I go to sleep. I could do that before unless I had someone with me, or unless I took a sleeping pill. I just didn't want to face being alone with myself. Now I'm okay with that."

*Jim Jerome, a New York-based writer who specializes in celebrity profiles, interviewed Kathie Lee Gifford for the September issue of Ladies' Home Journal.*

LADIES' HOME

## JOURNAL

### SUBSCRIBER SERVICES

**Change of Address:** Please send mailing label from this magazine along with your new address to the address below. 6-8 weeks advance notice is needed.

### Mailing List Name Removal:

We occasionally make our mailing list available to organizations whose offer we believe might be of interest. If you do not wish to receive any mailings from companies not affiliated with Meredith Publications, Inc., please send a note stating your request along with your mailing label to the address below.

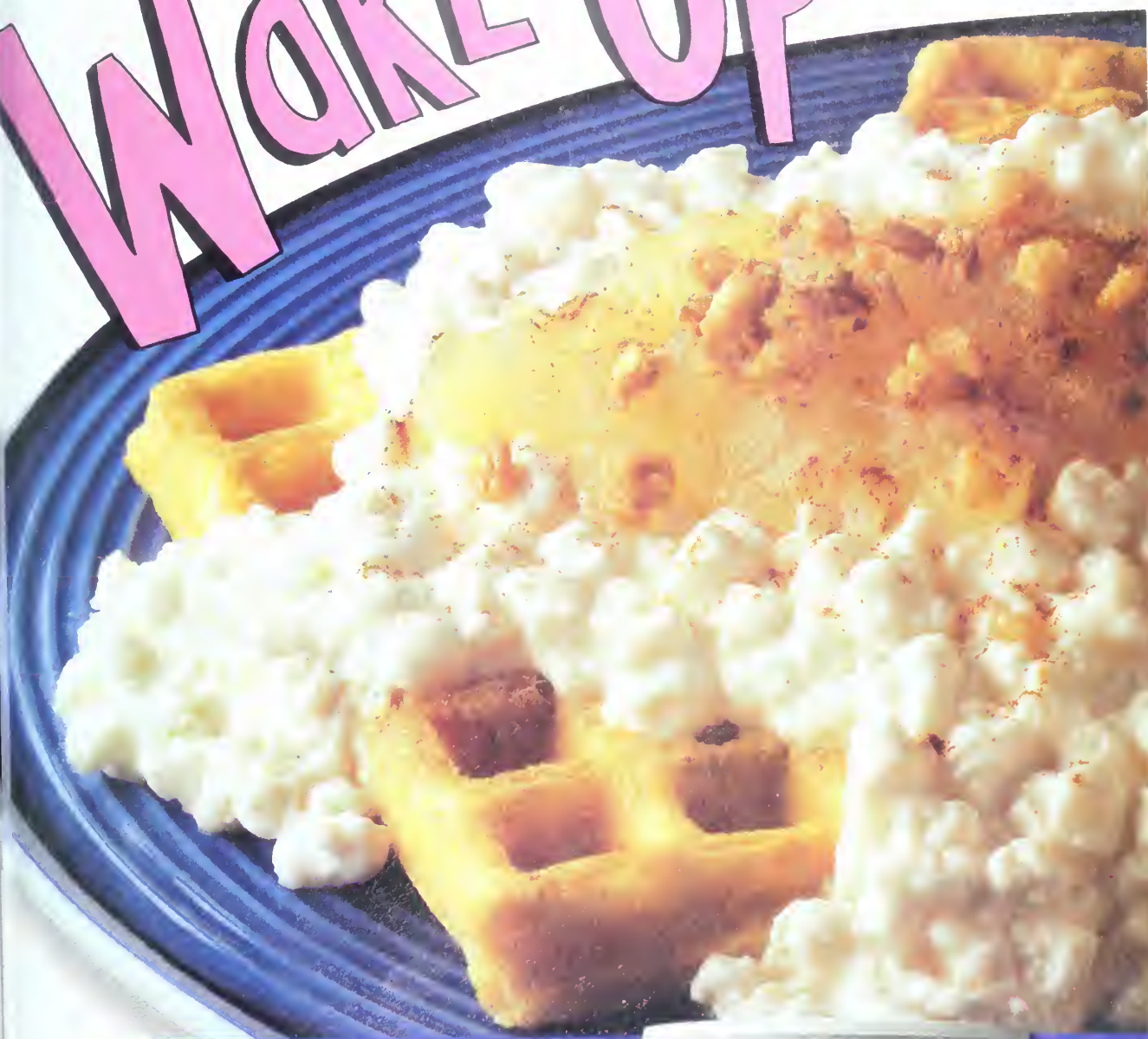
**Complaints:** For duplicate issues, late delivery or any problems, send mailing label and details to the address below.

Mail to: LHJ, P.O. Box 53940, Boulder, CO 80322-3940



Yoo-Hoo,  
Waffle...

# WAKE UP!



*Distinctively creamy taste that excites food.*

*You Know when  
it's Knudsen.*



*The  
Very Best™*

# DERMAREST DRICORT

## THE STRONGEST HYDROCORTISONE FORMULA

### THE ONLY HYDROCORTISONE THAT FEELS GREASELESS

The strongest doctor recommended formula  
you can buy without a prescription.

Dermarest® DriCort® works hard to help relieve eczema, psoriasis, or dermatitis. But that's not all. While other leading hydrocortisones can leave a greasy film on your skin, Dermarest DriCort leaves a unique, comfortable, powder-smooth feeling. No other 1.0% hydrocortisone feels better, or provides better itch and rash relief than Dermarest DriCort.



THE ONLY MAXIMUM STRENGTH HYDROCORTISONE  
THAT FEELS GREASELESS.

Use as directed. © 1994 Del Pharmaceuticals, Inc., a subsidiary of Del Laboratories, Inc.

## travel journal

### Free information for travelers

Whether you're planning a trip, want to learn more about a destination or are just looking for some armchair reading, hundreds of travel organizations will send you information free for the asking.

Start by contacting the city, state or regional government tourist office for your area of interest. Most tourist offices

have toll-free information numbers (call the toll-free directory, 800-555-1212; or send a legal-size stamped, self-addressed envelope to Discover America, c/o Travel Industry Association of America, 1133 21st Street, N.W., Washington, DC 20036, for a list of phone numbers and addresses). The tourist office will mail you a thick stack of brochures, hotel information and vacation-planning guides.

These materials are not completely objective: For example, they won't tell you if a seaside town has been overrun by day-trippers or if a famous restaurant is overrated. Most tourist offices aren't even allowed to recommend one hotel over another. Still, you should be able to get a sense of the destination's attractions

and identify areas of interest.

Travel agents and tour operators are another good information source—especially for brochures on cruises and package tours. Here again the material is subjective—the purpose is to sell the tour or destination, not simply to provide information—but careful reading can help you get a sense of whether a vacation spot is right for you. Remember that there's no charge for a travel agent's services.

You can get more objective information from organizations that provide free travel advice to their members, such as the American Automobile Association (AAA) and the American Association of Retired People (AARP). AAA will help plan your trip, provide maps and route guides, and may provide discounts on car rentals and accommodations. Membership fees vary depending on your state of residence; call 800-336-4357 for the address. AARP is open to persons fifty and over and offers a wide range of membership benefits plus travel information through its magazine, *Modern Maturity*. Membership is just \$8 per year: Write to the AARP Membership Center, P.O. Box 2400, Long Beach, CA 90801, 800-424-3410.

The United States government publishes several free (or very low-cost) brochures on foreign travel, including *Foreign Visa Requirements*, *A Safe Trip Abroad* and *Tips for Travelers to Asia* (also Eastern Europe, Asia and other countries). Titles and subjects may vary; get a complete list of currently available brochures and ordering instructions by writing to Consumer Information Catalog, P.O. Box 3587, Denver, CO 81009.

For information about national parks, call 501-666-1117 to request a complimentary *American Park Network Magazine* for the park of your choice (there will be a charge for postage and handling). The magazines—which include detailed information about each park's history, wildlife, activities, accommodations, restaurants, and more—are distributed for no charge in the park as well as in gateway cities.

If you're interested in guidebooks, maps, atlases and other aids, a number of travel bookstores send out catalogs several times a year. Two of the best are the Traveller's Bookstore, 225 West 52nd Street, New York, NY 10019, 212-664-0995, and Book Passage, 271 Tamal Vista, Corte Madera, CA 94927, 800-321-9785. You can also get a sense of what guides are available from *Places: The Guide to Travel Guides* (Harvard Common Press, \$17.95), a useful book with capsule descriptions of thousands of travel guides.

—DEBORAH GARDNER



**MONISTAT<sup>®</sup> 5**  
miconazole nitrate  
Tampons 100 mg

**DESCRIPTION:** MONISTAT<sup>®</sup> 5 Original Tampons are white to off-white tampons, each coated with the antifungal agent, miconazole nitrate, 100 mg (tampon II [2,4-dichlorobenzyl] oxyphenethyl) and inert base (100 mg) in a base mixture of Adeps solidus, Ceteleth 20 and ethylaluminum silicate.

**INDICATIONS AND USAGE:** MONISTAT<sup>®</sup> 5 Tampons are indicated for the local treatment of vulvovaginal candidiasis (moniliasis). As MONISTAT<sup>®</sup> 5 is effective against vulvovaginal candidiasis, the diagnosis should be confirmed by KOH smear and/or cultures. The therapeutic effect of MONISTAT<sup>®</sup> 5 (miconazole nitrate) Tampons is not affected by either oral contraceptive use or menstruation.

**CONTRAINDICATIONS:** Patients known to be hypersensitive to this drug.

**WARNINGS:** Safety and efficacy of the tampon in pregnancy have not been established, therefore, MONISTAT<sup>®</sup> 5 (miconazole nitrate) Tampons are not recommended for use during pregnancy. MONISTAT<sup>®</sup> 5 Tampons are not indicated for use as a menstrual tampon but are a drug delivery system for treating vulvovaginal candidiasis.

**Re: Toxic Shock Syndrome.** The use of nonmedicated tampons for menstrual flow has been associated with an increased risk of Toxic Shock Syndrome (TSS). TSS is a rare illness which can be fatal and is characterized by high fever (102° F or greater), hypotension, sunburnlike rash with desquamation 1 to 2 weeks after onset. Three (3) or more other organ systems may become involved.

Patients should be advised that if, during the use of MONISTAT<sup>®</sup> 5 (miconazole nitrate) Tampons, a high fever (greater or equal to 102° F) develops and vomiting or diarrhea is experienced, the use of MONISTAT<sup>®</sup> 5 (miconazole nitrate) Tampons should be immediately discontinued and a physician contacted.

**PRECAUTIONS:**

**General:** Discontinue drug if sensitization or irritation is reported during use.

**Laboratory Tests:** If there is a lack of response to MONISTAT<sup>®</sup> 5 (miconazole nitrate) Tampons, appropriate microbiological studies should be repeated to confirm the diagnosis and exclude other pathogens.

**Carcinogenesis, mutagenesis, impairment of fertility:** Long-term animal studies to determine carcinogenic potential have not been performed.

**PREGNANCY: Pregnancy Category C.** Miconazole nitrate has been shown to be embryotoxic in animals when given by the oral route at 12 times the human dose. There are no adequate and well-controlled studies in pregnant women.

**Nursing mothers:** It is not known whether miconazole nitrate is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when miconazole nitrate is administered to nursing women.

**ADVERSE REACTIONS:** During clinical studies with miconazole nitrate tampons for up to 14 days, 33 of 535 patients (6.2%) treated with miconazole nitrate tampons reported complaints during therapy. The most frequent complaints were vulvovaginal burning, itching or irritation, headache or nausea. In the placebo-controlled trial, the number of miconazole nitrate tampon-treated patients reporting each of these complaints was not statistically different from the number of placebo tampon-treated patients reporting them. The therapy related dropout rate was 0.4%.

**DOSAGE AND ADMINISTRATION:**

**MONISTAT<sup>®</sup> 5 (miconazole nitrate) Tampons:** One tampon (100 mg miconazole nitrate) is inserted intravaginally

at bedtime, left in place overnight, and removed in the morning for each of 5 consecutive nights. During menstruation, the concurrent use of sanitary napkin protection is advised.

If vulvovaginal candidiasis persists or recurs, therapy may be repeated after other pathogens have been excluded by appropriate smears and cultures.

**HOW SUPPLIED:** MONISTAT<sup>®</sup> 5 Tampons are available as white to off-white tampons, each coated with 1.0 gm of a base mixture containing 100 mg of miconazole nitrate. MONISTAT<sup>®</sup> 5 Tampons are supplied in packages of five, with an inserter. Store at 15° C to 30° C (59° F to 86° F).

**CAUTION:** Federal law prohibits dispensing without prescription.

 **Advanced Care Products**  
Ortho Pharmaceutical Corp. Raritan, New Jersey 08869

# TRAVEL DIRECTORY

## AT HOME IN WAIKIKI™

### Aston at the Waikiki Banyan

Here in the heart of Waikiki, Aston at the Waikiki Banyan has everything you need to feel at home in the islands. Spacious air-conditioned suites offer the comforts of home -- with complete kitchens, separate bedrooms, private lanais and daily maid service. Pool, tennis court, snack bar and barbecue grills. Plus the beach, shopping and attractions are all nearby.

per night from  
**\$109**

RECEIVE UP TO \$50  
CREDIT PER WEEK ON  
YOUR BUDGET CARE!  
One-bedroom suites.  
4/1-12/22/94  
Slightly higher  
12/23/93-3/31/94

See your travel agent or call

**ASTON**  
Hotels & Resorts

TOLL FREE 800-922-7866

Don't expect to  
have the golf course  
all to yourself  
this fall.

**GLACIER  
COUNTRY**

MONTANAS TIMELSS TREASURE

Call or write to find out more about playing  
your game among ours.

NAME

ADDRESS

CITY STATE ZIP

For a free  
Travel Guide **800/338-5072**

Mail to Glacier Country, 945 4th Ave. East, Dept. 502-10-32 Kalispell, MT 59901  
Allow 3 weeks for delivery or enclose \$1 for 1st Class postage

# travel journal

## Historic hotels of the West

If you're in search of the perfect romantic escape, step back in time and experience a more gracious era with a visit to a historic hotel. Imagine luxuriously appointed rooms, fine dining and a leisurely exploration of the countryside—what could be more blissful? Here, seven top picks in the West.

**The San Carlos Hotel** Phoenix's San Carlos Hotel repeatedly drew stars like Humphrey Bogart, Spencer Tracy and Mae West in the Hollywood heyday of the thirties and forties. Clark Gable was a regular, too, staying here to hunt mountain lions in northern Arizona. Today, the hotel recognizes these legends with commemorative stars on the sidewalk.

Located near Symphony Hall, the Herberger Theater and the Heard Museum, the San Carlos still draws celebrities. The natural beauty of the surrounding Sonoran desert, with its impressive saguaro cacti and pastel-color bluffs, is yet another reason to visit.

From September 15 to May 15, rates start at \$89. Call 800-528-5446.

**The Heathman Hotel** This landmark, art-filled hotel in Portland, Oregon, fits in well with its artsy neighbors, the Portland Center for the Performing Arts and the Portland Art Museum. Each of the one hundred fifty-one guest rooms at the hotel features an original painting, photograph or work on paper. The Heathman, constructed in 1927, is just one jewel in an exciting city whose parks and museums offer much to do.

Weekend rates start at \$125. Packages include the Perfect Weekend (one night's lodging and breakfast for two starting at \$150). Call 800-551-0011.

**The Brown Palace** More than one hundred years after Denver's Brown Palace opened in 1892, it continues to please visitors with its ageless grace. The building features medallions of the state's wild animals carved into its Colorado red granite and Arizona sandstone facade. Inside, an atrium lobby—our country's first—shows off balconies adorned with ornate ironwork railings.

Make time to visit such treasures as the Denver Art Museum, the Denver Performing Arts Complex and the Museum of Western Art.

The Weekender package (book in advance) offers the lowest rates at \$95. Other packages are available. Call 800-321-2599.

**The Pollard Hotel** The thirty-six-room Pollard Hotel, in Red Lodge, Montana,

comes with Jacuzzis, racquet courts, Rocky Mountain views and stage Wild West history—this 1830 hotel hosted a roster of Western legends including Buffalo Bill Cody and Calamity Jane.

During your stay, be sure to visit Yellowstone National Park, just seven miles away, where you can see elk, antelope and steaming geysers.

Rates start at \$65. Call 800-800-LARD.

**La Fonda** Located at the end of the Santa Fe Trail, La Fonda originally attracted trappers, traders and later gold seekers who sought their fortunes in New Mexico's Ortiz mountains. Through the years, Kit Carson, President Andrew Rutherford Hayes, John Wayne and Tom Flynn all stayed here.

The present adobe structure, built in 1926, exudes an authentic Southwestern flair from its beamed ceilings to its painted headboards and bureau drawers. The hotel's locale is as noteworthy as its history. Take time to explore the area's historic pueblos and parks, then stroll hand-in-hand around the plaza.

Rates start at \$165. Call 800-800-5002.

**The Westin St. Francis** In San Francisco, meet your lover under the clock tower. The Westin St. Francis, the lodging that gave rise to that famous phrase because of its large lobby timepiece. Since the hotel's opening in 1904, elegance has been the rule. After all, the hotel was the first to use bedsheets, an amenity admired by proper ladies.

After tea in The Compass Rose, enjoy an elegant dinner at Victor's, promenade around Union Square, another landmark. San Francisco's parks and museums offer much to do and see.

Rooms start at \$180. Packages available. Call 800-228-3000.

**The Sheraton Moana Surfrider** This hotel in Waikiki, the Sheraton Moana Surfrider combines Honolulu's cosmopolitan bustle with the beautiful beaches, the unique culture that makes the islands famous. Built in 1901, the Moana imparts a sense of relaxed elegance.

When not relishing the sea breezes and the songbirds from the veranda, shaded by a huge banyan tree planted in 1885, explore the island. See lazy turtles and schools of rainbow-colored fish when you dive the reefs aboard the marine *Atlantis*, then tour the U.S. *Arizona Memorial* and drive cross-country to meander through Waimea Falls and a lush botanical garden, as well as visit the Polynesian Cultural Center.

Rooms start at \$189 for city views (higher for ocean views). Ask about specially priced offers, which are frequently available, and about Sheraton citywide packages. Call 800-325-3535.

—CANDYCE H. STONE



There are those among us  
with very simple tastes.

They only want the best.

For them, there is Fancy Feast.<sup>®</sup>  
The gourmet dry cat food.  
Supremely delicious. Exquisitely  
satisfying. A gourmet taste that  
could only come from Fancy Feast.  
Fancy Feast gourmet dry cat food.  
Good taste is easy to recognize.<sup>™</sup>

TO REQUEST A FREE

Velvet Palazzo Set- D192  
Shirt- D197285 \$59  
Hat- D180265 \$35  
Velvet Boots- D397596B

COPY OF SIMPLY TOPS

CALL TOLL FREE ANYTIME

1 800 428 1662

ASK FOR DEPT. HTM 9019

**SAVE 15%** ON  
ANYTHING IN OUR WINTER  
BOOK WHEN YOU USE  
THE AMERICAN EXPRESS<sup>®</sup>  
CARD.



DON'T LEAVE HOME WITHOUT IT!



CALL TOLL FREE 1 800 428 1662 24 HOURS A DAY

© Simply Tops® 1994

# TRAVEL PLANNER

der service designed to provide you with the latest information on a variety of travel destinations and services

an unforgettable vacation, ask for "AMTRAK'S" a free 80-page guide that highlights our scenic routes, accommodations and Amtrak's Great American Vacation including our unique Air-Rail Travel Plan. See why there's just a train that's magic.

**AS**  
**ASAS'S** autumn is breathtaking. Enjoy sightseeing, shopping and more. Send for your free Vacation

**A SPRINGS, ARKANSAS**—Uniquely Eureka, favorite Victorian/Ozark/European-style vacation village or its architecture, shops, accommodations and family take time to see and enjoy it all. Send for a FREE vaca-

**ARKANSAS NATIONAL PARK** is bubbling over with life. Send for your FREE Vacation Planner

**ARIZONA**  
**ARIZONA METRO CONVENTION & VISITORS BUREAU** Denver and Colorado Vacation Planning Guide. Includes Denver and Rocky Mountain attractions, entertainment accommodations and recreation information

**CONNECTICUT** Vacation Guide highlights year-round attractions with extensive easy-to-use listings of attractions, hotels and special events. Connecticut—we're full of surprises and room reservations, circle number 6

**CONNECTICUT RIVER VALLEY**—Named one of the best on Earth by the Nature Conservancy, the pristine river valley and Shoreline is quintessential New England shopping, dining, antiques and fun for all ages.

**CONNECTICUT HARTFORD TOURISM DISTRICT** 11 towns. Welcome to Connecticut's Capitol Region. Entertainment, educational offerings, urban cultural centers and museums, and enchanting river valleys

**CRUISES** North America's leading cruise specialist. Save up to 50 percent off on all cruise lines. Let the most knowledgeable agency make your choice come true.

**CARIBBEAN** Aboard its modern fleet of nine Caribbean pamper passengers with superlative service throughout the Caribbean, the Bahamas, Bermuda, Panama, Alaska, Mexico and Europe

**STEAMBOAT**—Live the Legend. Free color brochure detailing cuisine and exciting entertainment on 3-to-5 Mississippi and Ohio river paddlewheel-steamboat vacations. Order *Della Queen* and the magnificent *Mississippi* from travel agent or send for color brochure and receive all items in the above category.

**OF COLUMBIA**  
**WASHINGTON, D.C.** Discover America's playground. Hotels, D.C., hotels have holiday and weekend rates below. Some come for the free museums, neighborhood tours. Senior discounts available.

**EUROPE**—One source for all your European travel needs, combination Rail 'n Drive passes and rail tickets to 17 countries. Send for your FREE brochure.

**CENTRAL FLORIDA'S POLK COUNTY**—There's magic here. Excellent fishing. Over 600 lakes. Water-skiing. Professional baseball. Over 100 antiques shops and Botanical Gardens, Bok Tower Gardens. Great accommodations. So close to Disney World and other attractions. Send for booklet.

**WALT DISNEY WORLD**—Blue-filled Disney vacation packages! Including breakfast, dinner buffets, one evening and a selection of Disney. Two to seven nights. From \$65 per adult, per night, including taxes.

**ST. CLOUD, FLORIDA**, next to Walt Disney World, offers discounts at nearly 100 accommodations and dining. The 1994-95 Great Fall/Winter Getaway. Valuable rates are available through a free vacation guide.

**FLORIDA, MANY FACES™**—Discover the many faces of Florida in your FREE Florida Vacation Guide.

**BEACH COUNTY**—Send for your "Free" \$500 "30 Days Beaches Free" coupon book and brochure

**LEES ISLANDS, FT. MEYERS**—Southwest Florida's Lee Island Coast. Offering a variety of services, white-sand beaches, wildlife sanctuaries, an assortment of water sports. Send for FREE Vacation Information on how to order the \$6.75 Vacation's Video

**FLORIDA AREA AND ITS GULF COAST**

**ISLANDS**—Enjoy sunshine and serenity on the world's whitest sand beaches when you visit the relaxing side of Florida. For information, circle number 21

**22. SUNDIAL BEACH & TENNIS RESORT**—Sanibel's only lull service, all-suite family resort. Private Gulf beach, pools, golf, restaurants. More!

**23.** Please send me all items in the above category

## HAWAII

**24. ASTON AT THE WAIKIKI BANYAN**—A family condominium resort. Spacious suites feature separate bedrooms, complete kitchens, daily maid service. The luxuries of a hotel, the comforts of home. Perfect for friends, family

## ILLINOIS

**25. ILLINOIS**—Scenic riverboat cruises, world-class Chicago shopping and rich Lincoln heritage. For a FREE Illinois Visitors Guide, circle number 25

## IOWA

**26. GREATER DES MOINES**—The Midwest's best holiday lights, sights, shopping and music are here! Bring the family and enjoy a classic heartland holiday. Send for your FREE Holiday Delights Vacation Kit

**27. HAVE THE TIME OF YOUR LIFE IN IOWA**—There are more things to see and do than you ever imagined! Send for your free Visitors Guide, Iowa State Map and Calendar of Events, and discover the warm and welcoming land between two rivers

## KENTUCKY

**28. LEXINGTON, KENTUCKY**—Enjoy our Fall Color! Take in a day at the races, visit the world famous Kentucky Horse Park, experience EquiFestival September 30-October 8, tour our museums and historic homes. Great shopping and dining, too!

## LOUISIANA

**29. IN LOUISIANA** our food, music and words are different. Very different. So come on down, and say things you've never said before. Send for your FREE Tour Guide and planning kit

## MISSISSIPPI

**30.** Experience the wonders of beautiful MISSISSIPPI. The South's Warmest Welcome. Discover the glittering action of our casinos, history, heritage, unrivaled outdoor recreation and so much more. Send for your FREE Travel Planner

## MONTANA

**31. GLACIER COUNTRY**—Montana's Timeless Treasure. Glacier National Park, mountains, lakes, skiing, golf, Native American culture. Wildlife or nightlife!

## NEW JERSEY

**32. GREATER ATLANTIC CITY**—World's most visited resort destination! Overnight packages, boardwalks, historic towns, wineries, glassmaking, golf, amusements, boating, fishing, great hotels, restaurants, shops, festivals—plus exciting casinos with superstar entertainment

**33. NEW JERSEY**—Where else can you tour a boardwalk in a rolling chair, catch a pro game, feel an ocean breeze atop a Ferris wheel, hit the casinos, explore Ellis Island, meet Lady Liberty and relive history? For a vacation you'll never forget, circle number 33 and mail the coupon below for your FREE New Jersey Travel Guide

## NEW YORK

**34. 1,000 ISLANDS**—Seaway Region. New York site of the 1995 "I Love New York" Winter Festival, January 26-March 19. Ice fishing derbies, snow softball, cross-country ski trails and tourathons. Figure-skating competition and much more!

## OKLAHOMA

**35. OKLAHOMA NATIVE AMERICA**—The Indians, cow-

boys, historic cities and worlds of water make this a great vacation state. Send for FREE vacation guide

## PENNSYLVANIA

**36. DELAWARE COUNTY, PENNSYLVANIA** Escape to the romance of the Brandywine Valley. Savor Longwood Gardens, Brandywine River Museum, Franklin Mint Museum and Winterthur Museum and Gardens. Linger in cozy inns and country-side shops. Free 40-page guide

**37. PENNSYLVANIA DUTCH COUNTRY** Lancaster County. Beautiful countryside, great food and scores of fascinating attractions. FREE 36-page Visitors Guide. America Starts Here!

**38. PITTSBURGH**—Rich ethnic neighborhoods, sophisticated shopping, world-class symphony and opera, landmark architecture, sports fans' paradise, riverboat entertainment on three rivers, world-famous incline railways. Free Visitors' Guide, Hotel Packages and Attraction/Entertainment Discounts

**39. POCONO MOUNTAINS** ... vacation planning kit for great mountain vacations in Pennsylvania's Poconos. Full color brochures and maps of where to go, what to do and how to get there in one over-stuffed package

**40.** Visit VALLEY FORGE NATIONAL PARK. See living history, shop the East Coast's largest indoor mall, dine like royalty and sleep on a budget. Send for a Visitors Guide and Calendar of Events

**41.** Please send me all items in the above category

## RHODE ISLAND

**42. RHODE ISLAND**, America's first resort. Tour legendary Newport. Stroll Providence's historic Benefit Street. Follow the sun along 400 miles of spectacular coastline. And sail away to Block Island, a rustic jewel just a boat ride offshore. Send for free catalog

## SOUTH CAROLINA

**43. CHARLESTON, SOUTH CAROLINA**, and her Beaches—history, sun & fun! Free 100-page Visitors Guide!

**44. THE MYRTLE BEACH AREA OF SOUTH CAROLINA**—60 miles of safe, sandy beaches. Affordable, relaxing, lots of new things to see and do. A wonderful family resort. Send for FREE information

**45. SANDS OCEANFRONT RESORTS**, Myrtle Beach, South Carolina. A choice of 6 oceanfront resorts and 1 country-club resort. Fall and Winter golf packages and guest privileges on 80 courses

**46. SOUTH CAROLINA THIS IS YOUR DAY IN THE SUN.** FREE Travel Guide and map. 128 pages of unspoiled beaches, championship golf, beautiful resort islands, colonial cities, historic plantations and gracious gardens, scenic parks, lakes and mountains, colorful festivals. Southern cuisine and outlet shopping. Send for events calendar

**47.** Please send me all items in the above category

## TEXAS

**48. SAN ANTONIO, TEXAS** Experience our theme parks, Sea World and Fiesta Texas, Explore the Alamo, Spanish missions, River Walk, other attractions, and our holiday season special events. Send for free vacation kit and valuable discounts

## VIRGINIA

**49. FREDERICKSBURG, SPOTSYLVANIA AND STAFFORD**—George Washington's hometown. Four major Civil War battlefields, plus museums, wineries, a 40-block historic district, antiques and outlet shopping. 50 miles south of Washington, D.C., on I-95

**50. VIRGINIA**—For lovers of beaches, mountains and history. Write for a FREE, full-color vacation planning guidebook. Virginia is for lovers

### Free information

### LHJ TRAVEL PLANNER

To find out more about any of the destinations and services listed here, just circle the corresponding number(s) on this form, fill in your name and address and mail it to:

P.O. Box 1989

Riverton, New Jersey 08077-7589

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	
20	21	22	23	24	25	26	27	28	
29	30	31	32	33	34	35	36	37	
38	39	40	41	42	43	44	45	46	
47	48	49	50	51					Offers expire January 31, 1995

## Marriages that shouldn't be saved

continued from page 152

one point: There is a certain group of abusive men who cannot and will never change. These are the most violent abusers—men who inflict the most serious injuries: men with a track record of serious alcohol or drug abuse and a history of criminal behavior. Far from trying to save a marriage to a man like this, women should do everything they can to protect themselves.

Most experts, though not all, also believe that in less severe cases, marital counseling is useless in curbing domestic violence—and may incite it.

"Implicit in the counseling process is the concept that both parties must take responsibility for problems in their

marriage," says clinical psychologist Lenore Walker, Ed.D., chairperson of the American Psychological Association's Task Force on Violence and the Family and director of the Domestic Violence Institute, in Denver. Walker maintains that entering marital therapy to deal with abuse suggests that both partners contribute to the problem. Then, too, many men may be so angered by a counseling session that they may take out their hostility on their wife once they are home.

Another reason many experts discount marital counseling is that some violent men merely pay lip service to change. They agree to counseling only as a ploy to get their wife to return home, thinking, "This time, things will be different."

Women are seduced by the men's

charm and apparent remorse: Settle down, tell themselves, he really is sorry. Then the cycle begins all over again.

Before husband and wife are given any kind of joint counseling, Walker insists, the batterer must be treated individually. (Ideally, experts say a couple should separate for a period of time, but more often than not that doesn't happen.) Batterers, Walker contends, have to be in a treatment program—usually group counseling—for at least two years.

"This treatment, she says, should take place as soon as a man has hit his wife. "When there is even one episode of abuse—one slap, one push, one incident of forced sex—an invisible but critical line has been crossed in a relationship. From that point on, the woman must assume that the abu-

## HOW ONE COUPLE GOT HELP

**Domestic abuse is not limited to physical battering, experts say. Verbal abuse, including extremely degrading language and veiled threats, can be damaging as well. Such abuse can also be a predictor of physical violence, as was the case with this couple.**

Carla,\* forty-two, a guidance counselor in an elementary school in Denver, knew that Ben,\* forty-four, her husband of sixteen years, had a hair-trigger temper, but she tended to whitewash his outbursts. "Ben blows up from time to time," she would say, "but I can handle it." His worst blowups came after a long day at the office or when he returned from a business trip. Ben, a salesman for a pharmaceutical company, crisscrossed the country, visiting plants with a team of people—including a boss he despised and two colleagues he perceived as threats to his position. When he returned home, it frequently took days to unwind. The least provocation set him off, but none more so than when his two sons, fourteen and twelve, would start squabbling. Ben insisted that Carla should be handling the situation better.

"These kids are out of control," he would bellow. His loud, nasty tirades, filled with curses and name-calling, often in front of the boys, became meaner, more frequent and more denigrating as the years passed. Ben, whose father was an alcoholic who regularly hit his wife and three children, was also quick with put-downs. Whenever Carla tried to defend herself or her mothering, he had a ready retort. "You're ineffectual, Carla," he'd insist. "You have a degree in counseling, and you can't even handle your own kids." In time, she began to believe him.

Still, the couple had good times. Ben could be playful, charming and romantic. He also liked to think of himself as a hail-fellow-well-met kind of guy, and with friends he was always charming. "Maybe he's passed that part in his life," Carla would rationalize during the good periods.

But the bullying and insidious ambushing continued for years. Then, one night, Ben became so enraged because dinner was later than he expected that he shoved Carla against the kitchen counter and began to smack her hard back and forth across the face and pummel her shoulders and back. "I could see in his eyes that he was out of control," Carla recalls. "He kept pounding me, and something in my head clicked. I knew that if I didn't get free, he would never stop." Terrified, she was barely able to crawl upstairs and lock herself in the bedroom before

\* Name and some identifying details have been changed.

calling the police. By the time they arrived, Ben had regained his composure, and Carla agreed not to press charges, on condition that he seek professional help.

Ben followed through on his promise. Says Susan Heitler, Ph.D., author of the audiotape *Conflict Resolution for Couples* (Atrium) and a clinical psychologist who worked with the couple, "Had he not gotten into treatment, I have no doubt the violence would have escalated."

Heitler worked with Ben and Carla for nine months, seeing them separately and as a couple for most of that time. (In part of that time, the couple were living apart.) With Ben, she first concentrated on anger control. "Ben had to learn to recognize the early warning signs that he was getting into an angry state, and then practice, over and over again, a systematic routine for disengaging," either by leaving the house or the house, going for a jog or taking a shower. Then the couple, they had to practice disengaging if either could sense an upset coming.

The second part of treatment was aimed at helping Ben figure out what was going on in his life that caused his anger to get out of control. Each conversation came back to the intense competition and pressure he felt at work. Traveling, in particular, exhausted him and depleted whatever emotional and physical reserves he had. Though at first reluctant, in time Ben decided to ask for a transfer to another position that paid less but was less stressful. With the tension reduced, Ben felt less overwhelmed and more in control of himself.

Finally, Heitler helped Carla regain her self-esteem. It took a long time for Carla to realize that Ben's criticisms were not justified and that the problems they had were not her fault. She also had to learn to trust her perceptions and develop her own protection system. For example, Carla learned to stop making excuses for Ben, to recognize when he was so frustrated and overwhelmed that he was about to lose control, and then to exit—without waiting for an explanation—until he was calmer. "Women are often tempted to try to explain or defend themselves when someone's mad at them. That's like throwing gasoline on a fire," Heitler says. "If he's raging or threatening to hurt you, believe him and get out."

By the time the couple ended counseling, the physical and verbal abuse had ended. While theirs may not be an idyllic marriage, Heitler says, it has become a better one.

—M



"The next step, Walker insists, clear: "A woman must leave, or must leave. If you don't get out help immediately, it will get more is and harder to get out later." Holtzworth-Munroe, Ph.D., professor of psychology at Indiana University, in Bloomington, every single incident of marital abuse be taken seriously, she says. st predictor of future violence olence."

ce, which might seem the easiest t obvious solution, may often agedy. Studies suggest that the igerous time for a woman in a relationship is when she finally s the courage to leave, either for a restraining order or actu- ng out.

"Battering is about power and a relationship," says Holtzworth- The batterer's self-esteem is so self-pity so great, that he needs ulate and control a woman to r about himself.

ixically, he is also emotionally nt, often obsessed, with his "When a victim decides to e abuser often panics," says th-Munroe. "Terrified of los- er and being abandoned, he anything—from battering to o killing—to prevent that."

### A FAINT HOPE

Given this bleak picture, it might seem that domestic violence is a problem without a solution. Yet a surprising number of experts believe that there may be hope for some abusive relationships. How much hope, though, depends on a number of factors, including the frequency and nature of the abuse.

Says Eve Lipchik, M.S.W., A.C.S.W., a marriage and family therapist in

Milwaukee and an expert on marital abuse, "I believe in treating the relationship—when it's appropriate. Each case must be judged on its own merit. The man who is abusive may not understand that there are nonviolent ways to handle disappointment, jealousy or rage. These skills can be taught—and when a man is willing and able to accept responsibility for his actions and knows that they are wrong." *continued*

### WHAT TO DO

How many times have you read an article about domestic abuse in which friends, relatives or co-workers were quoted as saying, "I knew, but I didn't know how to help"? Trying to get through to someone you know is being abused, especially when they don't want to hear what you have to say, is frustrating, often impossible. But you must try.


Experts suggest that you approach the subject gently. Make sure she understands that what she says to you will go no further—and don't let it.

When she does talk, let her know that you believe her. Take her comments and fears seriously. Don't deny that they are happening or minimize their impact. Talk to her family and let them know of your fear and concern. Make sure they get involved.

Give her time to let your advice sink in. For reasons you may never know, she may not be able or ready to make any changes just yet. Don't give up. Be there.

Once she does confide in you, help her get the legal and other support she needs. With her permission, help her find community groups, women's shelters or other agencies. Go with her to see a counselor, lawyer or a shelter. Continue to remind her of her strengths; tell her that no woman, no matter what she has or hasn't done in a marriage, deserves any kind of abuse. —M.D.R.

## ENERGY FOR ACTIVE DOGS.

Active dogs need extra nutrition. That's why we make Purina® brand Hi Pro dog food. It's balanced with extra nutrients, to keep their bones and muscles healthy. And extra energy, to keep them from feeling dog tired. 



## Marriages that shouldn't be saved

continued

Other experts agree. "It's nonsense to say that couples counseling is a waste of time," says Alan Rosenbaum, Ph.D., associate professor of psychiatry at the University of Massachusetts Medical School, in Worcester, and the director of the university's marital research and treatment program.

Rosenbaum emphasizes that while any kind of abuse is unacceptable, some treatment is better than no treatment: "In many cases, it's the only chance to have any effect." In fact, recent studies, though still preliminary, show that counseling may actually help curb some cases of spousal abuse. According to Daniel O'Leary, Ph.D., a psychologist at the State University of New York at Stony Brook who has studied couples in both separate and group therapy sessions, 45 percent of the couples reported a decrease in violence, and no couple reported engaging in more serious aggressive behavior.

Says Rosenbaum, "Most of the men we treat are not happy with themselves. They want to stop, but they don't know how to get out."

### CLASSIFYING ABUSERS

One of the biggest challenges for those who are working with domestic-violence cases is to define the different types of abusers and which treatments might be best for each type.

Amy Holtzworth-Munroe and her colleagues at Indiana University have been working for nine years on this issue and have defined three kinds of abusers. The first and least violent, or "family only," are occasionally violent. Their behavior is directed exclusively toward their wives. They do not have a history of psychological disorders and, in general, have relatively stable relationships.

A second type of abuser is dysphoric, or distressed. These men display intense jealousy and control over their wives, yet are also dependent on and obsessive toward them. Abuse by this group occurs fairly frequently and can be severe, though it is not always so.

The third group Holtzworth-Munroe terms antisocial. These are the hard-core abusers, men with a long history of violence and other criminal behavior, men who are virtually unreachable and untreatable by any kind of rehabilitation program.

Yet another researcher, Neil S. Jacobson, Ph.D., a psychologist at the University of Washington, in Seattle, also studying severe batterers, found that they displayed two different physiological responses when angered. One group became obviously furious and violent; their heart rate increased as they erupted like a volcano. The other group

became outwardly calm as their anger increased; they displayed a drop in their heart rate, leading Jacobson to believe that their fury took a coldly calculating form and that their violence was more controlled and deliberate.

At the University of Massachusetts, Alan Rosenbaum's team of researchers has also been studying physiological and biological characteristics of batterers. They've noted that many abusive men were abused themselves, physically or sexually, as children; witnessed abuse as a child; and have a history of either alcohol or drug abuse.

Preliminary studies by Rosenbaum also indicate that many abusers have suffered, at some time in their life, a significant head injury or trauma to the frontal lobe of the brain—perhaps from abuse, but also from an automobile or other kind of accident—that impairs impulse control. "According to this particular research, these men are six times more likely to be abusive than other men," says Rosenbaum.

It is often difficult for an outsider to understand why a woman would remain in a relationship where any kind of abuse is the norm. But psychologists say that when a person rides a roller coaster of abuse for years, she is so beaten down, emotionally and physically, that she is numb. She can't leave because she sees no way out.

Agitated, anxious, easily intimidated, isolated from family and friends, women trapped in abusive relationships don't know if they want to stay or leave. Often they minimize a spouse's behavior: "Oh, he didn't really mean it," they say. They hope, usually in vain, that the abuse will simply stop, or that they will be able to change the man.

For many women, financial concerns are another reason to remain in an abusive marriage. They worry about supporting themselves and their children. Other women, especially those who grew up in abusive homes, may actually feel an odd sense of normalcy about their environment. The abuse angers and terrifies them, but at the same time, it feels familiar. After all, it's the way Daddy treated Mommy, or perhaps the way that one or both parents treated their children.

### MOVING ON

Can a woman who has been battered ever really know that her partner has changed? Can she learn to trust him again? The unpredictability of an abusive relationship makes any such determination very difficult, and there are no checklists that enable a woman to tell when or if her partner will become angered to the point of abuse. Walker and other experts suggest that women whose mates are trying to change establish ground rules by which they can measure

how much their partner has improved. Among the factors they should consider are: Has he accepted responsibility for his actions and behavior? Do you understand the impact his violence has on the children, or does he still minimize what he has done? Has he given you control over all areas of his life? Has he ended? Does she have control over what she does, what she thinks and what her friends are, or does he make her count for every minute of her time? Has she stopped putting her life on hold with the hope that he will change?

"Women must realize that any control—physical or psychological—has to be within bounds," says Walker. "That's the clue. If he gives her back her life, how she knows things have changed

*Margery D. Rosen, the Journal's family and child-care editor, has edited the "Can marriage be saved?" column since 1988.*

### JOURNAL SHOPPING CENTER

**DAVIO'S KITCHEN** Pages 170-173 Flowers, Flowers & Laning, 914-238-5100; pillows, cushions, "Colonial," chair seats around table, "Bombay," 890-423-5881; Mini Venezia S/A espresso machine, gänder, Formula USA, 800-728-8753; Compact Coffeemaker, Krups, 800-526-5377; kitchen accessories, Williams-Sonoma, 800-541-2233; rugs, coffee table, Carpet and Home, 212-473-3000.

**FOOD JOURNAL** Page 175 Plate and bowl, "Byzantine," men Studio, 510-843-4691; glass, "Laurin Gold," 800-446-7425; fork, "Orbit Gold," Sasaki, 212-681-1111; cloth, "Dot," Archipelago, 212-334-9460.

**CATCH OF THE DAY** Pages 176-177 Plates, "Alexis," Robert Wilhite for the LS Collection, 800-562-5032; cloth, "Pinwheel," Liz Wain, 212-675-7935; tile, "Louis XIV Coquille," Chamby, Blachere Group, 212-4936. Page 178 Left plate, "Crown Gold," Wedgwood, 677-7860; fork, "8ead," Gorham. Center: "Constantine," Leslie Pontz for Porta, 800-822-2222. Right: plate, "Celebrity," Muirfield, 908-855-1100.

## Coming in November

Don't miss our special solute to the **Boomer generation**, including: intriguing results of our **Baby Boomer survey**; a nostalgic look at the people, places and things every Boomer remembers; and **Great makeovers** to help you look your best. Plus, practical advice on avoiding common money mistakes and overcoming **fear of finance**, and strategies to protect your kids from household dangers by making your house a **Home Safe Home**.

Also: **Boning up on osteoporosis**—what every woman needs to know to reduce her risk... **50 ways to cut fat** Simply to shape up your diet... **And all the trimmings** From our kitchen to your table—low-fat, great-tasting, do-ahead side dishes to make this Thanksgiving the best ever. Plus interviews with your favorite celebrities and lots, lots more!

**THANK YOU FOR BUYING THIS ISSUE. WE HOPE YOU ENJOYED SEE YOU NEXT MONTH.**



## You didn't buy a Pine-Sol®\* floor, did you?

Armstrong® Floor Cleaner is specially made to beautifully clean your no-wax floor. Unlike many other cleaners, it's oil free. So it won't leave a dulling or damaging residue. Can your cleaner say that?



Armstrong keeps it beautiful.

\*Pine Sol is a registered trademark of the Clorox Company

## "We bought a house"

continued from page 140

own decisions. And if it turns out to be a bad decision—well, it's *our* bad decision, and we have to live with it (or, rather, in it)

Being a parent, albeit a relatively new one, I do understand what it's like to always want the best for your kids—and to want to try your hardest to help them make the right choices. And maybe that urge to advise never ceases. Maybe Chuck and I are too sensitive—and interpret their ideas and advice as criticism. Or maybe they really *don't* like the house—and that's okay, too.

Thinking about this, I decided to talk to Phyllis Lieber and Gloria S. Murphy, counselors and co-authors, with Annette Merkur Schwartz, of the new book *Grown Up Children, Grown Up Parents*. They confirmed what I had already suspected—that it's perfectly natural for children to always want their parents' approval—but, they reminded me, you can't live your life that way. "Their approval should not be your major goal," says Murphy. "It's most important to be comfortable with your decisions and actions—don't feel that you must satisfy what you think your parents want for you."

Lieber added, "You're not always going to agree with your parents. But you should listen respectfully to their opinions and respond respectfully. Let them air their concerns. They may have some thoughts and suggestions that are valuable. Then again, they may simply disagree with your decisions. If this is the case, tell them you understand their concerns and reassure them that your decisions are well thought out and right for you. A grown child's objective is to maintain a loving, respectful relationship with her parents. It's not about being a good girl anymore."

I get it: Just as parents have to let go and allow their children to be adults, adult children must let go and be confident that their hopes and dreams and goals, which may differ from their parents', are just as valid.

Buying a house is a very personal decision that Chuck and I made on our own. Our idea of a great house may not be our parents' idea of a great house—or anybody else's for that matter. We were even surprised at how our idea of a great house changed. Once we realized what our priorities were, we made trade-offs quite easily. We gave up charm and modern updates for space and a sprawling yard. We changed our priorities because we weren't buying this house for us, we were buying it for *all* of us.

And, yes, we bought baby monitors and moved right into the bedroom suite upstairs. ■

## Under the influence

continued from page 135

better because they showed an affinity for icons.

During the trial, Bennett's consulting techniques went on national display. Experts speculate that it was her idea to change the defendant's name from "Willie" to "Will," and for him to drive a station wagon to the courthouse rather than his BMW. During jury selection, she had Smith stand confidently and say, "Good morning, ladies and gentlemen" to the jury. She made each potential juror look into the eyes of Smith and pledge to judge him fairly.

The jury deliberated the case for a little over an hour and ultimately found William Kennedy Smith not guilty.

Six months later, Cat Bennett, who had been fighting breast cancer, died. Inscribed on her gravestone are the words "And Justice For All."

### UNDUE PROCESS?

But by influencing jurors and enhancing the image of defendants, have jury consultants gone too far? "Jurors are supposed to be able to arrive impartially at the truth," says Valerie Hans. But how can they do that when they are being bombarded by clever, unconscious stimuli?

The American Bar Association has taken no position on jury consultants. And judges seem reluctant to characterize what consultants do as jury tampering. Says Judge G. Keith Wisot, formerly of the L.A. Superior Court, "Jury consultants don't do anything an excellent trial lawyer wouldn't do."

If consultants continue to grow in popularity, it may be because juries are changing. Our society has become much more complex than it was even a few years ago, and more sophisticated techniques are needed to evaluate potential jurors. "People are more informed and perhaps more tainted by the media," says Hans. "They're more politically and racially diverse."

A far cry, certainly, from thirty-seven years ago, when the movie *12 Angry Men*, about a young man from the slums accused of murder, reinforced the concept of a fair cross section of society debating a defendant's guilt or innocence. But today, the movie just makes jury consultants shake their heads. "If I were on the defense team [in that movie]," says one consultant, "a dozen white males would not have been sitting on that jury. And my client would have been acquitted a lot sooner." ■

Mark Stuart Gill, a Los Angeles-based journalist, wrote "The neighbors from hell," which appeared in the June issue of *Ladies' Home Journal*.

# JOURNAL STORE



### ANDERSON ROOM ORGANIZER

Put a dress up on any bed! Ultra teen large size. Fits under

spring. Replaces bed frame. Solid wood, finished, dust proof, ball-bearing slides, side end drawer. Economical, space-saving. Shipped UPS. Call 800-782-4825 for a free

### THE BRADFORD EXCHANGE

is the world's leading authority on fine limited-edition collector's plates. One-year money-back guarantee. Send for free catalog. Midwest Lists & Media, Dept 7, 9301 Milwaukee Avenue, Niles, IL 60714.



## HOW TO PUBLISH

**YOUR BOOK** Join our successful authors and complete and reliable publishing program. Send for a free manuscript report and copy of "Publishing Book": Carlton Press, Dept 7, West 32 Street, New York, NY

**BOSOM BUDDY** Women who wear the Basam Buddy external breast form enjoy cool comfort at a modest cost. Doctors are telling their patients about this alternative to silicone prostheses. No special pocketed bra... all fabric and adjustable. Prompt, confidential service for a free brochure—B&B Company, Dept 7, P.O. Box 5731, 2417 Bank Drive, Elmhurst, IL 60120; or call, toll-free, 800-262-2789



### ENJOY WRITING?

Compete for \$24,000 in prize money in the National Library of Poetry's deluxe, hardbound poetry contest. No purchase required.

one poem, any subject, any style, twenty lines. Send your entry to: The National Library of Poetry, 11419 O'Connell Drive, P.O. Box 704-1221, Owings Mills, MD 21117

For advertising information, call Media People at (800) 542-5585 or FAX: (203) 542-6900

**PERSONAL PSYCHIC**  
merology • Tarot • Astrology  
Clairvoyant

Success • Money \$ • Difficult Decisions  
**LOOK INTO YOUR FUTURE!**  
Personal Results with Rare Gifted Psychics

**1-900-933-7333**

OR MC/VISA & CUST. SERV. \$297  
**1-800-972-1117** Per  
Min.  
Mile-Hi Psychics • Must be 18 +  
English, French & German Speaking Psychics

**Classified lady**

**850. HOUSE DRESSING FURNITURE.** Save up to 60%!  
Nationwide in-home delivery **FREE BROCHURE.** 3608  
Greensboro, North Carolina 27407

**BEST VALUE** - Name brand furniture at wholesale prices.  
Direct 1-800-442-9049.

**PARALEGAL.** Lawyer instructed home study. Join  
fastest growing profession. P.C.D.I., Atlanta, Georgia Free  
00-362-7070 Dept. LLL203.

**\$199.00 1ct./tw** Bracelets, Rings, Pendants! Lowest prices  
1-800-276-0868.

**FROM HIGH POINT.** 1-800-695-4814. Discount prices,  
facturers, Hekman, Pearson, Lexington. Visit or call show-  
all buys on market samples

**FOR READING BOOKS!** \$100 per book Send name,  
Salco Publishing (Dept. C-682), 500 South Broad, Meriden,

**TRA INCOME!** Work from home assembling products from  
companies Fun/easy! As seen on T V I Guaranteed! 1-800-  
6140

**ONEY! EASY WORK!** Assemble, decorate or stitch work  
home. Toll free 1-800-984-1835 ext 137

**ISTS, PC users** needed \$35,000 potential. Details. Call  
-8000 Ext. B-2901.

**ERIOR DECORATING.** Home study Gain access to show-  
professional discounts. P.C.D.I., Atlanta, Georgia. Free ill-  
362-7070 Dept. HHL203.

**HIC Confused, Lonely, Unhappy.** Reunites Lovers, Removes  
stacles, Negatives. Reveals Love, Career, Marriage, Law-  
185-5803.

**ROUBLES,** overdue bills, reduce interest, cut monthly  
1-800-SAVE-ME-2.

**IAL TRAINING BY BLACKSTONE SCHOOL OF LAW.**  
Legal training since 1890 Affordable. Comprehensive Free  
800-826-9228 Dept. LH.

**YOUR BILLS WITH LESS MONEY!** FREE Information  
-4539.

**IL DEFENSE PEPPER GAS** Available in Key ring holster  
pen". Send \$12.95 to G-Seven Enterprises, Box 1520,  
ah 84041, (801) 546-9945.

**YOUR FUNDRAISER COOKBOOKS BY THANKS-**  
America's quickest & easiest program. Over 20,000 delivered  
00-447-3274 Walter's Cookbooks, Waseca, MN 18+

**WORD PROCESSING BUSINESS AT HOME.** Share a  
entrepreneur's secrets, \$5.00. "April's Word Processing"  
th Street, Belrose, New York, 11426

**INE RECORDERS,** Bug/Phone Tap Detectors, Electronic De-  
tel. For catalog mail \$5.00. EDE, POB 337/LJ, Buffalo, NY  
6) 691-3476.

**IS NOW!!** "The Great All American Cookbook" Recipe  
We want your family recipes in our new cookbook They could  
money!!! For information send SASE to G.A.A.C. Box 60506,  
Houston, TX 77205.

**JUNGER HEALTHIER SKIN?** Asian Skincare Products! Info  
B 142, New York City, 10002.

**Classified Lady Rates:**  
**\$25.50 a word - 10 word min.**  
MC/Visa Accepted  
Call Barbara  
Media People, Inc.  
1-800-542-5585

**WORK AT HOME**  
**Make Big Money as a Professional Secretary**



No previous experience needed. Profes-  
sional home study course trains you  
as a secretary with special knowledge  
of how to work at home for business  
people everywhere. Get free facts.  
**CALL 800-578-1234**

At-Home-Professions, Dept WJS94,  
2001 Lowe, Fort Collins, CO 80525

**High School At Home**  
**DIPLOMA AWARDED**

Without obligation, get free info on low cost  
home study method, accreditation, Diploma.  
No salesman will call on you.

**American School®**, Dept 204 **CALL FREE ANYTIME**  
850 E. 58th St.  
Chicago, IL 60637 **1-800-228-5600**

**Tan At Home!**



Home Delivery

**Don't You Love To Be Tan!**

SunQuest  
**WOLFF**  
TANNING BEDS  
Buy Direct and Save Up To 50%!  
Call for a FREE Color Catalog  
and Wholesale Pricing!

**1-800-462-9197**



**Live Psychic Advisors**  
**Personal Readings \$1.95 Min.**

See Why OUR Clients  
Refer Us to Their Friends!

1-800-982-5041 Visa/MC & Checks  
**PSYCHICS 1-900-884-3292 \$1.95 MIN.**

24 HRS **New Insights** 18+

**Noritake**  
**China and Crystal**

Having trouble finding pieces  
in your pattern?

We have:

- All items in all active patterns.
- If we don't have it in stock,  
we'll make it for you.
- Matching and replacement pieces  
for your Noritake china.

Write:

**NORITAKE SERVICE CENTER, DEPT. L**  
2635 Clearbrook Dr., Arlington Hts., IL 60005  
Call TOLL FREE 1-800-562-1991.

M-F 9-5 Central Time  
**Visa, MasterCard**  
accepted.



**Parent in a Nursing Home?**

Call or write for our  
**FREE CATALOG**  
of Velcro® and snap  
closure clothing.

**1-800-231-9431**

Men's and Women's Styles

Buck & Buck • 3111-27th Ave. So. • Seattle, WA • 98144



**PHOTOS FROM PHOTOS** NO NEGATIVE  
NEEDED



**Pick A Package**

- ★ 40 Wallets
- ★ 32 Wallets & 1-5"x7"
- ★ 2 Custom 8"x10"
- ★ 20 Jumbo Wallets
- ★ 4 Jumbos & 4-5"x7"
- ★ 4 Jumbos & 2-5x7 & 1-8x10

**ONLY \$40.00**

**TRUE COLORS • BEST QUALITY • SPEEDY SERVICE**  
Send any photos, images, instant prints (B&W/  
Color) up to 8"x10" or color 35mm negs. (returned).  
Add \$1 per package for postage & handling

Need Assistance? Call  
**1-800-33-COLOR 9AM-4PM EST**  
Guaranteed. Enct check or  
M.O. with ret. address, send to:  
**RELIANCE COLOR LABS, INC.**  
Studio F52 10, Box 1000  
Swansea, MA 02777

**72 HOURS LAB \$3**  
Guaranteed or your \$3 Refunded  
**RELIANCE COLOR LABS, INC.**  
Rush X52-10 Box 999  
Swansea, MA 02777



**Make Money in Child Day Care!**

Be a child day care specialist! Train at home  
to work in schools, churches, company  
day care centers, or in your own home! Get  
free facts! Call **800-449-2001** or write  
At-Home Professions, Dept. WJC94,  
2001 Lowe, Fort Collins, CO 80525

**BE A MEDICAL TRANSCRIPTIONIST!**

Home study. Experienced transcriptionists can make up to  
\$25,000—and more. Work in MD's offices or at  
home. **Free career literature: 800-223-4542.**

Name \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
**The School of Medical Transcription, PCDI**  
Dept. Y11703 6065 Roswell Rd., Atlanta, GA 30328

**WORK AT HOME**



**Be A Bookkeeper!**

Train at home for a great career! No previous  
experience needed! Home study ex-  
perts explain everything step by step in  
easy-to-understand language! Be ready to  
work in just four months! Get free facts!  
Call **1-800-784-9999** or write AHP  
School of Accounting, Dept. WJK94,  
2001 Lowe, Fort Collins, CO 80525

**WORK AT HOME**  
**Earn up to \$25,000 a year**  
**typing medical histories!**



No previous experience needed. We show  
you what to do, how to do it. No commut-  
ing, no selling... work the hours you  
choose. The medical profession needs  
skilled transcriptionists. So if you type,  
or can learn, our experts can train you at  
home to work at home doing medical  
transcriptions from audio cassettes dictated by  
doctors. Nationwide job placement assistance.  
Get free facts! Mail coupon or call toll-free.

At-Home Professions **1-800-475-0100**  
2001 Lowe Street, Dept. WJM94  
Fort Collins, CO 80525 Dept. WJM94

**YES! Rush me free facts on how I can train at home to  
work at home as a Medical Transcriptionist.**

Name \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_ Apt. \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

# Splendor in the grass

The changing seasons give us a chance to contemplate eternity—yet require us to live in the moment. By Evelyn H. Lauder

I am a child of the city. Maybe because the hot, hard ground of the streets was so devoid of flowers and trees, my little kernel of love for the things of nature grew into a full-blown passion. Now I indulge that grown-up ardor by capturing the landscape in photographs, such as the ones you see on this page. But because the essence of nature is its timelessness, my childhood memories of the seasons still persist.

Autumn for me really began each year when school started and the air was crisp with cool morning breezes and there was still heat to the sunlight. My school friends and I would seek out the most beautiful leaves, perfect shapes with oranges and reds

between the veins, then, smearing paints in the same colors on the backs of the leaves, we'd "print" them onto any paper we could find. In this way we could keep the colors of the fall leaves forever brilliant, even while the real ones faded and died.

I was ten years old, and the biggest blizzard in years closed all the schools in New York City. I had never before seen snow so high. To this day, I recall the struggle to lift my legs out of the well created by each step, and the crunch of my heel each time it cut through the light crust on the freshly fallen snow.

Back in the third grade, our teacher shared two packets of morning-glory seeds with the class on a day in late March. I found a pink porcelain pot

shaped like a seashell; using soil from a little bag my mother had bought, I carefully planted my very own seeds. The green stems emerging from the brown earth captivated me. Each day after school, I'd run home to water my new plant. Soon, a few vines spilled over the sides, and I attached strings from the pot to the fire escape. The flowers opened each morning, and a thrill would pass through me—as if in participating in this process, I somehow possessed the magic of creation.

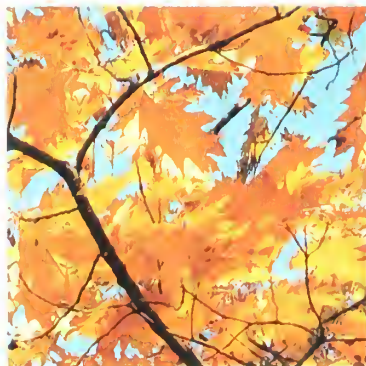
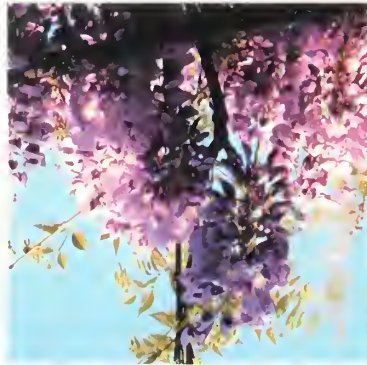
Each summer, my dad rewarded my mother and me with a visit away from the summer steam to a guest house a few hours outside New York City. It was here that my eyes were opened. I learned to really look at the world around me. On long walks on

country roads, I would spot an occasional tiger lily about twenty feet into the woods and drive through the cool shade to peer into its unfamiliar orange freckled face. On other occasions, wild raspberries, mostly black, would stain our fingers, or tongues and our clothes. The sun would make the trees glow golden in the morning and wash them with a warm orange aura in the evening. We'd sit on the porch in the dark and count the fireflies in the garden. If only they could last! I cried when we went back to the city, afraid of losing these country moments.

All these memories kept in the camera of my mind. But as time passed, a real camera came into my hands and I began to take photographs myself, carefully choosing my memories. Like the leaf prints I made in kindergarten, these pictures were a witness to the light of other days, a way to make the special beauty of a season last forever.

They have helped teach me this lesson: We do not have to choose our favorite among the seasons. They are like our love for our children. There's always room for the next one. It is unnecessary for us to see, and to rejoice in, the beauty of their differences.

*Evelyn H. Lauder is the author of "The Seasons Observed" (Harry Abrams, 1994) and Senior Corporate Vice President of the Estée Lauder Companies. Her royalties from the book will benefit the Breast Cancer Research Foundation.*



November

# Journal

MORE OF EVERYTHING  
OUR BIGGEST ISSUE

5 Ways To  
Go Low-Fat

When Stress Is  
Good For You

SECRETS OF A  
SEX THERAPIST  
(The Naked Truth)

Makeovers  
Including The One  
That's Right For You



INTIMATE  
INTERVIEW

Oprah  
Opens  
Her  
Heart

NURSE'S STORY  
The Baby I'll  
Never Forget"

BURLINGAME  
OCT 11 1994  
LIBRARY

Best Advice From  
"Can This Marriage  
Be Saved?"

Delicious Food  
Holiday Side Dishes  
Sizzling Desserts  
Family Snuggles

#BXBCBFS\*\*\*CAR-RT SORT\*\*C030  
#LBRLP000097 1#302496 EF  
APR 95  
BURLINGAME PUB LIB BA1B  
480 PRIMROSE RD #L911  
BURLINGAME CA 94010-4010

L O R

THE NEXT GENERATION  
OF SKINCARE

L'OREAL®  
PLÉNITUDE  
EXCELL-A<sup>3</sup>  
SKIN  
REVEALING  
LOTION

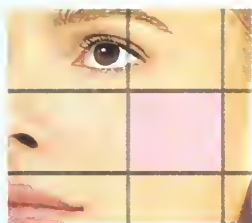
reduces the signs  
of aging





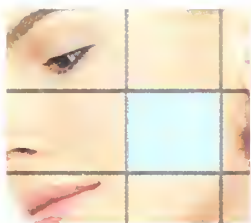
Finally, reveal your best skin  
and reduce the signs of premature aging.

Introducing  
**PLÉNITUDE**  
**EXCELL-A<sup>3</sup>**  
Skin Revealing Lotion



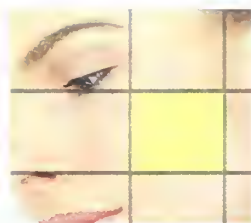
**1. Reveals**  
clearer, more even-toned skin

Tri alpha-hydroxy fruit acids gently lift away lifeless cells and allow newer, healthier cells to surface.



**2. Combats**  
signs of premature aging

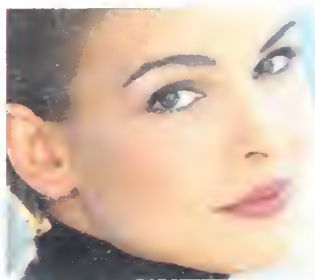
A Melanin and Vitamin E complex helps neutralize free radicals before they can damage skin.



**3. Protects**  
against aging UV rays

SPF 8 helps shield skin from daily sun damage — the leading cause of premature aging.

Because today's world can age skin faster than ever, L'Oréal creates new Plénitude Excell-A<sup>3</sup>. The only daily lotion that combines three potent skin-perfecting discoveries in one



gentle formula. Wrinkles become less noticeable. Newer skin is revealed. Better still, this "just born" skin receives the extra protection it needs to stay younger-looking, longer.

L'ORÉAL

**PLÉNITUDE**

Reduces the signs of aging

"This is no ordinary lipstick.  
 It looks and feels like  
 I just put it on.  
 I did...  
hours ago."

Niki Taylor



From the moment it touches your lips,  
 you'll feel the difference. Cover Girl  
**Continuous Color Lipstick**  
 has a specially balanced formula that continuously  
 hugs your lips with lasting color and moisture.  
 With a built-in color base and Vitamin E,  
 the way the 38 shades look and feel when you  
 first put them on is the way they stay for hours.  
 What more could you ask for?



**Continuous Color Looks And Feels Just Put On For Hours.**

From our Collection: Shades of... (light and top-to-bottom): Rose Quartz, Almost Nude, Smoky Rose, Ice Blue Pink, Midnight Mauve, Parlane Pink, Hues of... (middle): In the Nude, Medallion Rose, Raisin Glaze, Wild Rose, Really Red, Chili Pepper, Cheery Blossom, Radiant Red, Cranberry, Desert Rose, Smokyberry, It's Your Mauve, Toast of the Town, Mocha, Berry Rose, Vintage Wine, Cape Blush, Glamorous Glaze, Toasted Almond, Rum Raisin, Sangria, Cool Crimson, Magenta

COVER GIRL Niki Taylor on location in East Har...  
 Niki wears Bistro Burgundy Continuous Color Lipstick

November 1994 • VOL. CXI NO. 11

## in the news

**48 CNN NEWSLINE REPORT** LHJ teams up with the world's news leader to bring you the latest stories. This month, transplant breakthroughs; a new trend in weddings; your pet and Lyme disease; and more

**51 THE READER REPORT** We went across the country to find out what's on *your* mind. Our in-depth survey reveals all—from your favorite celebrities to your biggest dreams. *By Joanne Kaufman*

**78 THE FIVE MONEY MISTAKES WOMEN MAKE** If you avoid financial decisions, no matter how big or small, find out how to fight your fears and get smart about money. *By Clint Willis*

**144 MURDER AS ENTERTAINMENT** Has society become desensitized to violence, thinking of a killing as just another tabloid news story and not as the tragic loss of life? The mother of a murder victim speaks out. *By Antoinette Bosco*

**174 THE KINDNESS OF STRANGERS** Touching stories of simple acts of compassion.

**202 LADIES' HOME JOURNAL VISITS THE WHITE HOUSE** First Lady Hillary Clinton shares her thoughts on everything from coping with criticism to changing her hairstyle in a candid chat with Editor-in-Chief Myrna Blyth and five *Journal* readers. Listen in on their conversation. *By Kathryn Casey*

**218 A NURSE'S STORY** Angela Lakeberg was the conjoined twin separated from her sister in a controversial operation last year. Here, the young nurse who cared for Angela tells of the little girl's fight for life. *By Deborah Diamond*

## personalities

**138 MARY, MARY UNCONTRARY** In a town full of stars, actress Mary Steenburgen has a down-to-earth attitude about her career, her family life and her romance with actor Ted Danson. *By Jess Cagle*

**152 GRACE: THE UNTOLD STORY** When Grace Kelly left Hollywood to marry the Prince of Monaco in 1956, the world thought it was a storybook union, but their life was far from a fairy tale. *By Robert Lacey*

**200 WHAT MAKES OPRAH RUN?** In an intimate interview with LHJ, the queen of talk TV tells how she's changing her life and her show—and reveals the force that drives her. *By Melina Gerosa*

## body and mind

**62 THE BEST YEARS OF OUR LIVES** ... are also the most hectic. But sometimes stress can be good for you—the trick is to make the most of your energy. Find out how. *By Donna Christiano*

**106 CONSIDER THE ALTERNATIVES** Remedies like acupuncture and biofeedback, once considered "fringe" treatments, are becoming mainstream. Do they really work? *By Robin Marantz Henig*

**178 THE CASE OF THE PECULIAR PIMPLES** When a healthy young woman developed unexplainable blemishes all over her body, doctors were baffled—until they learned more about a very routine part of her day. *By Jonathan A. Edlow, M.D.*

**182 MEDINEWS** Does drinking eight glasses of water a day really benefit your health?; quelling fat cravings; winter flu alert; and more.



**FROM DAY  
TO DINNER**  
PAGE 35

# TIME-OFF™

TAKE  
TIME-OFF  
THE LOOK OF  
YOUR SKIN  
WITHOUT  
ALPHA  
HYDROXY ACIDS.  
WITHOUT  
IRRITATION.



KATHIE LEE GIFF

WITH ALMAY TIME-OFF  
AGE-SMOOTHING LOTION'S  
gentle, classic formula, dullness and dryness clear  
away, wrinkles don't appear on the surface soon.  
Your skin looks good in two short weeks.  
A new look. Old skin. Simple ingredients: light-refracting  
technology to make you look fresher, more beautiful.



# ALMAY

HYPO-ALLERGENIC



**OUR BEST DESSERTS**

PAGE 230

**186 ARE YOU A TELL-TALE WIFE?** It may seem like harmless chatter, but revealing your husband's flaws to your friends *can* hurt your marriage. Here's why  
*By Joanne Kaufman*

**190 BONING UP ON OSTEOPOROSIS—WHAT WOMEN NEED TO KNOW** Steps you can take now to fend off this debilitating disease. *By Catherine Winters*

**212 WHAT I'VE LEARNED AS A SEX THERAPIST** What she knows from years of counseling couples can help put the sizzle back in your lovlife. *By Judy Kuriansky, Ph.D.*

## families today

**68 "MY DANGEROUS HOME"** This mother thought her house was safe for her kids, but inspectors found hazards lurking in every room. A safety guide for parents. *By Mary C. Hickey*

**116 DO YOU KNOW WHO OUR CHILDREN ARE?** Have America's kids been robbed of their childhood? A special report on the forces that shape our children's lives. *By Michael J. Weiss*

**166 25 WAYS TO STRENGTHEN YOUR MARRIAGE** Best advice from more than forty years of "Can this marriage be saved?" columns.

## style

**35 BEAUTY & FASHION JOURNAL** Seven ways to fake great skin; jacket bargains; testing thigh creams; and more.

**90 THE ULTIMATE MAKEOVER GUIDE** If you're ready for a change, check out these hair and makeup makeovers—there's one that's right for you.

**206 HAIR ALL ABOUT IT** Is it good to brush one hundred strokes a day? Can hair go gray overnight? The experts separate the myths from the facts. *By Lois Joy Johnson*

**214 SKIRTING THE ISSUE** Six women tried out the new short skirts—here's the dos and don'ts for wearing them

**222 TREND SETTING** From a top decorator's notebook, the elements of style and how you can give your home an elegant new look. *By Leslie Lampert*

## food

**229 FOOD JOURNAL** What's cooking in November.

**230 OUR BEST DESSERTS** Sweet finishes from LHJ's new dessert cookbook

**244 AND ALL THE TRIMMINGS** Do-ahead, delicious (and low-fat, too!) side dishes for your holiday dinner.

**254 SUPPERTIME: FAMILY-TESTED RECIPES** Weekday meals the whole family will love.

**260 50 WAYS TO GO LOW-FAT** Cooking and diet tips to help you cut the calories that matter. *By Victoria Moran*

**268 THE LATEST DISH** Sweet potatoes; how to tell if you've got a food allergy; and more.

**272 INSIDE THE JOURNAL KITCHEN/RECIPE INDEX**

## regular features

**12 EDITOR'S JOURNAL**

**14 CAN THIS MARRIAGE BE SAVED?** "He's not the man I married" *By Margery D. Rosen*

**24 A WOMAN TODAY** "A lesson in courage" *By Roberta Britton, as told to Karyn Dabaghian*

**162 WOMAN TO WOMAN** "My secret addiction" How one woman struggled to recover.

**279 LHJ TRAVEL PLANNER**

**286 PET NEWS**

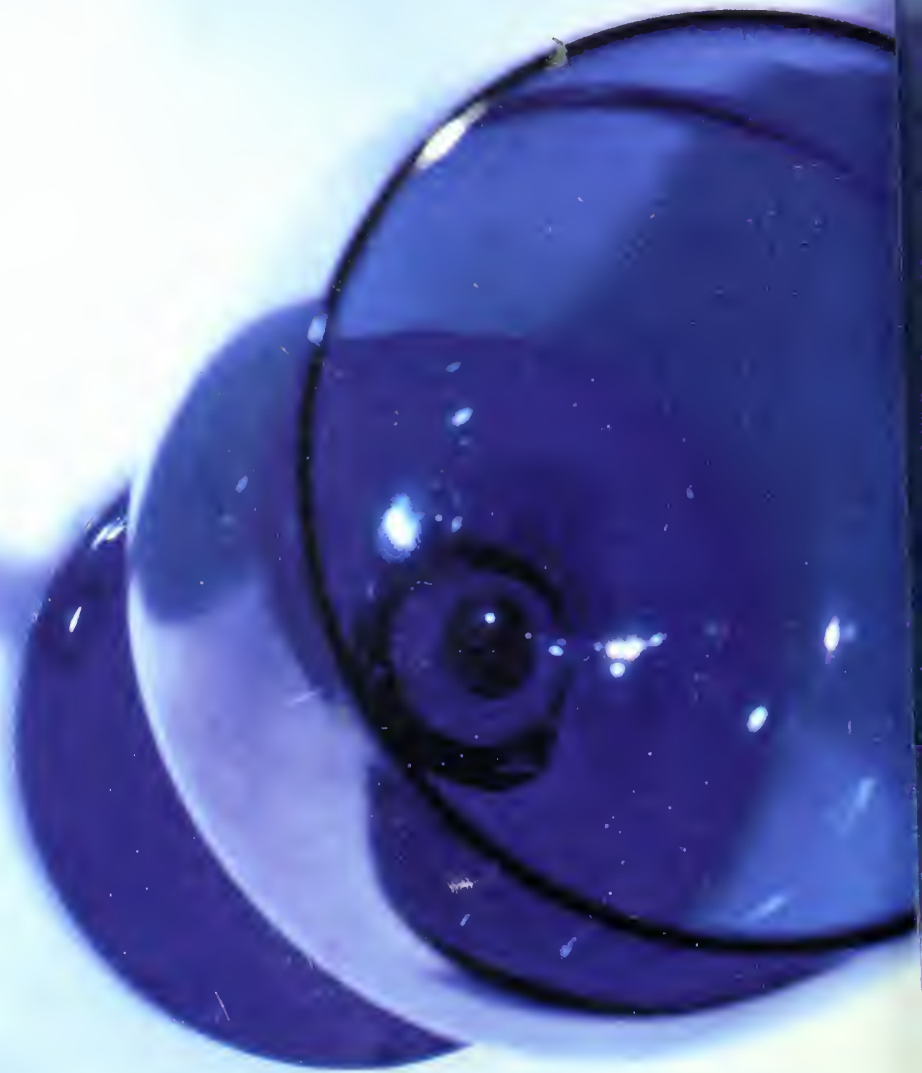
**288 WISE WORDS** "In my opinion..." *By Bonnie Erbe*



**LHJ VISITS THE WHITE HOUSE**

PAGE 202

You're rushing through the store,  
two more gifts to buy.  
Then, suddenly, you see your table  
in a whole new light.





Go ahead. Follow that feeling.

With Libbey, you can afford to be impulsive.

Whether it's our intense Cobalt Blue, or any of our other vivid color collections, Libbey offers so many choices, you're sure to find just the right glassware to set the mood for your table. Glasses for any moment. And any occasion.

**Libbey**<sup>®</sup>

*For more information on Libbey products, write:  
Libbey Inc., P.O. Box 10060, Dept. C-LII, Toledo, OH 43699-0060.*

Now, the first *creme* haircolor.  
It actually *protects* as it colors.

O

R

E

A

L<sup>®</sup>  
PARIS

Toneya is wearing Excellence 6G Light Golden Brown.  
© 1994 Cosmax, Inc.



New  
**EXCELLENCE**  
*Crème*

Introducing the first crème haircolor.\* As thick and ultra-rich as a moisturizer, this gentle crème smoothes on, enveloping every hair strand completely, easily. No dripping, no mess.



*protects*  
*hair's strength*

This breakthrough formula has a patented molecule that works with hair's own structure to protect while coloring. So hair keeps its strength, its silkiness. And since the protection is built-in, fragile hair is cared for even better than before.



for  
*superior*  
*gray coverage*

This new crème haircolor covers gray better than before. It penetrates each strand so even the most resistant gray is covered from roots to ends. And the color lasts and lasts. It's color that's truly healthy, so rich and shining. Available in 26 rich shades.



**PROTECTIVE CREME COLORANT**  
 for Rich, Healthy Color

Superior gray coverage  
 Protects hair's strength  
 Gently treats even fragile hair

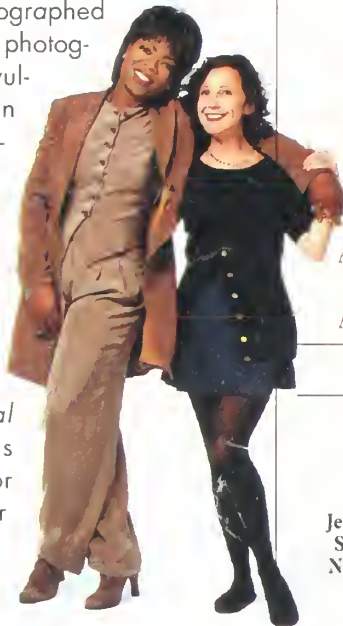
L'ORÉAL  
**EXCELLENCE**  
*Crème*  
*Caring and Protecting Color.*

# EDITOR'S JOURNAL

## OPRAH and more



**OPRAH SPEAKS OUT** This is our biggest issue of the year, and we're delighted that our lead story is on interview with Oprah Winfrey. It is, in fact, quite a revealing talk, conducted by Melina Gerosa, the *Journal's* new Entertainment Editor (left). In the interview (Melina and Oprah spent eight hours together!), Oprah tells you about what she wants now and in the future. Oprah also agreed to be photographed for our cover by master photographer Francesco Scavullo. Beauty and Fashion Director Lois Joy Johnson (right) oversaw the shoot. We bet you'll agree that Oprah has never looked or sounded better.



**BOOK REPORT** In this issue you'll also find not one but two excerpts from *Ladies' Home Journal* books that will be published this month. First of all—just in time for the holidays—there are recipes for dazzling desserts from *Ladies' Home Journal's 100 Great Desserts Cookbook* (Meredith Publishers). This is the third *Journal* cookbook that has been published recently, filled with our delicious and reliable recipes. (The others: *100 Great Chicken Recipes* and *100 Great Pasta Recipes*.) Also check out your bookstore for *Can This Marriage Be Saved?* (Workman Publishers), a through-the-years collection of the most popular columns and the very best advice from the longest-running series in any women's magazine in the world!

Please enjoy this bountiful November issue and know that on Thanksgiving Day, I'll be counting my blessings and giving thanks for many things, including the millions of readers of *Ladies' Home Journal*!

Myrna Blyth

MYRNA BLYTH  
Editor-in-Chief & Publishing Director

Jeffrey Saks Art Director

Jane Farrell Articles Editor Carolyn Noyes Managing Editor

Lois Joy Johnson Beauty & Fashion Director Jan Turner Hazard Food Editor

Mary Mohler Senior Editor Linda Fears Senior Writer

### ARTICLES

Pamela Guthrie O'Brien features and books editor

Margery D. Rosen family and child-care editor

Mary C. Hickey senior editor Melina Gerosa senior editor, entertainment

Shana Aborn associate editor Sharlene King Johnson associate editor

Katherine Lee associate editor, research Karyn Dabaghian assistant editor

Christine Urgola

### BEAUTY AND FASHION

Kimberly Marth associate editor Gwen Flamborg assistant editor

### FOOD

Susan Sarao Westmoreland associate editor

Lisa Brainerd Margot Abel

### LIFESTYLE

Leslie Lampert editor

Kimberlie A. Waugh assistant editor

### EDITORIAL PRODUCTION

Stephanie Makrias copy editor Julie A. Mettenburg copy editor

Mandana Massiha assistant editor

### PUBLIC AFFAIRS

Margaret Hickey

### READER SERVICE

Jill Benz

### ART DEPARTMENT

Stacy Marchelos associate art director Nicki Gostin photo editor

Kimberly Ann Koppel designer Peter Cober studio manager

Ayesha Hakki

### PRODUCTION

Lawrence P. Bracken manager

Doreen Yip Hackett type director Kin Quon type assistant

Alberta Harbutt assistant to the editor-in-chief

### Contributing Editors

Lawrence Balter, Ph.D. Katherine Barrett Kathryn Casey  
Deborah Diamond Ellen Galinsky Jeanne P. Goldberg, R.D., Ph.D.  
Andrea Gross Mary Lou Mullen Hall Dean Lamanna Paula Lyons  
Sofia Marchant Diana McLellan Carol Lynn Mithers  
Evelyn Firestone Moschetta, D.S.W. Paul Moschetta, D.S.W.  
Andrea Rock Michael J. Weiss (Washington, D.C.) Rosalind Wright

### DONNA GALOTTI

Publisher

Michael L. Brownstein Advertising Director

Esther Laufer Promotion-Marketing Director

Vicki Dreyer-Fischer Sales Development Director

Robin Billie Midwest Manager

Mindy Picon Eastern Manager Paul Bode West Coast Manager

Jeannine Shao New York Manager Leslie A. Light Associate New York Manager

Sharon Rogers San Francisco Manager Christi Neill Home Journal Manager

Nancy Hall Beauty & Fashion Manager Terry Giella Sales Administration Manager

John Condit VP, Operations/Manufacturing

Michael C. Senior Newsstand Sales Director

Wanda Ziembinski Production Director

Michael I. Cook Business Manager

Tncia Gonzalez assistant to the publisher

Meredith Magazine Group

Christopher M. Little, President

Bill Murphy, Meredith Custom Marketing Max Runciman Magazine Group Controller

Hal Oringer Circulation Dean Pieters Operations

Meredith  
CORPORATION

Jack D. Rehm Chairman and Chief Executive Officer

William T. Kerr President and Chief Operating Officer

E.T. Meredith, III Chairman of the Executive Committee

The Journal cannot process unsolicited manuscripts or art material, and the Publisher assumes no responsibility whatsoever for their return. Postmaster: Send address changes to Ladies' Home Journal, P.O. Box 53940, Boulder, CO 80322-3940.

© 1994 Meredith Corporation. All rights reserved. "Never Underestimate the Power of a Woman," "Can this marriage be saved?" and "LHJ" are trademarks of Meredith Corporation, registered at U.S. Patent Office. Title "Ladies' Home Journal" registered at U.S. Patent Office and foreign countries.

**CUSTOMER SERVICE INFORMATION** For service on your subscription, including change of address, write to Ladies' Home Journal Customer Service, P.O. Box 53940, Boulder, CO 80322-3940. Please enclose your address label from a recent issue. If you wish to phone, call toll-free 800-454-4545. Send all other correspondence to Ladies' Home Journal, 100 Park Avenue, New York, NY 10017. Printed in the U.S.



## *Ever want to be in more than one place at once?*

*When you'd have enough time for everything. It's a  
thought, but just a thought. That's why Whirlpool  
makes refrigerators with EZ-VUE™ Design. The  
through bins and up-front lighting make every-  
thing easy to find. And unique lateral adjustable  
shelving means you can even custom-create  
storage. At Whirlpool, we know you've got a lot to do.  
That's why we make refrigerators for the one of you.*



*How To Make A Home Run.*

*Learn more about how you and Whirlpool can make your home run.  
Call 1-800-253-1301. Any day. Anytime.*

Whirlpool Corporation ©Registered trademark/TM Trademark of Whirlpool Corporation



# CAN THIS MARRIAGE BE SAVED?

The most popular, most enduring women's magazine feature in the world



“He’s not  
the man  
I married”

By Margery D. Rosen

**IRENE'S TURN** “I was reading a column in an old issue of *Ladies' Home Journal* and saw your name,” said Irene, thirty, a pretty woman with dark hair. “I said to myself, ‘If those people could solve their problems, then maybe I can solve mine.’ I want to try. But I just don’t know if I can go on living with Larry anymore.

“He’s a different man from the one I married two years ago. In fact, ever since our son, Robbie, was born, he’s distanced himself more each day.

“I’ve known Larry since seventh grade. Ours is a small town, and everyone knows everyone else’s business. And positively everyone knew Larry. He was the neighborhood bully, always getting into trouble and

picking fights. But with me, he was as sweet as could be.

“Larry had a crush on me for years and would do anything he could to get my attention. But he was just too wild and crazy for me, and I kept giving him the brush-off. I think he scared me a little, and, besides, my folks hated him. In fact, my father was so angry when I married Larry, he refused to come to our wedding.

“That hurt because I had always adored my father and thought of myself as Daddy’s girl—at least I did until I was ten, when my younger brother was born. I guess my father was just waiting to have his boy, because from then on, he paid little attention to me or my younger sister.

“I wasn’t very happy growing up. Both my parents were drinkers, but at least my father could be kind and loving when he was sober. Mother and I never got along. Our personalities are like oil and water, and whenever we’re together we fight. She’s a colicky woman who would punish her kids whenever the mood struck.

“But, most of all, I remember my parents fighting a lot—loud and violent battles. They finally divorced when I was thirteen. We supposedly lived with my mother, but more often than not we were shuttled from one relative’s house to another. I was the one who really raised my brother and sister. I’d get them up and dressed for school, make their lunches, keep track of homework, cook dinner. Even when she was home, Mother was never involved with any of us.

“I couldn’t wait to get away from home. Mother wanted me to go to the local community college because it was inexpensive, but I was so desperate to get as far away from her as possible that I lied and told her she had rejected my application. Unfortunately, she found the acceptance letter in the back of my dresser drawer and was furious. When I arrived home from school that day, I found all my things piled on the sidewalk in front of the house as punishment. I had to move in with an aunt who lived nearby until school started in the fall. I didn’t speak to my mother at all for almost a year.

“After two years, I finished my associate degree in mechanical drafting and was hired by the town planning board. I dated lots of guys, but I never really cared very much about any of them. All this time, Larry and I stayed in touch, and one night I finally agreed to go out with him.

“I think what won me over was his generous nature. To be adored like that was pretty seductive. He really spoiled me, showering me with candy, flowers, perfume—every romantic gesture you can think of. He made me feel loved and safe.

“We planned (continued on page 18)

THIS MONTH'S CASE IS FROM INTERVIEWS AND INFORMATION FROM THE FILES OF PAUL MOSCHETTA, D.S.W., A MARITAL THERAPIST IN NEW YORK CITY AND HUNTINGTON, NEW YORK.



**No matter how far you're stretched,  
you have our full support.**

Designed with Lycra® spandex so every inch stretches to give you full-busted comfort and support. In **soft cup** and **underwire**.

For a store near you call 1-800-GET-18HR.

**18 HOUR® COMFORT STRETCH™**

**Playtex®**

Lingerie for Real Life.™



Until I talked to my Kmart



pharmacist, I

thought a

free radical was a

flower child from the

'60s. She explained

a free radical is actually an

unstable oxygen molecule that may damage cell

membranes. Vitamins A, C and E could help pro-

tect against cell damage. Did I buy

Certain medication or disease states cause vitamin or mineral depletion. Consult with your Kmart pharmacist or physician before taking vitamin supplements.

these supplements

in Kmart right then

and there? No. She told me all about

them. And even recommended a book



**"I went looking for the difference between natural and synthetic vitamins and found out what a difference a good pharmacist can make."**

**on the subject from the Kmart book department. As for natural vs. synthetic vitamins, well, there's no significant difference. The active principles are the same, she said. Free advice from my Kmart pharmacist and not at all radical. Cool."**



Some questions you have for a Kmart pharmacist may be answered over the phone. Call 1-800-866-0086 for the location and phone number of your nearest Kmart store or pharmacy. © 1994 Kmart Corporation

## He Said:

"How far would you go for a great smoke?"

## She Said:

"The sky's the limit."

BENSON & HEDGES  
100's



THE LENGTH YOU GO TO  
FOR PLEASURE

Philip Morris Inc. 1994

## Can this marriage be saved?

*continued from page 14*

a big church wedding, but when I found out I was pregnant, we canceled it and had a small ceremony in a judge's chambers. I think we were both thrilled to be parents but also more than a little scared. Throughout the pregnancy, Larry was a wonderful and pampering husband, and he's an A-plus father now. But the rest of our relationship has gone straight downhill.

"To tell you the truth, I think he's jealous of the baby, though he'll never ever admit it in so many words. I can't pinpoint it, but I had a sense that something was wrong not long after we brought Robbie home from the hospital. Whenever I try to talk to Larry about how distant he's become, though, he stiffens up. It's like a wall goes up between us and I can't get through. I don't understand people like that. I'm a very up-front kind of person. If something is wrong, if I'm unhappy or sense that someone else is, I want to talk about it. With Larry, you could talk yourself blue in the face and still not figure out what's upsetting him.

"He also doesn't seem to know how to talk to me without dripping sarcasm or exploding about the littlest things—like if I burn the toast or forget to mail a letter for him. When he's angry, he's like a bulldozer. He rolls right over me, and it's impossible to avoid or end an argument. A few months ago, he punched a hole through the kitchen door. Is that any way to act?

"To be honest, I'm emotionally drained. I work nine to five during the week, and my evenings and weekends are filled with freelance design work. A lovely woman who lives down the street watches Robbie for me. Larry works for a printing company. We're rarely home at the same time, and when we are, I find I'm constantly irritated with him. Though I basically work two jobs, I still do ninety percent of the grocery shopping, cooking and cleaning. I never get a break and can't even trust Larry to build a fence around the yard so Robbie can't wander off. On top of this, Larry actually wants me to quit my job so I can stay home and do even more housework.

"Our sex life is one big zero. Before we were married, Larry couldn't keep his hands off me. Now we don't even give each other a quick kiss or hug good-bye. My mind is full of anxieties: Is he worried about work? Money?

Doesn't he find me attractive anymore? Is he having an affair? But trying to get any information from him, as I said, is impossible. And the more I ask, the more we fight.

"A few months ago, Larry and I were sleeping on the living-room couch because we were fighting so much. I know I should have called you for help, but I really didn't think this would continue. What happened last week put me over the edge. On those rare nights we were actually together at the same time, Larry told me he was going across the street to see a friend for a little while. That was about seven P.M. He was gone for three hours. I started to get suspicious, so I took Robbie out of his crib and walked across the street to his friend's house, and peered in the side window. There was my husband, leaning against the kitchen counter with a bottle of beer in his hand. And there was Kimberly, his old girlfriend, kissing him.

"I stormed in and gave him an ultimatum: Either go with me for counseling or go with me to see a lawyer. I refuse to live like this anymore, and I refuse to raise my child in a home where I'm unhappy as the one I grew up in. He refused to leave, and he's been staying with a friend for two weeks.

"I suppose I should be happy that at least he's here. But I honestly don't know how I can trust this man anymore. Seeing him kiss that other woman... Maybe I shouldn't have married him. Maybe people really don't change.

**LARRY'S TURN** "Let me get this much straight, first of all: Yes, I've never kissed her that night—a simple kiss for old time's sake. I did not know she was going to be at my friend's house, and there is nothing going on between us, no matter what I think she saw that night," said Larry, thirty-one, a short, muscular man who shifted nervously in his chair. "That's all. Again, there's not very much left to salvage in this marriage either, is there?"

"Do you know what it feels like to live with a woman who constantly looks down on you? I have been in love with Irene since I was a child. For years, I had her up on a pedestal. I knew she dated other guys after graduation. I didn't care—I never stopped loving her. Finally, when she said she would marry me, I was the happiest guy in the world. I'm as upset as she is. Things have gotten so bad. (continues)



Have you noticed all your  
flying flights have been cancelled?  
For a great smoke, just wing it.



B E N S O N   &   H E D G E S   100's  
THE LENGTH YOU GO TO FOR PLEASURE

Finally, a welcome sign for people who smoke.  
Call 1-800-494-5444 for more information.

© Mornis Inc. 1994

"tar," 0.4 mg nicotine av. per cigarette by FTC method

**SURGEON GENERAL'S WARNING: Quitting Smoking  
Now Greatly Reduces Serious Risks to Your Health.**



## Can this marriage be saved?

But I don't know how to fix them.

"I'm tired of being bossed around. She treats me like dirt. As soon as the baby came, it seems, Irene lost all interest in me, in us. I'll call her in the middle of the day, and she'll tell me she has too much work to talk to me for five minutes. How do you think that makes me feel? Like I'm getting the brush-off, that's how—just like she treated me when we were kids.

"Most of the time, in fact, Irene acts like she can't be bothered with me. Unless, of course, she needs something. Then, she's pushy and demanding. Do the dishes; buy the life insurance; build a fence. Every night there's a long list of things I have to do—I feel as if I'm back in school. I told her I'd take care of it all, but I never do anything fast enough for my wife. And even when it's done, it's never to her liking.

"As far back as I can remember, I've never done anything right. I was always the troublemaker, cutting classes,

do. So, yes, I snap at her, but it's certainly not any worse than the things she calls me. It makes my blood boil to be treated that way.

"Look, the holidays are coming up, and I get sentimental this time of year. I want us all to be together. Christmas makes you think real hard about what you might be throwing away. I'm not convinced counseling is for me—not that there's anything wrong with it, but I just don't see how one person can fix everything. But I love my wife and son, and I'll give it my best shot."

**THE COUNSELOR'S TURN** "Irene and Larry had been separated for two weeks when I first met them," said the counselor, "and I'm certain that if they hadn't come for help, their relationship would not have lasted. Totally unprepared for marriage, neither knew how to handle stress and conflict in a healthy way. Neither understood how to express their feelings and needs openly and honestly. Larry, especially, was a hothead who resolved disputes emotionally and impulsively. The work

**"THERE IS NOTHING GOING ON BETWEEN ME AND KIMBERLY," INSISTED LARRY, "NO MATTER WHAT IRENE THINKS SHE SAW THAT NIGHT."**

getting kicked out of school. I don't think my parents knew what to do with me. Not that my father cared.

"My father, who's an electrician, is a violent man. He drinks, and I know he needs help, but he has hit my mother, my brother and me too many times for me to feel any sympathy for him.

"But my mother, who worked as a seamstress for a dry cleaner, is an angel—perfect, if you ask me. She'd do anything for my brother and me, though I always sensed my kid brother was her favorite.

"I want my son to have the childhood I never had. I know money will be tight if Irene stops working, but we'll manage. We need time to be together—why is this so tough for her to understand?

"Irene complains that she can't talk to me. Well, I feel the same way about her. She's so quick to jump on me for all the things I don't do that she doesn't see or give me credit for what I

ahead was clear: If this marriage was to be saved, I needed to instruct this couple in the most basic communication and anger-management techniques.

"Though Irene and Larry basically accused each other of the same things, they were unaware of this until I pointed it out. Their early family lives were also strikingly similar: Both came from homes rocked by heated arguments and scant communication or affection. Neither had received the love and nurturing they needed as children to become confident, functioning adults. Punishment was swift and often meaningless. Intimacy and emotional closeness were nonexistent.

"Since children adopt the attitudes and model the behavior of the adults who raise them, it's not surprising that these two had much to learn about controlling anger, expressing their feelings and trusting each other. But first they had to end the open warfare.

"Having grown up with alcoholic parents, Irene didn't feel safe. Born from relative to relative, she knew from one day to the next if something she did would provoke anger. Irene, like many children of alcoholics, tried to make sense of her world by tempting to control everything. That her husband rightly saw as her controlling and domineering manner was the way she knew to cope with the upheavals of her life.

"Solid, tough and devoted, Larry represented a physically safe haven for Irene, someone who could protect and love her forever. But he had learned that it was okay to feel sad or vulnerable or to share those feelings with others. In fact, Larry had ignored his feelings for so long he wasn't even aware that he had any.

"What's more, while every couple argues, Irene and Larry had rarely let people settle a dispute without shouting hurtful things or punching a fist through a door. I explained that the way to handle anger as an adult often depends on the way your own parents handled it. To help them better understand this, I asked them to go home and think about some very basic questions: When you were growing up, how were angry feelings expressed in your family? What did your parents do when they were mad? Be specific—did they yell? Throw plates? Did Dad sulk for days? Was Mother smiling on the surface but seething underneath? When you were upset or frightened as children, who was it easier to talk to—Mother or Father? Did anyone support your feelings, or were you told to stifle them?

"It wasn't easy for Irene or Larry to answer even these questions since they had been out of touch with their own feelings for so long. However, understanding where their fury came from was the first step in controlling it and bringing them closer.

"The next step was to teach them some basic rules of anger management. There is nothing wrong with being angry, but it is wrong to verbally attack by being sarcastic, humiliating or demeaning. They also had to learn to put the brakes on their arguments. 'The next time either one of you realizes that things might be getting out of control, call a time-out suggested. 'Then ask each other, 'What do you hear me saying?' In the heat of an argument, we often hear what we want to hear, not what the other person is actually (continues)

# WHITE DIAMONDS

LIZABETH TAYLOR



*The fragrance  
dreams are made of*

LORD & TAYLOR • FOLEY'S • ROBINSON'S • MAY • HECHT'S  
KAUFMANN'S • FILENE'S • FAMOUS BARR • LS AYRES • MEIER & FRANK



**“Menopause is much more comfortable now that I know what to expect.”**

I'd heard that menopause was going to be a difficult time in my life. But while some of the symptoms can get me down, knowing what to expect helps me feel more positive. So when vaginal dryness starts to make sex uncomfortable, I use Gyne-Moistrin.<sup>™</sup>

Gyne-Moistrin is a clear, moisturizing gel that's very soothing because it supplements my own internal moisture. There are no hormones or medications. And it feels natural. Not greasy or messy.

Today, women aren't just talking about menopause and vaginal dryness...we're doing something about it. Gyne-Moistrin. What a comfort to find something made specially for me.

**For a woman's changing needs.**  
Gyne-Moistrin Vaginal Moisturizing Gel

Schering-Plough ©1994, Schering-Plough HealthCare Products, Inc.  
Will not harm condoms

**Gyne-Moistrin**  
Vaginal Moisturizing Gel

## Can this marriage be saved?

*continued*

saying. If they were still not able to speak calmly, they should table the issue and set a time within twenty-four hours to bring it up again. Irene appreciated this suggestion because she often felt Larry's explosions ended any discussion of problems.

“Once the hostility between them ebbed, they both decided that Larry should move back home. That's when we began to talk about the importance of communication.

“Like many men, Larry was conditioned to believe that a guy should be competitive and aggressive and shut others out emotionally. For men like Larry, the only time it is acceptable to be sensitive or attentive was when they are courting a future wife—or when that wife is going to have his child.

“However, before this couple could begin to communicate on a deeper level, they had to recapture some of the fun and lightheartedness of their dating days. To do this, I suggested a number of playful exercises [see “Skill builder”]. The fact that Larry was serious and paid as much attention as he did to the ‘homework’ was critical for Irene.

“In the best marriages, couples share thoughts, hopes, joys, doubts and anxieties. It is this kind of sharing that keeps passion alive. However, since Irene was so much better at expressing herself than Larry was, he often felt frustrated and experienced her as controlling.

“The basic tool of reflective listening helped them overcome this hurdle. By taking turns sharing and listening to each other, without interrupting, judging or criticizing, Larry began to feel that not only could he hold his own in a conversation with Irene but that she was actually hearing him. This structured format also forced Irene to think before she opened her mouth, to compose her thoughts and rephrase her comments so they were not demeaning. They have stopped being defensive and blaming each other.

“I noticed a slow but real shift during the year this couple were in counseling. Larry began to make himself more available, sharing his feelings and listening when Irene needed to talk.

“They've also been able to discuss, calmly, the issue of Irene's job—something that in the past always triggered heated fights. Since Larry can now

more accurately pinpoint and articulate his feelings, he's been able to help Irene to understand that he would like her to cut back on her freelance work not because he wants her to do more housework but because he wants her to have more time as a family. When she finishes her current workload, she's promised to take on only one new project at a time, significantly freeing up her evenings.

“When this couple ended counseling, their marriage was by no means perfect. ‘But we're working on it,’ Larry with a grin, ‘and I know we can make it.’”

*CAN THIS MARRIAGE BE SAVED?* is a registered trademark of Marriage.com Corporation.

### SKILL BUILDER

#### When arguments get out of control

One of this couple's biggest problems was Larry's run-away temper and Irene's inability to withstand his unchecked anger. While Larry worked on controlling his rage, Irene worked on ways to deal with her feelings without being steamrolled. One way was simply to call for a break—and actually walk out of the room without trying to defend herself or explain—whenever Larry became irrationally upset or critical. Another was to let him know without criticism or contempt, that he was no longer talking about the problem they had set out to discuss. And the third was to realize that some of her facial expressions and body language actually were disparaging and inadvertently fueling his anger. This often happens when one partner is more articulate than the other. Do you think this may be affecting your communication with your spouse? Ask yourself: Am I rolling my eyes, curling my lips or giving some other nonverbal cue that says I don't really respect what he's trying to convey? Am I really paying attention to what he is saying? Or am I simply waiting for him to finish so I can put in my two cents' worth?

ARMSTRONG INLAID COLOR™ FLOORS  
THE HEIGHT OF FASHION RIGHT AT YOUR FEET



Deep-down richness of color  
and a uniquely handcrafted  
look are what give Solarian®  
Inlaid Color™ floors  
their remarkable beauty.

Choose from dozens of stylish  
patterns and colors, all with  
the easy care you expect  
from a Solarian floor.

See for yourself. Visit a  
nearby Floor Fashion Center.  
Call 1-800-233-3823  
for the one nearest you.

**Armstrong**

# “A lesson in courage”

By Roberta Britton, as told to Karyn Dabaghian

Everyone always teases me because I'm rarely without a cup of coffee in my hand. Sometimes I wonder what would have happened six years ago if I hadn't wanted just one more cup. On April 23, 1988, my second husband, Buddy, and I were away for the weekend in Massachusetts, with our friends Carol and John Whalen. On our way back to our hotel from a party, we got lost. When we passed a convenience store, I figured it wouldn't hurt to get some coffee.

I returned with my cup and directions to our hotel, and joined Buddy in the backseat of Carol and John's station wagon. We were stopped at a red light when another driver suddenly slammed into the rear of the car. I blacked out; when I came to, I felt a searing pain shoot through my skull, as if my scalp had been ripped off. My husband later told me that my head had flip-flopped back and forth several

times, like a rag doll, and that I had hit the metal frame on the back of my seat. Buddy, the Whalens and the other driver were shaken but not seriously hurt.

I was rushed to Holyoke Hospital, in Holyoke, where I was treated for whiplash and released. Back home in Winsted, Connecticut, I saw my family doctor and an orthopedic surgeon, and they concluded that I had postconcussive syndrome, whiplash and a reversal of the curvature of

some of the vertebrae in my neck. But what no one realized was that, at the age of thirty-four, I also had a serious, yet invisible, injury that would change the rest of my life.

To be honest, I don't think I understood how badly I had been hurt, even though I was dealing with constant, severe shooting pains in my head, jaw, shoulder and hip as well as a burning sensation in my lower

forget what it was! I tried to work at home for a while during my recovery, but I could barely function. My job as an employment recruiter involved a lot of phone conversations and I'd forget whom I was calling just seconds after dialing a number. It was frightening.

Conversations outside of work were hard for me, as well; Buddy kept accusing me of repeating myself, though I wasn't aware I was doing it. This may sound unbelievable, but I never realized that something was physically wrong. To compensate, I kept a notepad by my side and tacked up memos everywhere to keep track of everything from clients to chores.

My long-term memory was affected, too. I couldn't remember anything that happened in the year before the accident, and the months that followed seemed to disappear as soon as they passed. Even today, I can look at a scrapbook that my son Robert made for me, and I don't remember the way my children looked in 1989. It was horribly frustrating.

It was especially hard on my kids. They'd talk about recent events that I couldn't remember, or they'd be left waiting somewhere because I had forgotten I was supposed to pick them up. Hurt and upset, they'd say, "How could you forget?"—and I didn't know how to answer them.

After ten months, my inability to remember and think fast (continued)



Imagine not remembering things you've just read or people you've just spoken to. That's the way I live now because of an "invisible" injury suffered by thousands

back. I could barely turn my head, and sleeping was virtually impossible. I tried all kinds of physical therapy for six months, but nothing relieved my agony. I wondered how I'd be able to raise our four young children: Bobbi-Jo, then twelve, Diana, eight, Robert, six, and Ronnie, five.

Worse still, my mind seemed to be playing weird tricks on me. I would sit at my dining-room table and think of something I wanted to do, and by the time I stood up, I would completely

undetectable  
even this  
close up!

The very definition of perfection: High Definition Perfecting Makeup. So finely milled, it's undetectable...so you're beautiful, even close up! In 13 untraceable shades.

MAXFACTOR  
INTERNATIONAL

HIGH  
DEFINITION  
PERFECTING MAKEUP

MAXFACTOR  
INTERNATIONAL

impact

MAXFACTOR IN TRUE BEAUTY

My feet finally cost me my job. I don't know why I had to leave, but I was devastated nonetheless. Before the accident, I had been considering going into business for myself. Now all these dreams had to be set aside—maybe forever. I felt like a failure. Yet I still wasn't aware that my memory loss could be a medical problem.

My life spun out of control almost before I knew it. I was withdrawn,



**Roberta's children (above) are proud of her achievements; today, she works full-time while studying for her master's degree**

depressed and resentful, and still in too much pain to take on many activities. My twelve-year marriage to Buddy had never been perfect, but now it began to disintegrate completely. Divorce was inevitable.

I soon realized I couldn't live like this forever, and I made an effort to pull myself together. I enrolled in the Pain Management and Behavioral Medicine Center, Inc., a physical-therapy program in Farmington, Connecticut, geared toward tolerating chronic pain and addressing the psychological problems that patients in pain often have.

By chance, around the same time, I got a job as a receptionist with Community Associates, Inc., a human-services organization. My bosses hired me with the knowledge that I would continue to work on my own recovery. I soon found out this job was the best thing that could have happened to me.

In November 1990, Community Associates was looking into opening a group residence for patients suffering from a disorder called traumatic brain injury (TBI)—something I'd never heard of before. In preparation, James Tweedy Ph.D., coordinator of

neuropsychology at Gaylord Hospital, in Wallingford, Connecticut, came to our office to speak. He gave us information sheets describing some of the symptoms of brain injury: pain, memory loss, difficulty concentrating, visual impairment. I was amazed. This was *me* they were talking about!

Some two million people suffer from head injuries, or TBI, every year; of those, 75,000 to 100,000 die. As Dr. Tweedy explained, TBI is a central nervous system dysfunction in the brain that causes a traumatic disruption of brain function. TBI can be caused by any incident in which the head is moved forcefully, throwing the brain against the skull. Because symptoms are not always immediately recognizable, it can take weeks, months or even years to determine the severity of the injury.

I was so excited I could hardly wait for Dr. Tweedy to finish his speech. I ran up to him and told him about my problems, and he agreed to conduct an examination and cognitive test on me the following week. On November 15, my thirty-sixth birthday, my suspicion was confirmed: I did indeed have TBI.

I had such mixed feelings when I got the news. It was a relief to hear I wasn't going crazy and that my condition had a name, but at the same time, it took me a while before I could even say the name of the disorder aloud. It was now two and a half years since the accident, and the greatest recovery usually occurs during the first year after a head injury. I was furious at the time I had lost, and I cried endlessly.

Around 1991, less than a year after discovering I had TBI, I realized I had to rebuild my career. I had some credits toward my bachelor's degree, and I thought about completing my studies to supplement my associate degree in business. But

because Buddy and I had just divorced, I would have to take night classes and work full-time. I believe the only way a family can make it through a rough time is as a team, so I called my children together. They immediately gave me their support and didn't seem to mind that we'd have to make sacrifices. They joked, "Now we get to nag you about doing homework!"

In May 1991, with Bobbi-Jo at my side for support, I met with Ken Fuchsman, a continuing-education counselor at the University of Connecticut at Torrington. When I told Ken about my injury and my cognitive problems, I expected him to tell me, "Don't bother enrolling—you'll never make it." Much to my surprise, however, Ken gave me total encouragement; and when he heard that I wanted to help other TBI victims, he suggested I major in human services.

Going to school was twice as hard for me as for the average student. I concentrated as hard as I could and took notes furiously in class, yet I still had to spend my free time rereading chapters and writing notes to help me remember what I had learned. My professors were always willing to go over material with me after class.

My biggest fear was that I would walk into an exam and go completely blank. I often became discouraged around exam time because I knew that

no matter how long and hard I studied, I could never be sure of the results. But with each passing grade, my self-esteem soared. Maybe I really *could* make (continued)





**Professional**  
MASCARA NEW STRAIGHT BRUSH

"Now Go STRAIGHT TO THE PRO!  
AND MAGNIFY YOUR LASHES  
LIKE YOU'VE NEVER SEEN."

Bridget Moynahan

**Introducing  
Professional Mascara's  
New Lash-Enhancer  
Straight Brush**

It's the secret to separating  
your lashes better than ever  
before. The plusher brush  
zeroes-in on every lash  
to lengthen and thicken  
incredibly. For a new, eye-  
opening look of totally  
magnified lashes. Without  
a clump or glob in sight.  
It's a brush with greatness  
And there's still the  
Pro Curved Brush too.

COVER GIRL

COVER GIRL  
Bridget Moynahan

Magnify Your Lashes Like Never Before.

## A woman today

' School was the first thing that made me feel intelligent again since the accident.

In May 1993, as my children, my boss, a colleague and Buddy cheered me on, I graduated with a grade-point average of 3.7 (out of 4.0). That was one of the most rewarding days of my life.

I was also honored to be selected in April of this year as the sole recipient of the National University Continuing Education Association Student Award, an honor given to an outstanding student who has returned to college. The presenter spoke about me and my struggle to achieve, and when I walked up to receive my award, the entire audience rose to its feet, smiling and applauding

wildly. I couldn't help crying.

Motivated by my successes, I immediately began graduate studies in rehabilitation psychology at the University of Connecticut, and I expect to complete my degree next May. Ultimately, I want to work as a consultant, assisting legal and health-care professionals on public education about TBI.

Now I am a branch secretary/assistant technician for Gallagher Bassett Services, Inc., a company that handles worker's compensation and liability claims. I enjoy the work, because I can empathize with the injured employees' medical and financial needs. I still need to write myself reminders all the time, but I've learned to compensate for my weaknesses.

My life has completely changed since the accident, but not all for the worse. I used to focus on becoming successful; now my main focus is on helping others. I want to show people with cognitive learning disabilities how to get into college and succeed, to establish a national educational scholarship for people with disabilities, and to educate the public about TBI. Ultimately, I want to write a book about my experiences. Bobbi-Jo might have been right when she once said to me, "Mom, maybe God had a reason for you getting this head injury, because He wanted you to go out and help other people who have it."

Although I'm still angry about what the accident has taken from my life, I use that anger as a motivational force to accomplish my goals. On the occasions I do start feeling miserable and self-pitying, I pull out my "happy book," a scrapbook I've made of letters and awards recognizing my achievements. It never fails to restore my belief in myself.

I truly believe I'm going to make history someday—and for someone who's been through what I have, that's really wild. Six years ago, I thought there was nothing for me to look forward to anymore. Now I know that there's so much I can accomplish if I follow my heart. ■

*For information regarding traumatic brain injury, write to the National Head Injury Foundation, 1776 Massachusetts Avenue N.W., Suite 100, Washington, DC 20036-1904; or call their toll-free number, 800-955-6443, between nine A.M. and five P.M. E.T.*

### Beating the odds

As Roberta Britton discovered, disaster can strike even the most placid life at any moment; and when such devastation occurs, it's hard to cope. "Crises involve loss and/or a radical adjustment to change," says David Klimek, Ph.D., a clinical psychologist in Ann Arbor, Michigan. "Often times there's so much pain involved, we just attempt to avoid dealing with it."

That may explain why, according to Klimek, about two thirds of people encountering a crisis or severe challenge never fully recover psychologically from it. Those who do manage to recover emotionally and grow from their experience are "introspective people who don't displace their anger by blaming the world," he says. "Well-adjusted people responding to crisis will have depth. They will appraise what's really important to them and find the energy to go on and accomplish."

Here, expert opinions on winning this most painful battle.

**Vent.** Crises leave us feeling hurt, discouraged, threatened. According to Tina Tessina, Ph.D., a licensed psychotherapist in Long Beach, California, and co-author of *True Partners* (Tarcher/Perigee, 1993), it's important to express those emotions before attempting to think rationally about the situation. "Rant and rave. Cry or holler in the shower. Write your feelings down," she says. "Do something—and you may have to do it periodically—to express the emotions and gradually get them out of the way, so you can start to think clearly." Klimek recommends confiding in trusted friends, a pastor or a professional therapist.

**Think positively.** Out of great tragedy comes great personal growth—if we are open to it. "It's important to realize that pain is the precursor to all growth," notes Klimek. "It can bring about some real soul-searching that may be necessary to build a better life."

**Get focused.** Crises, by their very nature, interrupt life. To get back on track, take time to think about your goals and values and assess what's important to you. "If your crisis is a divorce," says Tessina, "figure out if your new goal will be to build another relationship, start or strengthen your career, or write the great American novel."

**Prioritize your goals.** "Be single-minded and stay focused on your primary goal," suggests Tessina. If you try to accomplish too many things at once, you're likely to find it difficult to see any of your plans to fruition.

**Take small steps.** Break each phase of your goal into simple, doable steps, so you're bound to meet with success. "If education is your goal, it's easy to say to yourself, 'I can't get a master's degree,'" says Tessina. "But you can tell yourself, 'I can pick up the phone and request an application.'"

**Celebrate.** Says Tessina, "Pat yourself on the back for every step you've taken to reach your goal. You'll feel your energy rising, your confidence growing. After months of taking a lot of little steps and celebrating them, you'll feel like a much more capable person than when you started."

—DONNA CHRISTIANO

Discover Color That Looks Natural  
with Incredible Shine.

SUNSET  
Golden  
Copper

L'ORÉAL

CASTING



TONE-ON-TONE COLORANT  
Gentle • Ammonia  
Low Peroxide

CASTING  
L'ORÉAL  
TONE-ON-TONE COLORANT  
CREME VITALIZER



# CASTING

TONE-ON-TONE COLORANT

## IT'S BRILLIANT

Casting blends a complementary tone with your own for natural looking color and brilliant shine, with no noticeable roots.

## IT'S GENTLE

No ammonia and low peroxide make it gentle as can be. You can even color the same day you perm.

## IT'S EASY

Just go click for shining, natural looking color that lasts and lasts, up to 6 weeks.



AVAILABLE IN 20 BEAUTIFUL SHADES

CASTING  
HAIRCOLOR WITH BRILLIANCE  
L'ORÉAL  
PARIS

PARIS



Double breasted wool suit  
with 4% LYCRA and ribbed hosiery with 8% LYCRA® by Donna Karan.

Because even if you don't skate on the job you still  
need room to maneuver.

Look for the LYCRA Brand.



*Nothing Moves Like LYCRA.*



PRESENTING:  
LASTING COLOR

THE  
"looks  
just  
put  
on  
fresh  
even  
hours  
later"

LIPSTICK.

Rich  
color. True  
color. Two color  
sources, not just  
one. So Lasting Color  
looks just put on fresh  
for hours and  
hours.

MAX FACTOR  
INTERNATIONAL



impact

www.impact.com

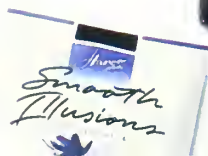
WHAT'S THE MESSAGE?



Liposuction without surgery

HANES SMOOTH ILLUSIONS

Put on 2 ounces of pantyhose. Look



BODY CONTOURING PANTYHOSE

like you took off 5 lbs. The illusion is real.



Seven ways to fake great skin, the secret to a long-lasting manicure and more

## JACKET BARGAINS

IF YOU'RE LIKE US, YOU'RE ALWAYS ON THE LOOKOUT FOR TERRIFIC JACKETS AT EASY-ON-YOUR-WALLET PRICES. WELL, THIS SEASON YOU'RE IN LUCK—WE DID THE SLEUTHING FOR YOU AND FOUND FOUR CAN'T-LIVE-WITHOUT BUYS

- Kmart's houndstooth plaid is a classic mix of camel, forest green, navy and plum. Unlined, wool blend, perfect for layering.
- A winter-white jacket is as versatile as black, but harder to find—until now. Sears' wool blazer by Sag Harbor is a winner.
- A face-brightening red jacket is a wardrobe basic. Crazy Horse's three-button blazer is a fully-lined wool blend.
- We love the style and price of this Southwest-inspired, woolblend blanket-pattern jacket by Kmart. A super weekend toss-on.



## Editor's pick of the month

"Chanel No. 5 Luxury Body Satin Spray is a dry oil mist that truly makes you feel like a French movie star after every shower. The huge, chic-looking atomizer lasts for months, gives you silky skin drenched with the classic fragrance of Chanel No. 5, and looks great on a bathroom shelf. It's the best antidote to alligator skin I've ever tried, and the floral scent—a combination of jasmine, rose, patchouli, iris, ylang-ylang and amber—is delicious. Pure indulgence at \$38.50 for 4.2 ounces."

—LOIS JOY JOHNSON, BEAUTY AND FASHION DIRECTOR

DUCEUR  
NEE POUR  
E CORPS  
N°5

CHANEL  
PARIS

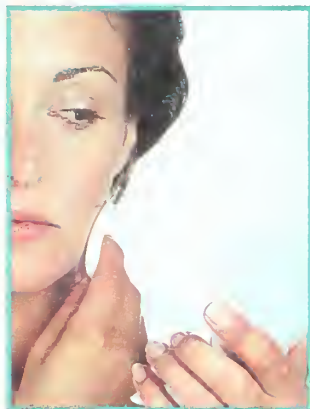
# 7 WAYS TO FAKE GREAT SKIN

ANYONE CAN HAVE A BEAUTIFUL COMPLEXION—WITH THE RIGHT FOUNDATION, CONCEALER AND POWDER, AND THE KNOW-HOW TO APPLY THEM. IT'S EASIER THAN IT SOUNDS. TREAT YOUR SKIN TO A FLAWLESS FINISH WITH THESE TIPS FROM TOP MAKEUP PROS

■ **Blend foundation the expert way**, says Diana L. Carswell, of Washington, D.C.: Apply with your fingers or a sponge in short, downward strokes (this allows foundation to set on the skin, not be absorbed). Then lightly glide a clean sponge over face to remove any excess. Allow foundation to set for two minutes before applying powder.

■ **Conceal blemishes** and brown spots with this trick from Trish McEvoy, of New York City: Spot-apply foundation with a cotton swab where needed. Pat-blend with ring finger, let dry for two minutes, buff with a dry swab. Apply foundation all over face; powder to set.

■ **Minimize pores** instantly with face powder, says Cover Girl makeup pro B.J. Gillian. "Apply over foundation with a puff; press gently into skin all over center of face. Stick to a translucent shade or one that matches your foundation."



■ **De-emphasize wrinkles** by using a concealer one shade lighter than skin tone, says Gillian. "Paint" it on lines and grooves with a small eyeliner brush, then pat-blend edges seamlessly into skin.

■ **Give a matte look to oily skin** with a dual-powder foundation, says Michael Maron, artistic director of cosmetics for Matrix Essentials. "Skip moisturizer, or use an oil-free formula where skin is driest. Sponge-apply foundation, using downward strokes to prevent facial hair from being noticeable."

■ **Refresh dry skin** by using a tinted moisturizer instead of foundation, says Carswell. "It will provide warm, dewy color for a sheer, skinlike, noncakey look."

■ **Camouflage dark circles**, says Carswell, by applying concealer with lip brush so you can easily cover the dark area between the eye and the nose. Apply one light layer, wait ten seconds, then apply the second layer with a damp sponge. Apply foundation after concealer with a damp sponge to eye area first, then to the rest of the face, for texture and color consistency.



## Day-to-dinner DRESSING

HOW TO PULL OFF A FIVE-MINUTE OFFICE-TO-EVENING SWITCH WITH LITTLE EFFORT, LOTS OF STYLE:

- Substitute a creamy white shirt for the sweater, sheer black hose for the opaques, black pumps for the loafers.
- Go for glitter with a narrow gold belt.
  - Trade small earrings for big rhinestone clips.
  - Use a styling gel to lift hair up and back at the hairline, which adds texture and shine and creates soft waves.
- Add sophistication with a rich red mouth.



**SHE DOESN'T PLAY  
BY THE RULES.**

One look from her,  
and there's no defense.  
With lashes like that, she's a killer.  
What a way to go.

**MAYBE SHE'S  
BORN WITH IT.**

**MAYBE IT'S  
MAYBELLINE.™**



**LASHES SO LONG,  
STRONG,  
THEY'RE LETHAL.**

Illegal Lengths® Mascara.  
Lash Extending Brush takes lashes  
to extremes. Conditioning  
formula keeps them strong.  
If looks could kill...

**ILLEGAL LENGTHS  
MASCARA**  
by Maybelline

*"I really needed a work light."*



embellished tunic sweater, \$42

"But found a different way to shine."

Come see the softer side of **SEARS**

# THIGH HOPES

BYE-BYE, CELLULITE? THERE ARE MORE GELS AND LOTIONS ON THE MARKET THAN EVER THAT CLAIM TO SLIM AND SMOOTH THIGHS IN NO TIME FLAT. DO THEY WORK? WE DID A FOUR-WEEK ROAD TEST

Seven LHJ staffers were thrilled to take part in the thigh-cream test—after all, the idea of a miracle in a bottle is irresistible. The creams and gels we slathered on ranged from inexpensive (St. Ives Swiss Formula

Skin Zone Thigh Cream, \$11.99) to very pricey (Dior Svelte, \$48). We all prayed for thinner thighs, yet, not surprisingly, they never came to be. One tester reported a disappearance of bumpy ingrown hairs after faithfully applying Jason's AHA 10 Thigh Gel (\$36). Another tester said Nature's Elements Thigh and Leg Cream (\$18) did make her thighs a little firmer, but she was hoping her stretch marks would fade (they didn't). But the rest of us agreed that the thigh creams are simply glorified body creams that may make skin smoother than traditional creams, but just aren't worth the price.



## WE'RE LOOKING FOR 100 FIELD REPORTERS

We're looking for *you* if you're the type of woman who loves beauty and fashion. We need readers who would like to model for us, report on beauty and fashion trends for us—or both! If you're interested in volunteering for our network of cross-country regional reporters, send us a separate sheet of paper listing your name, age, address, occupation, home and business phone, and answer the following questions:

1. Would you be able to scout local stores for news about trends, such as what's selling, what's not?
2. Would you be willing to interview friends, neighbors and people in your town about their personal problems, solutions and tips about beauty and fashion? We want you to find out what skin-care products they use, what their latest cosmetic purchase was, which new fragrance is their favorite and why, what was their best off-price wardrobe buy, etc.
3. Would you be interested in being on LHJ makeover candidate? (If so, we need a recent color photo of you.)

**SEND TO:** LHJ Beauty and Fashion Field Reporters, 100 Park Avenue, New York, New York 10017.

## DID YOU KNOW?

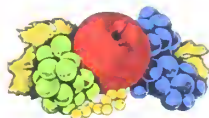
The secret to the longest-lasting manicure is a fifteen-minute drying time between coats—not the brand of polish used.



*It looks like a bra. So how come it feels so comfortable?*



*A* collection of bras that actually feel as good as they look. No surprise, it's the fit and quality of Fruit of the Loom®. And they're made from special 100% skin-soft fabrics. Comfortable bras that look good, too. What will they think of next?



FRUIT OF THE LOOM®  
Clothes that make you feel good...

*I'm short.*

*Is this a tent?*

*Where's the waist?*

*Nah, not right.*

*Are these for w...*



# WHY FRUSTRATE YOURSELF?



*Try*  
WRANGLER  
AMERICA  
*first.*

*Where's the flood?*

*I can't breathe.*


*Ouch!...too tight.*

*Too baggy.*

*I'm going to scream!*





A photograph of a woman with blonde hair, wearing a plaid jacket and blue jeans, sitting on a man's lap. She is smiling and looking down. The man is wearing a striped shirt. The background is slightly blurred, suggesting an outdoor setting.

FEEL  
*the*  
FIT

Research shows that women try on as many as 14 pair of jeans before they're satisfied. That's too many. So we're offering more proportioned fits for that "just right" look every time. Guaranteed or your money back. Pick up a pair today and feel the fit for yourself.

w r a n g l e r  
*W*

AMERICA  
*for women*

*A* sculptural masterpiece of floral delights created  
 from the work of the Plate Artist of the Year  
 now a Bradford Exchange recommendation

*Since the release of her first plate in 1987, the exquisite art  
 of artist Lena Liu has won award after award.*

*Now for the first time, the fabulous flowers  
 of Lena Liu blossom beautifully into three dimension!*

*An unprecedented First Edition.* Pink and lavender iris nod their voluptuous heads gently in the sunshine. A dappled butterfly dances above them, intoxicated with their color and heady fragrance. Only artist Lena Liu could create such a dreamlike garden for your pleasure. Now, re-created for the first time in a three-dimensional collector's plate, her mystical flowers appear to unfold before your eyes, and the butterfly seems ready to flutter off the surface!

"Iris Garden" is first re-created in a sculpted master, meticulously hand-cast, then hand-painted to replicate the delicate pastels of the original design under the approval of artist Lena Liu herself. To complete the enchantment, "Iris Garden" is encircled by a border of tiny raised blossoms.

*An Affordable Art Treasure.* Limited-edition plates offer the opportunity to live with fine art at a modest cost. And "Iris Garden" is truly an impressive work. It is created from an original design by Lena Liu—an internationally acclaimed artist who has received the plate world's highest honors, including 1993 Plate of the Year and Artist of the



**"Iris Garden"**



**Your Bradford Exchange Advantages:**

- A hand-numbered limited-edition plate with a correspondingly hand-numbered Certificate of Authenticity
- A complete plate story introducing the artist and detailing the significance of this recommendation
- A one-of-a-kind plate value: the first sculptural plate created from a design by the reigning Plate Artist of the Year, encircled by an enchanting border of tiny raised blossoms
- An unconditional 365-day guarantee allowing you to return your plate for a full refund of everything you have paid—including postage

Year awards. Her latest work, a masterpiece of color and composition brought to life for the first time, is thrilling three dimension.

*A Limited-Edition Plate With Unlimited Potential For Pleasure.* The master mold for "Iris Garden" will be destroyed on December 13, 1995, after which date no more plates from this edition can ever be made. Once the edition closes, collector demand could exceed the supply of plates and forcing asking prices up. That's why you should act immediately to secure "Iris Garden" at the most affordable issue price. The first Lena Liu sculptural collector's plate can be yours, to enjoy now and forever.

*Easy to order—send no money now.* To acquire "Iris Garden" at \$34.00 issue price—backed by an unconditional 365-day full refund guarantee—simply fill out and mail the coupon. *Send no money now.* You will be billed when your plate is shipped. Order today and soon this sculptural garden of beauty by the fabled Lena Liu will be in your hands, ready to brighten your home and your heart!



**"Iris Garden"**

First Lena Liu plate in three dimension—hand-cast and hand-painted  
 Shown actual diameter of 7 inches • ©1994 The Bradford Exchange  
 Stand not included



**THE BRADFORD EXCHANGE**

5 Milwaukee Avenue • Niles, Illinois 60714 1393

**RECOMMENDING TOMORROW'S TREASURES TODAY**

**Please Respond Promptly**

Signature \_\_\_\_\_

Mr. Mrs. Ms. \_\_\_\_\_  
Name (Please Print Clearly)

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (\_\_\_\_\_) \_\_\_\_\_

Please enter my order for "Iris Garden."  
 Understand I need SEND NO MONEY NOW. I will be billed  
 \$00" when my plate is shipped. *Limit: one plate per order.*

## Nerve transplants

For years, doctors have successfully transplanted hearts, livers and other living tissues from deceased donors to patients in need. Now, doctors at Washington University, in St. Louis, are experimenting with a new technique: nerve transplantation. Unlike most other transplanted tissues, nerve grafts do not permanently replace the old tissue; instead, they stimulate the growth of new nerves, which completely replace the grafted ones in as little as two years. So far, the results have been promising: Some accident victims have been able to regain feeling and movement in limbs that might otherwise have been amputated. Nerve transplants have not yet been tried in severe nerve injuries such as those involving the spinal cord, but doctors say that's their next goal.

—DAN RUTZ, *HEALTHWORKS*

## Something old, something really new . . .

Just how high tech is our world becoming? Recently, a young San Francisco couple exchanged wedding vows using virtual reality, the technology that allows users to view a simulated world and interact with what they see there. As family and friends watched through virtual-environment monitors, the bride and groom donned special headgear that transported them into the mythical city of Atlantis, where they exchanged their vows before a real—not virtual—minister. Developers of the wedding software hope that this will lead to a whole new market for virtual-reality centers, which have, until now, been used primarily for pure amusement.

—SHARRON BRUCKERT, *CNN FUTURE WATCH*



## Fido and Lyme disease

Your family dog may play a bigger role in the spread of Lyme disease than previously believed. The disease, which causes fever, chills, arthritis and other ailments in humans, is spread to people and animals (including dogs) through the bites of infected deer ticks. Now, a new study at the University of Rhode Island has found something startling: Dogs can actively infect ticks, not just the other way around. This means that dogs already infected with Lyme can actually pick up disease-free ticks, transmit the Lyme bacteria to them and then carry them into your home. This may significantly increase the odds of a pet's owners getting Lyme disease. Experts say there are precautions you can take to make sure your dog does not bring ticks into your home: Spray them with tick repellent and keep them out of bushy areas, where ticks thrive. In the meantime, new, more effective vaccines to protect dogs from Lyme disease are in the works, according to Thomas Mother, Ph.D., the lead author of the study.

—MILES O' BRIEN,  
*SCIENCE & TECHNOLOGY WEEK*

## High fashion

This fall, shoes are going to be taking a walk on the wild side. Heels will be spiky and tall (and we mean tall—as high as four to five inches). And the toes? Needlelike, say the designers. The colors and the material will be equally daring: patent leather in colors ranging from classic black to eye-popping candy-apple red and silver.

—ELSA KLENSCH, *STYLE WITH ELSA KLENSCH*

## QUOTE OF THE MONTH

**This was the only man in my life I ever loved, and I think of him every day. I wake up thinking about him. Of course I feel terrible about it.**

—JEAN HARRIS, THE FORMER BOARDING-SCHOOL HEADMISTRESS CONVICTED OF KILLING THE "SCARSDALE DIET DOCTOR," HERMAN TARNOWER, WHILE APPEARING ON *LARRY KING LIVE*

Watch CNN's *Larry King Live* for intriguing interviews with newsmakers and celebrities (weekdays, 9:00 P.M. E.T.) and *Future Watch* for a look at the future of the planet and its people (Saturday, 4:30 P.M., Sunday, 3:30 A.M. E.T.).

# Chicks, Wildlife, Primitive Locations And Lots Of Babes.

*Fulvous whistling chicks.*

*Least-tern babies. Birds aren't the usual subjects of an advertisement.*

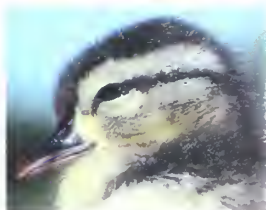
*But then again, we're not talking*

*about just any environmental program. It's one that Amoco designed to give endangered species and other birds a place to feed, breed and nest. These wildlife habitats are monitored by Amoco employees themselves, working together with*



## No, This Is Not Another Swimsuit Issue.

*conservation groups. From North Dakota to South Carolina, Amoco employee volunteers are spending time in swampy marshes and mosquito-ridden woods to help preserve all kinds of wildlife for future generations. These wetlands wildlife habitats are part of an overall environmental program at Amoco. One that includes clean-burning natural gas for cars and trucks at selected stations as well as our Crystal Clear Amoco Ultimate gasoline which is refined an extra step to reduce*



*hydrocarbon exhaust emissions. Together, these environmental efforts will be good for all living things both today and down the road.*



*You Expect More From A Leader.*

*If you would like more information, please contact us at: Amoco Oil Company, Customer Relations, 1-800-333-3991*

# The winning strategy



Get ready to play!™

**NFL**  
COLOGNE

For more information, or to order, call 1 800 833 3355. Or visit the quality drugstore or cosmetic counter near you.

©1994 NFL

# The READER REPORT



## Who's your favorite actress?

*Sleepless in Seattle* star Meg Ryan roundly routed the competition, with 37 percent of respondents voting for her. Second-place finisher Jodie Foster was chosen by 18 percent, followed by funny woman Whoopi Goldberg (17 percent), *Pretty Woman* Julia Roberts (16 percent) and daring woman (remember those revealing magazine covers?) Demi Moore (11 percent).

Why are we so wild about Meg? Probably because of her all-American cuteness, her girl-next-door charm and her down-to-earth demeanor. For instance, when her son was born two and a half years ago, she argued with her husband, actor Dennis Quaid, over who would have diaper duty. So it is true that celebrities lead Pampered lives. . . .



## HOW WE LIVE, WHO WE LIKE, WHAT WE WANT

TO FIND OUT WHAT WOMEN ARE THINKING, *LADIES' HOME JOURNAL* SURVEYED 1,500 OF OUR BABY-BOOMER READERS (BABY BOOMERS, IN THEIR THIRTIES AND FORTIES, ARE MORE NUMEROUS THAN ANY OTHER GROUP IN THE U.S. POPULATION). HERE'S WHAT WE ASKED THEM—AND WHAT THEY TOLD US, ON EVERYTHING FROM THEIR FAVORITE CELEBRITIES TO THEIR GREATEST HOPE FOR THE FUTURE.

BY JOANNE KAUFMAN

## Who's your favorite actor?

Coll it the bottle of the hunks. The winner: Mel Gibson, by a nose (or is it those intense blue eyes?), with 30 percent of the vote, followed very closely by actor/director Kevin Costner with 29 percent. Recent Oscar winner and *Forrest Gump* star Tom Hanks was a distant third, with 19 percent of readers choosing him as their all-time fave. Surprisingly, only 16 percent chose boyishly good-looking Tom Cruise. Denzel Washington, Hanks' co-star in the movie *Philadelphia*, was the fifth-place finisher with 5 percent.



## What's your favorite TV show?

*Home Improvement* handily noiled first place with 38 percent of respondents naming it tops. A possible reason for the show's popularity: It's the only time we're likely to see someone with a tool kit show up on schedule! Nineteen percent chose the Sunday-night staple *60 Minutes*, while 13 percent preferred the urban onst of *Seinfeld*, and 10 percent liked to get steamy with *NYPD Blue*. Are we tired of Roseanne on- and offscreen? Her once-number-one show come in fifth.

## Is your life better than your mother's?

Seventy-six percent. Sixty-four percent feel their life tops Mom's because they have more opportunities than she did, while 22 percent believe they have more self-confidence. The women who say their life is worse than their mother's seem overwhelmed—and overworked. Eight percent simply aren't satisfied with their lot, while 5 percent feel they're expected to do everything.

## What famous woman would you most like to change places with for a week?

Oprah Winfrey was Oproh-whelmingly our readers' top choice. Thirty-three percent would love to swap lives with the talk-show queen. Princess Di was a distant second-place finisher, with 21 percent of readers willing to don her tiara. *PrimeTime Live* anchor Dione Sawyer is prime choice for 19 percent; another 13 percent would be quite happy to star in Julio Roberts' life. In last place? Lady Hillary Rodham Clinton, for whom things seem less-than-enviable, sadly she is with the White House and Whitewater. (For more on Oprah, see "Does Oprah make the world a better place?" on page 200. For more on Hillary, turn to page 202.)



## What description best characterizes your life right now?

Thirty-six percent say they're just plain happy, and another 35 percent characterize themselves as fairly content. But not everyone is so placid: Twenty-four percent say they're stressed-out, and 5 percent are searching for meaning in their lives.

## What's your idea of the perfect day?

Attention, shoppers: Thirty-two percent of readers want to charge out to the stores—with no credit-card limit. But for most respondents, the joy of shopping simply doesn't compare to the joy of family: Forty-two percent say the perfect day would consist of a special family outing. Other choices: a day at a spa (18 percent), while a truly hedonistic 7 percent want to be waited on hand and foot.

## What's your idea of the perfect evening?

Respondents are almost evenly divided on this. Thirty-three percent picked relaxing at home with their husband and kids as a great night, while 32 percent say they'd like to leave the kids home—and go out to dinner with their mate. Those in need of some solitude (15 percent) would opt for some time alone, while the social butterflies (11 percent) would love to go to a party. Romance finished a sad fifth: Only 7 percent say the perfect evening means making love.



## Who's the woman you most admire?

Chalk up another win for Oprah. With 34 percent of the vote, the daytime doyenne was more admired even than Mother Teresa, who finished second with 25 percent. Former First Lady Barbara Bush beat out Hillary Rodham Clinton for third place (they scored 18 and 13 percent, respectively), Iron Lady Margaret Thatcher got 6 percent and Gloria Steinem finished last with 3 percent.



## What was the happiest day of your life?

Events on the home front reign supreme. Fifty-three percent picked the day that most led them pink (or blue) was the day their child was born, and 32 percent picked the day they said "I do." Other happy days for some: graduation (8 percent), when a voice became final (3 percent) and a big promotion at work (2 percent).

## Who's the man you most admire?

General Colin Powell has to settle for second command with 26 percent of the vote. Top honoree goes to Steven Spielberg—27 percent of readers acclaim the Oscar-winning director of *Schindler's List*. Did Spielberg get the biggest salute? Perhaps it's something to do with the fact that (with the exception of the unforgettable *Schindler's*) he makes movies the whole family can watch and enjoy. And making movies seems to be more admirable than making policy: Bill Clinton won only 11



percent of the vote; Al Gore just 6 percent. On the media front, anchor Peter Jennings was top choice of 18 percent of readers, while conservative commentator Rush Limbaugh was admired by 8 percent.



# VIRGINIA SLIMS

I'VE COME A LONG WAY, BABY



“The best things in life never go out of style.”



SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

© Philip Morris Inc. 1994

8 mg "tar," 0.7 mg nicotine av. per cigarette by FTC method.

Why just  
sedan,  
when you  
can  
Grand Am.



©1994 GM Corp. All rights reserved. Always wear safety belts, even with airbags.



Who says four doors can't be fun? In the new Pontiac® Grand Sedan, even the drive to work is an escape. It's no wonder. 130-horsepower I40T engine with a new force balance system delivers smooth, unsurpassed standard power in its class. a refined rear suspension for excellent control, plus standard air conditioning and more. Now take it on

*Grand Am® GT Sedan*



minute or tear up a back road. You'll discover automotive elation — and a price that's **stands low** than Accord or Camry.\* Call **1-800-2PONTIAC** for complete information. **PONTIAC CARES** with a 3-year/36,000-mile no-deductible bumper-to-bumper limited warranty, plus free 24-hour roadside Assistance and Courtesy Transportation. See your dealer for details.



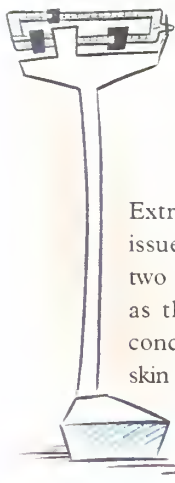
\*Based on MSRP of comparably equipped 1994 Honda Accord EX Sedan and Toyota Camry LE Sedan. Level of equipment varies.

## Not happy with the way you look?

Forty-four percent of respondents say they're fairly happy with their appearance and 12 percent are very happy, more than half are eager to make changes. Forty-one percent say they could lose weight, and 12 percent would like a complete makeover. To learn more about how to do it all yourself, see "The ultimate makeover guide" on page 90.)

### What's the best thing about getting older?

Age has its privileges. Thirty-four percent say the best thing about the passing years is that they know more than they used to, 33 percent say their lives are more settled and 26 percent feel better about themselves. Only 4 percent say they earn more now than they ever have, and just 2 percent feel sexier.



### What's the worst thing about getting older?

Extra pounds are the heaviest issue, respondents say. Forty-two percent cite gaining weight as their top problem. Other concerns seem to be less than skin deep: Only 18 percent cited wrinkles as the worst part of another birthday.

## Which celebrity would you most like to look like?

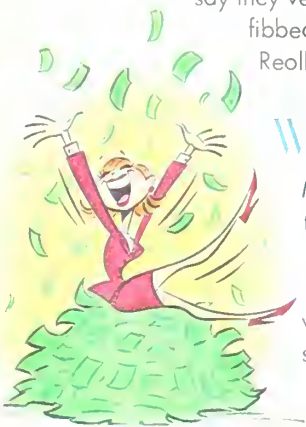


Forty-nine percent say they'd love to have the looks of model Christie Brinkley. The ex-wife of Billy Joe is thoroughly troubled by the competition, including fellow supermodel Cindy

Crawford (24 percent), Sharon Stone (9 percent), Whitney Houston (7 percent) and Claudia Schiffer (5 percent). With her clean, classic all-American good looks, Christie proves that getting older does not mean kissing cover-girl days good-

## Do you ever lie about your age?

Honestly now, readers aren't shy to admit their age. Ninety-three percent say they've never fibbed about it. Really.



## How often do you feel stressed-out?

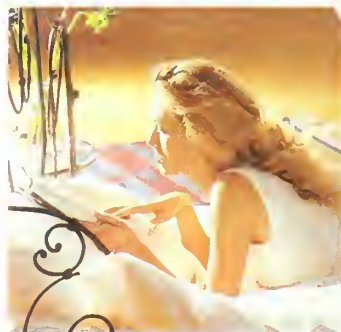
Perhaps the better question might be how often *don't* you feel stressed-out? A whopping 89 percent say they feel stressed some or most of the time, and 3 percent admit to feeling under pressure constantly. (A laid-back group—8 percent—claim they rarely feel stressed.) Surprisingly, women *without* children are more likely to say they're stressed most of the time. (Does that mean moms are more mellow, or do they just have better coping strategies? See "The best years of our lives" on page 62 to find out more.)

## What's your idea of a dream come true?

Most respondents hope to get lucky: Seventy-eight percent say their top fantasy is to win the lottery. Eleven percent dream of writing a best-selling novel, and 6 percent want to have a romance with a handsome, rich, powerful man. Three percent would choose to win the Olympic gold, and 2 percent dream of starring in a blockbuster movie.

## What's the one thing you wish you had time to do more of?

If the impossible happened and they found some free time, most readers would like to spend it on themselves. Forty percent would indulge in a few of their favorite things: reading, gardening, playing tennis. Husbands weren't neglected either: Twenty-eight percent say they'd like to spend more time with their mate. Fifteen percent would visit with their friends, 7 percent would spend quality time with their kids, and 5 percent wish they had more time for lovemaking.



## What do you consider to be your greatest source of stress?

Too much to do and too little time was the overwhelming complaint chosen by 49 percent of respondents. Too little money is a stress-inducer for 19 percent, while work causes the most tension for 15 percent. Fortunately, family members rate low on the stress index: Only 1 percent of respondents say their kids make them feel pressured, and just 6 percent point to their husband

## What group do you trust the most? What group do you trust the least?

Bad news for our elected officials: Sixty-five percent of respondents say they're least likely to trust politicians. Many do, however, have faith in the clergy: Forty-two percent said religious leaders were the most trustworthy group.



*“LIVE...FOR THE MOMENTS.”*

—PRISCILLA PRESLEY

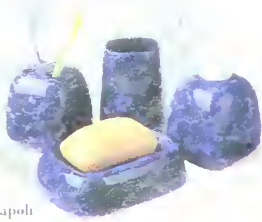
Venezia  
Wallpaper Borders



More Than Terry™ Bath Mat



Napoli



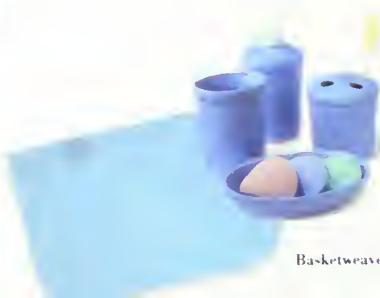
Country Cottage



**If this is your idea of  
decorating the bathroom,**



Basketweave



Venezia



Palm Aire  
Shower Curtain

## Maybe it's time to look at things from a slightly different angle.

Collage offers you a new collection of beautiful shower  
curtains, liners, towels, tumblers, More Than Terry™ bath  
mats, toilet seats and dozens of other bath accessories you can  
enjoy mixing and matching and color-coordinating. So now  
for well under \$100, you can decorate your bathroom with  
many pretty things that don't  
get flushed down the toilet.

# Collage™

**Don't just sit there. Do something.**



Victorian

Olympia

Sorrento

FOR RETAILER INFORMATION, CALL 1-800-805-BATH.  
© 1994 DAWSON HOME FASHIONS, INC. ALL ITEMS ARE NOT YET AVAILABLE AT ALL STORES.

## What's your biggest gripe?

It's the economy, stupid. Twenty-nine percent are upset that they and their husbands are working twice as hard to keep up financially. Education and health care are also top concerns: Twenty-seven percent worry that schools aren't giving our children quality education, and the same percentage are annoyed that medical care is so expensive. Women's issues seemed to be somewhat less troubling to readers: Twenty percent are angry that women aren't treated fairly, and another 8 percent are annoyed that neither government nor business gives much help to mothers who work outside the home. (For information on how to make the most of your money, despite the economy, see "The five money mistakes women make" on page 78.)

## What do you worry most about?

Not surprisingly, most readers (42 percent) say they worry that something will happen to their children. They feel safer about their husband's future, however:

Just 14 percent fear that something will happen to him.

Finances are also a major concern: Sixteen percent worry that they won't be able to afford to retire, 8 percent are afraid they can't afford to send their kids to college, and another 8 percent are anxious that they or their husband will lose their jobs. Just 5 percent are scared that they'll become a victim of a crime; 4 percent worry that their parents will become dependent on them.

## What's your greatest hope?

Children truly are our hope for the future. Sixty percent of respondents most want their kids to lead happy, productive lives. Fifty percent hope we'll be able to solve our nation's biggest problems, such as crime and the faltering economy. Seventeen percent pray we'll find a cure for cancer and 13 percent wish racism would end, and 10 percent want true equality for men and women.

## What's your main goal for the future?

Their marriage is our respondents' top priority in the days ahead: Thirty-nine percent say their number-one goal is to spend more time with their husband. Twenty percent plan to work hard to get where they want to be in their careers, and another 20 percent would like spending more time at home with their kids. Seventeen percent want to go back to school.

## If you had a chance to do it over again, what would you do differently?

I wouldn't change a thing, say a very satisfied 23 percent. Others would rewrite their life story. Forty-two percent of respondents would get more education, 15 percent would wait until they were older to get married, and 10 percent would choose a different career. Fortunately, only 8 percent would have chosen a different husband, and a scant 1 percent wouldn't have had children.



## Who answered our survey?

The typical LHJ respondent:

- Lives in the suburbs (43 percent)
- Is married (82 percent)
- Has two children (40 percent)

- Has completed at least some college, business school or post-high school education (72 percent)
- Is employed full-time (58 percent)
- Has a household income of \$50,000 or more (48 percent)

*New From Easy Spirit.*

*Your Own Personal Walking Shoe*



SPECIALLY DESIGNED TO FOLLOW THE GENTLE CURVES OF A WOMAN'S FOOT

AND **EMBRACE** YOU WITH A SECOND SKIN OF ALL-AROUND CUSHIONING.



THE CONTOURED SOLE SUPPORTS YOUR ARCH, CRADLES YOUR HEEL AND STABILIZES EACH STEP TO

**EMPOWER** YOU WITH A FEELING OF CONFIDENCE.



FOUR UNIQUE LAYERS OF CUSHIONING WORK TOGETHER TO SMOOTH AWAY THE SHOCKS OF WALKING. YOU CAN FEEL THE ENERGY UNDERFOOT AS YOU **ESCAPE** AND GET AWAY FROM IT ALL.

*Easy* **SPiRiT**



©1994 U.S. Shoe Corp.

Introducing high performance walking shoes that don't require big white socks.

Our wraparound cushioning turns all our shoes into walking shoes.



Inside's a walking shoe. Outside, there's a whole world.

For a retailer near you call 1 800 EASY 242



## THE BEST YEARS of our lives

... are also the most stressful. How can you make the most of your time and energy so you can enjoy it all? By Donna Christiano

**C**athy Shea, a mother of two in Needham, Massachusetts, begins most days at 6:15 A.M., when her two preschool-age daughters awaken. By 7:25, Cathy and her children are headed to day care. Twenty minutes later, the thirty-four-year-old executive education program director is in her office, beginning what typically turns into a

nine-hour day. At 4:55 P.M., Cathy is out the door to pick up her daughters and begin her evening marathon of cooking dinner, drawing baths, packing book bags and lunch boxes and laying out clothes for the next day. Anywhere between 9:30 and 11:00, after dinner cleanup and perhaps a load of laundry, Cathy collapses. "If there is one thing I'd do if I had more time, it would be to take

golf lessons or go to the gym," she says. "But I don't know where I'd squeeze that into the day."

Hectic? Of course. Horrible? No. For Cathy, and women like her, the thirty- and fortysomething years are both busy and happy ones, when one achieves career and family goals and feels, perhaps, more fulfilled than at any other stage of life. "It's a time that's very full and lush," says Susan Heitler, Ph.D., a clinical psychologist in Denver and author of *From Conflict to Resolution* (Norton, 1990). "It's a time for you and your spouse to enjoy the shared project of child raising. And there's also great excitement in launching a career. The more challenges one takes on in life, the more gratifying life becomes. But there's also," she warns, "more potential for overload. The goal is to find an optimum where life is rich without slipping beyond that critical point at which one's responsibilities become overwhelming."

For women in their thirties and forties, time always seems to be at a premium. Of the women surveyed by *Ladies' Home Journal* for "The reader report" (see page 51), more than half said they felt stressed-out at least occasionally—and 22 percent said they often felt that way. The biggest source of their stress, they agreed, was not having enough hours in the day to accomplish everything they needed to do. Another survey of more than one thousand Americans, conducted by Hilton Hotels Corporation, found that during an average weekend, people between the ages of thirty and forty-nine spend roughly nine hours more than they want to on chores such as working at their job, cleaning and running errands.

And yet this constant activity isn't necessarily bad. In fact, it may actually be *good* for you. While it's true that an excess of stress can lead to physical problems such as migraines and ulcers, the body thrives when it performs at a manageable level of pressure. "You're going to feel stronger, faster, competent," says Pepper Schwartz, Ph.D., professor of sociology at the University of Washington, in Seattle. (continued on page 66)

# CHAR GRILLED BEEF



Char-grilled steak...who has time? When it comes to preparing a wholesome, delicious meal, Swanson knows just what your family loves.

Like beef, char-grilled and seasoned just right for that unbeatable off-the-grill taste. And with all your favorite trimmings like mashed potatoes and corn, Swanson makes Salisbury Steak Dinner irresistible.

So whether it's breakfast, lunch or dinner, you can always trust Swanson for a wholesome, delicious meal your family will love.



Great Taste Made Easy.™

# Dual air bags, ABS, crush side-guard door beams-



For a brochure call 1-800-950-2438.

\*Always wear safety belts, even with air bags. Chevrolet, the Chevrolet Emblem and Lumina are registered trademarks.

At Chevrolet we believe that everyone, no matter how much they have to spend, deserves a safe car. And because we test our cars in some of the most advanced safety labs in the

world, we can make important safety features available and affordable to most people.



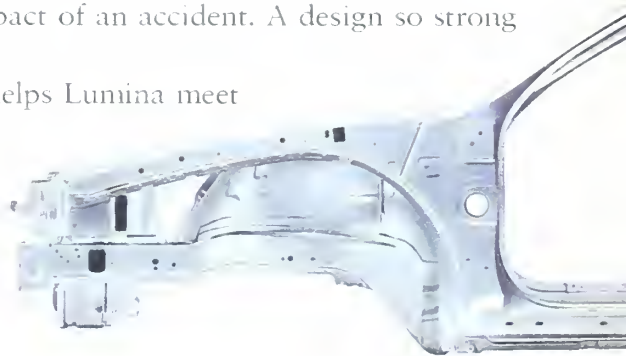
The best example is the new Lumina LS. You'd probably expect to pay extra for a list of features

# ones, child safety locks, can you live with that?



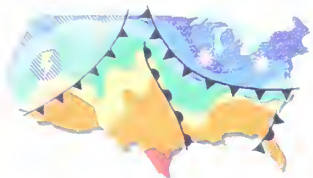
© 1994 GM Corp. All Rights Reserved. Buckle up, America!

cage that surrounds the passenger compartment and uses an ingenious energy management system to strategically absorb the impact of an accident. A design so strong it helps Lumina meet



1997 federal side-impact standards today.

But what really matters isn't award-winning anti-lock brake technology, or dual air bags that inflate in the blink of an eye.



What matters is safety at a price that most people can live with.

That's what makes the new Lumina LS a Genuine Chevrolet.

those above. But they're included. In Lumina LS comes with the most comprehensive protection package we've offered in a mid-size car. Standard. Its foundation is a rugged steel safety

"You're going to get a high—literally."

The unpredictability of a demanding schedule also prevents us from falling into a rut and provides us with needed challenges. "Have you ever seen ponies that carry kids around in a circle?" says Schwartz. "They're very sad little animals. If new things aren't demanded of you, you can [become] like one of those ponies—you can get dispirited and depressed. I think the unpredictable protects you from that. It wakes you up and makes you feel vital and strong."

In fact, it's necessary to have a certain amount of pressure in our lives in order to achieve anything, says Elaine Wethington, Ph.D., associate professor of human development and family studies at Cornell University, in Ithaca, New York. "In a sense, it is guilt—but guilt in the most positive and productive sense." And, she adds, when you're a busy working mom with that many more things to take care of, "you've

**"WHEN WE'RE BALANCING IT ALL, WE'RE PRETTY PROUD OF OURSELVES," SAYS DR. SCHWARTZ.**  
**"WE FEEL COMPETENT."**

taken on this responsibility and you have an obligation to meet it. In order to do that, you have to use fairly effective problem-solving skills—otherwise, you couldn't manage it all at once." Remarks Arlene Kagle, Ph.D., a clinical psychologist in private practice in New York. "If you're not a little bit anxious, you don't change. You have to have some kind of motivation."

And when all is said and done at the end of the day, it really does feel good to look back and think about all you've accomplished. "When we're balancing it all, when we're juggling perfectly, we're pretty damn proud of ourselves, although we might not like to say it to anyone," says Schwartz. "We feel competent. We feel like the person we hoped we could be. Sometimes you can only feel that kind of extraordinary pleasure with yourself when you really have done a great deal." Adds Wethington, noting how much reinforcement a woman can get from her family or colleagues about the jobs she does. "The more people we are involved with who feel good about us and what we do, the more positive our feelings are about

ourselves. That's really important."

Surprisingly enough, mothers may actually be less harried than their childless counterparts, who presumably have less to do. In the *Journal's* "Reader report," one in three women without children said they felt stressed-out, compared to only one in five mothers who felt that way. Perhaps the joys kids bring counterbalance the added responsibilities. "Watching children enjoy [themselves] can be as wonderful as seeing the best comedy on Broadway," says Kagle. "That sense of pleasure one gets from watching one's children having a good time is a tremendous de-stressor."

### PUTTING YOURSELF FIRST

That's not to say, however, that women need pressure every hour of every day. In fact, in order to make the most of these hectic years, it's essential to incorporate some personal time into one's schedule. Women may yearn to do more for themselves, but they tend to put their own needs last on their to-do list. When asked what one thing they

wished they had more time for, respondents to the LHI survey overwhelmingly chose "doing things that I enjoy," like reading or gardening.

"We've learned that our job is to take care of everyone and everything first, then use the leftover time for us," explains Georgia Witkin, Ph.D., author of *The Female Stress Syndrome* (Newmarket Press, 1991) and director of the Stress Program at the Mount Sinai School of Medicine, in New York City. "The problem is, as our roles pile up, there *is* no extra time. In fact, most women experience a time *shortfall* of about twenty-one minutes a day. As a result, we end up overscheduling ourselves, doing two things at once."

So, how can you cut down on overload stress, get the personal time you need and make the most of your busy days? These strategies will help you get started:

**Adjust your attitude** Recognize that you *need* time for yourself, and that this is not a luxury. Tell yourself that if you *don't* take care of your needs, you won't be good for others, and you won't be able to recognize what should

be pleasurable in your life.

**Get your priorities straight** Take a list of everything you want to accomplish in a given week or even in a day, then rank the items by importance. You'll get more of the important things done and feel good when major goals are crossed off.

**Take five—as often as possible** Witkin advises that you spend at least a total of twenty minutes a day on yourself. And while whole chunks of time may be hard to come by, just about everyone can find five-minute intervals throughout the day. Stop at your favorite coffee shop for a cup on the way to work; take a walk around the block at lunch hour; buy a book around the other stores in the shopping center before picking up the groceries. **Look for hidden pleasures** Take every opportunity throughout the day to find joy, no matter how ordinary. You're doing something you have to do, so reward yourself with some music, or promise yourself a reward—like lying on the couch to read a book—when you're done. "Instead of letting each thing bombard you," says Heitler, "take time to see how you can do it most enjoyably."

**Enjoy, enjoy** Don't forget to savor those moments of sheer, unadorned bliss, too—getting a warm embrace from your husband, watching your child hit her first home run. Times like these that can make even the most harried day worthwhile.

**Make a date with yourself** Schedule your personal time in a calendar or date book as you would a work meeting or doctor's visit; otherwise, you probably fill that time with chores. Says Heitler, "Research shows that you maintain health not by decreasing the amount of stress you're under, but by adding a relaxation or downtime to your schedule. And for a busy person, the only way that ends up happening is by putting it in the calendar."

But there are also unexpected times that can't be planned in advance—like sitting in a traffic jam or waiting in a dentist's crowded office. Make it a habit to carry a book, a needlepoint or a journal so you can make the most of these mini breaks. **Don't sweat the small stuff** When an annoying situation crops up, take a deep breath and try to look at things from a different perspective. Chances are, you'll find that it's not worth agonizing over.

If things don't go exactly according to plan—you run out of bread for kids' lunches, or the skirt you want to wear to work (continued on page



## SNOW PRINCESS BARBIE™

**I**MAGES of soft dancing snowflakes, snow covered castles and far away places are captured in the glamour of Snow Princess Barbie™ — the first doll in the new Enchanted Seasons Barbie Collection™. She was created as a lovely tribute to the winter wonderland of our dreams.

Her white gown, as delicate as a snowflake, sparkles with sequins and crystal rhinestones as soft marabou feathers blow gently in the breeze.

This wondrous Limited Edition, complete with Certificate of Authenticity, is available now only through direct subscription for \$79, payable in installments. Snow Princess Barbie doll. She'll melt your heart.

### PLEASE RESERVE BY JANUARY 15, 1995

Please reserve my Snow Princess Barbie™ doll & stand. I need send no money now. Bill me in 5 monthly installments of \$15.80\* each, the first prior to shipment. If not satisfied I can return my doll within 90 days for a full refund. Mail to:

SNOW PRINCESS BARBIE  
P.O. Box 2352, Chatsworth, CA 91313-2352

Name \_\_\_\_\_

PLEASE PRINT CLEARLY

Address \_\_\_\_\_

SORRY NO P.O. BOXES

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_

Check here if you would prefer one convenient charge of \$79 plus shipping and tax applied to your  VISA  MasterCard  Discover  American Express

CREDIT CARD\* \_\_\_\_\_ EXP. DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

\*Plus \$4.95 for shipping & handling. Residents of CA & TX please add sales tax. Valid while supplies last. ©1994 Timeless Creations. All Rights Reserved. Doll made in China. Please allow 4-6 weeks for delivery. Offer good in U.S. only.

*Timeless Creations®*

The Collectible/Specialty Doll Division of Mattel, Inc. SFP LH194



with kid-proof latches and our electrical outlets all plugged up.

But my colleague was insistent. That was exactly the point: Parents should *always* be aware of safety hazards around the home—even beyond toddlerhood. So I shrugged and agreed to play guinea pig. After all, we have nothing to hide. We've got smoke alarms on every floor, including the basement. We even keep a fire extinguisher tucked in the cabinet under the kitchen sink. What dangers could there possibly be?

### A THOROUGH INSPECTION

My colleague and I enlisted the help of Heather Paul, Ph.D., executive director, and Kathryn Kincaid, associate director, of the National SAFE KIDS Campaign, an injury-prevention program of Children's National Medical Center, in Washington, D.C. Eager to make the public aware of the importance of a safe environment for kids, they agreed to inspect my home and to point out the things that present the greatest safety risk.

The night before their visit, I did a quick check of my house, feeling confident that these kid-safety pros wouldn't encounter a major hazard. But it didn't take long before I spotted a problem: Our downstairs smoke alarm was sitting on a nearby radiator, dead. We had taken it down one night when its annoying beep (to signal that the batteries were running low) kept us awake. The plan was to put new batteries in right away and rehang it, but . . . well, you know how that goes. (For the record: My husband was supposed to do it.)

I thought about putting it up immediately, but I had promised I'd leave everything just as it was. Oh, well, I thought, at least there will be something for the inspectors to do.

Little did I know then that my nonfunctioning smoke alarm was the least of my problems. From the moment Paul *(continued on page 72)*

# “My dangerous home”

When experts from the National SAFE KIDS Campaign came to inspect my home, I was certain they'd find it hazard-free. I was wrong. By Mary C. Hickey

**L**ike most parents, I think a lot about protecting my children from harm. I've instructed them endlessly on what to do if they're approached by strangers, on “good” and “bad” touching and on how to find help if they ever get lost. But somehow, I've managed to overlook one of the biggest threats to their safety and well-being: their own home. Experts say that children are in most danger of being hurt, or even killed, by unintentional injuries, and that the majority of these occur at home.

I became acutely aware of this fact just recently when a colleague at *Ladies' Home Journal* approached me with an assignment. She wanted me to ask representatives from the National SAFE KIDS Campaign, in Washington, D.C., to go through a typical family home (mine!) looking for potential hazards.

At first, I balked. “I don't have to worry about that anymore; my kids are five and eight,” I told her, thinking back to the days when Annie-Rose and Max were babies and our stairwells were barricaded with gates, our cabinets secured





When's a good time to let your child start picking out her own outfits? How about right now.

As you can see, Playwear Denims from Healthtex come in a wide variety of exciting prints that effortlessly mix and match with our tops, 100% cotton pants, shorts, skirts, overalls, jumpers in all sorts of great looking prints and colors. To find out more, call 1-800-554-7657. Before you know it, your child's outfits will be looking great. (At least until she gets into that mud puddle outside.)



1-800-554-7657

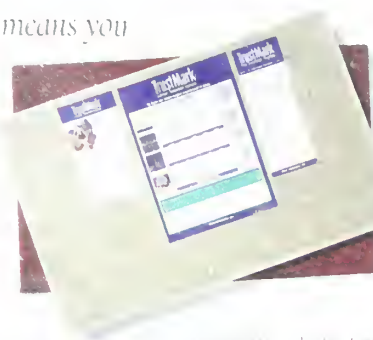
Questions? Call 1-800-554-7657. Look for Healthtex at Famous Barr, Hechts and Robinsons, May

REMEMBER HOW EASILY A HOME  
CAME TOGETHER WHEN YOU  
DIDN'T HAVE TO CHOOSE CARPET?



...somewhere along the way, you  
...w that quaint little rustic  
...The time had come for some-  
...bigger. But, with the joy  
...erating a real home, you also

...in the country. Which means you  
...can count on the  
...selection, quality and  
...value trusted for  
...decades by millions of people.



...things you care  
...about most, like  
...thickness and  
...durability.

...card on the back of every TrustMark carpet  
...gives you helpful information you can use to  
...compare one carpet to another.

## PRESENTING THE TRUSTMARK® CARPET SELECTION SYSTEM.

...ered the frustration  
...cting carpet. So  
... colors, textures  
...yles. And so little  
...ation to help you find  
...rpet that's right for you.



...With TrustMark, you'll know  
...you've made the right  
...choice before you leave  
...the store. So now, putting  
...a home together can be every

...bit as easy as it used to be.

...hat's why there's TrustMark.

...the space between TrustMark's carpet selection system  
...has been replaced by TrustMark's information system  
...which is a complete carpet selection system.

...carpet selection system from  
...Industries, the world's largest  
...manufacturer. TrustMark  
...available only at certified  
...Mark dealers, a select group  
...most respected carpet dealers

...TrustMark is a complete  
...system of carpet styles, practical  
...information and trained sales-  
...people. It gives you facts on every  
...type of carpet. So you can compare  
...one to another, based on the

...For more information in

...the U.S. and Canada call

1-800-TRUSTMARK  
(1-800-878-7862).



by Shaw Industries, Inc.

SELECTION MADE SIMPLE.

# DANGER ZONES

As former surgeon general C. Everett Koop, M.D., said, "If a disease were killing our children in the proportion that accidents are, people would demand that this killer be stopped." Below, typical home hazards, and how to play it safe. By Linda Fears

... (p. 68) and Kincaid ... to my front door (pointing out ... ) warned that the hallway rug ... a pad under it to prevent ... their eagle eyes quickly fo- ... ed on all sorts of potential dangers. By the time their visit ended, I felt as if I were living in a death trap.

Some of the problems they pointed out were the result of sheer carelessness. For instance, I had left my hair iron plugged in alongside the bathroom sink. Kincaid reminded me that if a plugged-in dryer came into contact with water, the result would be electric shock. Another careless mistake they caught me on: We had left a box of matches sitting atop the fireplace. "Kids can be tempted to play with matches," said Kincaid. She dismissed my protest that my kids were smart enough to know better. "They may be, but if I were you, I wouldn't want to put them to the test."

But many of the hazards had to do with certain structural realities of our home. There is a radiator just below the window in my daughter's room, for instance. Paul pointed out that it was possible for an active five-year-old to climb up on the radiator, reach the window ledge and lean against the screen. No screen is strong enough to support a child's weight. "You need to install window guards," she advised. I told her that I thought my daughter was too cautious to lean against a window. But she again reminded me that accidents are never the result of intentional behavior.

Thinking about even the remote possibility of my little girl tumbling from a second-story window, I made a mental note to add window guards to our list of needed home improvements. In the meantime, I decided that no matter what the weather, that window would be locked shut.

The team also zeroed in on a bookshelf in our family room—the place where the kids spend most of their time. For some reason, the floor in that room isn't level, and the shelf—which holds heavy books and toys—is precariously off-balance. "This could really hurt a child if it tumbled over on him," Kincaid noted. She offered a simple remedy: brackets to hold it in place.

I asked Paul and Kincaid if they thought my house was more hazardous than most because of its age. (Our three-story colonial was built in 1904, and, though it has aged well, it has, well, aged.) They said that although both old and new houses (continued)



The iron left out in Mary's basement is double trouble: A child could trip over the cord, or plug it in and get burned. Keep irons out of kids' reach.



Each year, fires kill 1,100 kids fourteen and under. Install smoke detectors outside all sleeping areas and on every level of your home; test monthly.



A plugged-in hair dryer, an easily accessible medicine cabinet and a razor left out are a triple threat: Always unplug styling tools; keep medicine cabinets locked.



Inspectors found this frayed wire on a floor fan plugged into the wall of Mary's third-floor office. Check all the wires in your home; if any are damaged, they must be replaced.



The entry to Mary's basement is in a high-traffic hallway. There's no door and no light—a perfect opportunity for kids to fall down the stairs. All stairwells must have sturdy doors.



Mary knew about the broken stair rail on her third floor, but, she reasoned, the kids never go up there. "Kids are curious," says Kincaid. "Who knows what they'll do?"

# We challenge you to find a more refreshing toothpaste.



## New Aquafresh Baking Soda. Baking soda clean without that salty taste.

Compare New Aquafresh Baking Soda to your toothpaste. If you don't prefer the refreshingly clean taste of Aquafresh, we'll refund your money. Now that's an offer you can't refuse.

Aquafresh Baking Soda fights cavities and helps reduce plaque, leaving your mouth refreshingly clean—without that salty taste. In fact, in a recent taste test, Aquafresh Baking Soda beat Arm & Hammer Dental Care, Crest® Baking Soda toothpaste, even regular Crest and Colgate.

So take the challenge. Leave your mouth refreshingly clean with New Aquafresh Baking Soda toothpaste.

**Baking Soda Clean, Aquafresh Fresh— Or your money back!**

Mail-in-Certificate

### **AQUAFRESH BAKING SODA MONEY-BACK CHALLENGE**

Here's how you can take the challenge. If you are not completely satisfied with Aquafresh® Baking Soda we'll refund your money (up to \$2.29).

- |                                                                                                                                        |                                     |
|----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| 1. Buy one Aquafresh Baking Soda toothpaste (except trial size).                                                                       | NAME                                |
| 2. If you are not completely satisfied: Send the proof-of-purchase (UPC Symbol) and cash register receipt with purchase price circled. | ADDRESS                             |
| 3. Send to: Aquafresh Baking Soda Money-Back Challenge, P.O. Box 1099, Grand Rapids, MN 55745-1099.                                    | CITY                                |
| 4. We'll send your money back to you (up to \$2.29).                                                                                   | STATE                      ZIP CODE |
|                                                                                                                                        | REASON FOR RETURN                   |

LIMIT: ONE AQUAFRESH \$2.29 REFUND PER NAME OR ADDRESS. This certificate may not be mechanically reproduced and must accompany your request. Offer rights are not assignable or transferable. Offer good only in the United States. Void where prohibited, taxed or restricted by law. Allow eight weeks for receipt of your refund. Offer expires 1/31/95.

...wood? Have problems, new houses tend to be safer. They usually have a central heating system instead of radiators and finished basements instead of unfinished ones, and they don't contain lead paint. "However," said Kincaid, "people tend to think new, sturdy window screens suffice for fall prevention [they don't], and many new houses contain wide-spaced banister slats [also a common problem in old homes] that small children can slip through."

### A LASTING LESSON

Despite my initial skepticism, the inspection had definitely proved worthwhile. That night, my children got a stern lecture on safety, and my husband got a long list of things we needed to do. I had learned a lot about the importance of making my home a safer place. Or so I thought.

But the lesson didn't really sink in until about two weeks after the women from the National SAFE KIDS Campaign had left: I was at work when my baby-sitter called. Annie-Rose had fallen in the backyard and punctured her hand on a rusty nail. (The nail was sticking out of a piece of wood on the pile of fireplace logs we keep by the back door.) Wouldn't you know? That was one of the hazards that the SAFE KIDS representatives had pointed out during their visit, and one of the things we intended to take care of. But in the rush of our busy life, we hadn't gotten around to removing them from the yard or even covering them with a tarp. (In fact, we hadn't gotten around to doing many of the things on the list.)

So now I was frantic with worry—not to mention a double dose of guilt. I left the office, raced home and took my daughter to the pediatrician. Fortunately, the wound wasn't that serious. Though it was deep, it didn't require stitches. But since Annie-Rose had never had a tetanus shot, she needed one now.

My daughter left the doctor's office that day with a bandaged hand and a sore arm from the injection. And I left with the feeling that this was some kind of omen. I now realized that accidents can—and do—happen. Luckily for us, this was a relatively minor one. But it was enough to teach me the importance of taking care of safety hazards. Right away. ■

Mary C. Hickey is a senior editor at *Ladies' Home Journal*.



In Annie-Rose's room, the radiator is right under the window. "Screens keep bugs out but don't keep kids in," says Kincaid. "Falls are the leading cause of emergency-room visits for children." Put guards on all windows that aren't fire escapes.



Next door in Max's room was a fairly obvious danger spot: an area rug with no skidproof backing or mat underneath. "Max loves running into his room and sliding across the floor on the rug," Mary told us. Need we say more?



Disaster waiting to strike: an unsturdy wicker bookcase of toys in the playroom on an unlevel, carpeted floor. One tug on the shelf—by even a small child—could pull the entire unit down. All bookcases that children have access to should be bolted to the wall.



Mary thought she was being economical by using an old kitchen cabinet as a toy chest. The problem: There's no safety hinge to prevent the heavy lid from slamming down on a child's fingers—or head. Safety hinges are available at hardware stores.



Woodpiles are tempting to climb on, and if a child falls on the wood, he can get splinters, cuts or worse. Mary's woodpile contained rusty nails (so Max could practice hammering there), but daughter Annie-Rose paid the price with an injured hand. Cover all woodpiles with a plastic tarp.



Many older homes have outdoor access to the basement—often double wood doors that lead to a steep concrete stairwell. For safety's sake, keep the doors locked. Also, replace warped or rotting doors so that if kids play on them, there's no chance that they'll fall through.

*Some holiday moments last forever*



The Lenox China Jewels Nativity Collection™

A grouping of ivory fine china figurines, each intricately detailed in gold and accented with hand enameling. Yours to collect piece by piece. A beautiful expression of the season.

To give or receive.

LENOX®

**IF YOU'VE NEVER TAKEN THE TRAIN,  
WHAT EXACTLY HAVE YOU MISSED?**



**FOR RESERVATIONS,  
CALL YOUR TRAVEL AGENT OR  
AMTRAK AT 1-800-USA-RAIL**



**F**or starters,  
unfortunately,  
you have missed

this whole wonderful  
country. ♦ You have  
missed a tip of the hat

from D.W. Hunsuzker, potato  
farmer, as he opens up shop  
in the back of his pickup. **YOU  
HAVE MISSED THE CHANCE TO**

**WAVE BACK** (it feels really good, for  
some reason). ♦ You have missed  
Thompson, Utah, population 40 (except  
when you're passing through it). ♦ You've  
missed what is *real* and *good*. You've missed a

darn nice sunset. (Remember those?) You've missed  
the chance to take a few days, or even a few hours,  
to *not* rush and to *not* run. ♦ You've missed the chance,  
for once in your life, to go from major city to major city  
**AND SEE HOW LIVES ARE LIVED BETWEEN THEM.** ♦ And  
perhaps you've missed the one, single, dignified, civilized,  
utterly relaxed form of travel left in this world. Train travel.



**AMTRAK**<sup>®</sup>

**THERE'S SOMETHING ABOUT A TRAIN THAT'S MAGIC.**

# THE FIVE MONEY MISTAKES WOMEN MAKE

Are you afraid to make financial decisions? Prefer your husband to handle the family budget? Such avoidance tactics may be costing you plenty. Learn how to get over your fears and get smart about money. By Clint Willis

**W**ith \$4,000 to invest, Jennifer Stewart, a twenty-nine-year-old human resources administrator in Costa Mesa, California, wanted a safe—but smart—place to put her money. “I decided to invest through a friend who had recently begun a career as a stockbroker,” she says.

But the friend wasn't the wise counsel Stewart had hoped for. “He'd let me know his stock ideas, and I went along with them,” she says. “Over the course of one year, I lost fifteen hundred dollars to brokerage fees—far more than I ever made.” Finally, she stopped doing business with the broker.

Today, Stewart says, “I learned a number of lessons from the experience. For one, I trusted the broker too much. I didn't stay involved with my money. Another lesson was that I got too caught up in the excitement of buying and selling. I really didn't understand how expensive it was for me—and he never explained [it].”



but, as Stewart's story shows, they face certain obstacles when it comes to handling money. On the plus side, women are often well suited to handle their family's finances—and surveys indicate that half of women have sole responsibility for this task. “Women tend to be disciplined, patient, good learners and natural administrators,” says Ann B. Diamond, a financial counselor in New York City, and author of *Fear of Finance* (HarperBusiness, 1994). “Those are wonderful qualities for managing money.”

Still, women do make costly financial missteps. Of course, men make money errors, too, but psychologists and financial planners who work with female clients have discovered that women's mistakes tend to fall into

particular patterns. “Women in general approach financial matters with a different set of fears and biases and skills than men,” says Esther Berger, a certified financial planner and first vice president at PaineWebber in Beverly Hills, California, (continued)

Now married, Stewart and her husband are about to start a joint investment plan, but they're taking things slowly. “I'm not going to make the same mistakes,” she says. Women today have great earning power and financial responsibility,



Make the switch  
to Merit and get  
**FREE** Merit Awards  
with pack UPCs. Call  
1-800-884-5777 for a  
catalog with these  
items and more.



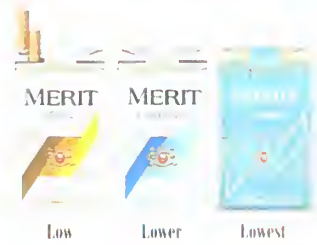
Free  
with 300  
pack UPCs.

here!

Free with  
100 pack UPCs.



Free with  
100 pack UPCs.



Low      Lower      Lowest

Merit Awards are

Offered to smokers 21 years of age or older, offered in the U.S. only. Offer void in  
offer void to Philip Morris and its advertising agencies' employees. Catalog  
must be received by 3/31/95. Please allow 4 to 6 weeks for delivery.

—Kings: 1 mg "tar," 0.1 mg nicotine—Ultra Lights: Kings 5 mg "tar," 0.4 mg  
—Kings: 8 mg "tar," 0.6 mg nicotine av. per cigarette by FTC method

**URGEON GENERAL'S WARNING: Smoking causes Lung Cancer, Heart Disease, emphysema, And May Complicate Pregnancy.**

You've  
got  
**MERIT**

## Money mistakes women make

and author of *Money Smart: Secrets Women Need to Know About Money* (Simon & Schuster, 1993). "As a result, they tend to make different mistakes."

To find out about the most common errors women make, we talked to experts who help women solve financial problems. The pros offered sensible solutions to these five typical mistakes:

**Women leave money matters to a man.** "Many of my clients grew up with people telling them to find a man to take care of them," says Kathleen Gurney, Ph.D., author of *Your Money Personality* (Doubleday, 1988), and a psychologist in Sonoma, California, who specializes in women's financial issues. When they do join forces with a man, they often turn the finances over to him.

Cheryl Coyne, forty-two, a senior flight attendant based in Minneapolis, was one such woman. Nine years ago, after she married her husband, a successful businessman, her money troubles began. He invested all of her finances—including money Cheryl had saved before their marriage. "I thought, Well, he's a successful businessman, he has an MBA, he must know just what he's doing," she says.

The consequences of letting a spouse control all your money can be disastrous. "I recently counseled a woman who was getting a divorce," says Ellen Rogin, president of Rogin, Fox &

Theodore, Inc., a financial advisory firm in Northfield, Illinois. "She had left the finances to her husband, and they were a mess. She couldn't have possibly done a worse job than he did."

The possibility of divorce raises another risk. If a woman leaves financial matters to her spouse, he may put assets in his name, leaving her holding

making their own financial decisions some point in their lives. When the time comes, you don't want to be a financial know-nothing.

If your spouse has been making most of the money decisions, tell you want to be included in the process from now on. Share or alternate bills and balancing the checkbook.

And make sure you're up on your family's current financial situation. How much money have you saved? How much have you invested? Why? Tell your husband what your goal is and make sure he's able to stand up to and take care of these matters. He suddenly might do it himself.

That's what Cheryl Coyne eventually decided to do. She read newspapers, business magazines to learn about investing. When her husband came to her one day and said, "Honey, I have five investment choices for your 401(k). These are the funds I've picked for you," Cheryl said, "No, thank you. Not fast." She refused his advice after doing her own search, selling a stock. Ten years later, Cheryl's stock had gone up 22 percent while the fund her husband



# Party Beans

Jelly Belly beans will turn your next gathering into a bean tasting party. They are not your ordinary jelly beans. At just 4 calories per bean, it's fun to mix and share all 40 "true-to-life" fun flavors with your friends.



Jelly Belly® beans are available worldwide wherever fine candies are sold. For free recipes & your nearest retailer CALL: 800 JB BEANS.

(800-522-3267) toll-free Monday-Friday 8 a.m.-5 p.m. Registered trademarks of Herman Goelitz, Inc. © 1993 Herman Goelitz, Inc.

**It's America's Favorite Jelly Bean**

the bag—and not much else—in the event of a breakup. "I see it all the time," says Rogin. "When a woman remains uninvolved with the finances, she's putting herself at great risk."

Even if a spouse does a good job of managing money, you still should be involved from the beginning. Given statistics on divorce and widowhood, many women are likely to find themselves

have made no gains or lost money.

Financially, "men think they know it all," says Cheryl. "Well, they don't want to change [my attitude about money]—and I have!"

**Women don't take reasonable financial risks.** While men often wishfully charge into risky investments in hope of scoring big profits, women tend to hang back even (continues)



Everywhere he goes... Everything he sees...  
Everywhere he looks... You're there.

# LONGING

Make a Man Remember



The new fragrance for women.  
For a store near you call 1-800-553-8611.

© 1994 Coty Inc. Available in Canada.

Tom?

Well, he's a  
good listener...

he genuinely  
cares about  
world peace...

he shares the  
remote control...

and he's...

...into leather.



**ENGLISH LEATHER**

Cologne and After Shave

© 1994 MEM Company, Inc. Northvale, N.J. 07647

## Money mistakes women make *continued*

when the risks are modest and the potential rewards significant. They are entirely irrational. Many women don't work outside the home are in a position to recover from an investment loss. Even women who earn a good salary tend to move in and out of the workforce and take home smaller paychecks, so their financial security can be eroded.

But women's financial fears often go too far. "On an emotional level, many women are afraid they'll end up as 'ladies,'" says Ellen Rogin. "Even women in big jobs have this fear."

Women's reluctance to accept investable risks has enormous implications for their long-term security. Most financial advisers agree that you must invest your savings in growth investments such as stocks to ensure that your retirement savings will keep pace with inflation. That's even more important for women who live longer than men. "If you avoid the risk in stocks, you'll lose out to inflation," says Diamond. "There are some risks you simply *must* take."

How do you learn to take investment chances? Scour your newsstand and library for publications and books that discuss personal finance and investment strategies in basic terms. One excellent starting point: *Understanding Wall Street* (McGraw Hill, 1994) by Jeffrey B. Little and Lucien Richardson. Also, talk to friends and acquaintances about your fears. "Find someone who has made a successful financial decision on her own," says Kathleen Gurnea.

Know, too, that most beginning investors should not select stocks or bonds on their own. Instead, find a reputable full-service broker or financial planner who can help you to build a well-diversified portfolio. If you prefer to go it alone, or have less than \$5,000 or \$10,000 to invest, consider professionally managed mutual funds which pool investors' assets to invest in stocks, bonds or other investment vehicles.

Newspapers such as *The Wall Street Journal* and *USA Today* often feature articles that will help you choose mutual funds with strong long-term performance records. And start saving. Invest 20 percent of your long-term savings in aggressive stock mutual funds, and gradually increase that amount to perhaps one half to two thirds of your long-term savings.

**Women take money matters personally.** When a man's stock



## MANY ITALIAN CLASSICS LAST FOR CENTURIES. SOME LAST LESS THAN A MINUTE.

There are two ways to enjoy the delicious Ferrero Rocher: the time-honored way, a carefully guarded secret surrounded by the finest milk chocolate and animal fat, or the modern way, by simply unwrapping the gold foil with chocolate and hazelnut仁 and eating it. This secret has remained well hidden for a long time.

**FERRERO**

Manufactured by Ferrero S.p.A., Turin, Italy

fund suffers a setback, he's likely to blame the financial markets, the agent or his broker. But women come down hardest on themselves. "Women figure that if someone goes wrong with an investment, it's their fault," says Esther Berger. And again, it may help to talk to friends and family members who are investors. Ask them about the mistakes they've made, and you'll begin to realize that everyone makes the wrong choices at times. To shore up your confidence, you might want to consider joining an investment club. Some 12,700 clubs, including 1,000 women-only groups, belong to the National Association of Investment Clubs (810-583-6242). The club will send you an introductory packet that provides a list of regional clubs and information about clubs. Club members meet regularly to discuss investments and pool money to invest in a portfolio of stocks and bonds. By belonging to such a club, you're less likely to make second-guess decisions. After all, the club group agrees on them. And you may find that you have fewer mistakes to bemoan.

**Don't freeze up.** When men con-

trol financial decisions, they assume that they understand the relevant facts and figures to make a reasonable choice. Women are more likely to try to evaluate every conceivable outcome—often an impossible task.

In some cases, that tendency saves women from making impulsive and wrongheaded decisions. Often, however, it means they do nothing at all.

The problem, once again, lies partly in women's lack of confidence that they can cope with money matters. "Women tend to freeze up when confronted by large amounts of financial information because they feel overwhelmed," says Berger. "They weren't brought up to believe they could handle this sort of information."

If you're stymied by a financial decision, talk to professional advisers such as brokers or financial planners. Ask them how much you could lose if you invest in a particular stock or mutual fund, for example. Inquire how the fund performed during its worst-ever year. Also ask to see research reports—compiled by brokerage analysts—on the stocks you're interested in. Finally, at most libraries, a librarian will (continued on page 199)

### A WOMAN'S FINANCIAL LIBRARY

The more you know about money matters, the fewer mistakes you're likely to make. Besides those books already mentioned in this article, some good titles include:

- *Terry Savage's New Money Strategies for the 90's* (Harper-Business, 1994, \$23).
- *How to Turn Your Money Life Around* (Health Communications, 1992, \$9.95), by Ruth L. Hayden.

Next, move on to financial periodicals, such as the weekly *Barron's* or *The Wall Street Journal*. Read them at your local library first to get a sense of how useful they'll be to you. While you're at the library, take a look at the weekly *Value Line Investment Survey*, which tracks the performance and prospects of publicly traded companies, and *Morningstar Mutual Funds*, a biweekly newsletter that rates different funds.





# “Menopause is something that happens when you’re old.”

## MYTH NO. 5

How old is “old,” anyway? Menopause can happen to some women as early as their forties. And some women even younger go through surgical menopause. But whether you’re 35 or 65, you’re only as old as you feel. So it makes sense to make feeling great through menopause your goal.

### Estraderm: for menopausal symptoms at any age



ESTRADERM PATCH  
NONMEDICATED SAMPLE  
INCLUDED IN THE FREE  
INFORMATION KIT

Whatever your age, menopause can bring symptoms like hot flashes, night sweats and vaginal dryness. Some women suffer a lot; some don't. But, no matter how severe, they're caused by the same thing: loss of estrogen.

Estrogen therapy, like Estraderm, can replace this loss. Estraderm is not a pill, but a clear round patch that restores your body's estrogen: It delivers small steady doses into your bloodstream in much the same way your ovaries did before menopause. You can wear Estraderm on your backside, hidden by your underwear, where it's less likely to cause skin irritation.

### Benefits vs. risks of Estraderm

Estraderm is available by prescription only and is not for every woman. It's up to you – and your doctor – to decide if benefits balance risks. Millions of women have used Estraderm to help manage menopausal symptoms. And along with calcium

and exercise, it can be effective for many women in preventing postmenopausal osteoporosis.

Some women – those who are pregnant, for example – should avoid estrogen therapy. You should tell your doctor if you have ever had cancer of the breast or uterus, unusual vaginal bleeding, abnormal blood clotting or any heart disease. Estrogen therapy has been associated with increased risk of uterine cancer.

### What to ask your doctor

Q. How will I know when I start to go through menopause?

Q. Is estrogen therapy – and Estraderm – right for me?

Q. How long do I need to stay on Estraderm to get the most benefit? Months? Years?

### Free menopause information

The time to prepare yourself for menopause is now. Free information and a nonmedicated sample of The Estraderm Patch are yours by calling 1-800-521-CIBA. Or send this coupon.

TO RECEIVE FREE INFORMATION AND A NONMEDICATED SAMPLE,  
MAIL TO: CIBA, P.O. BOX 907, SPRING HOUSE, PA 19477-9945  
CALL 1-800-521-CIBA · EXT. LH32N  
(Para una operadora en español, llame a la extensión LH32N)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ LH32

ESTRADERM® ESTRADIOL TRANSDERMAL SYSTEM AVAILABLE IN  
0.05 MG AND 0.1 MG STRENGTHS

See next page for additional important information

# Estraderm

ESTRADIOL TRANSDERMAL SYSTEM

NOW THE CHANGE OF LIFE DOESN'T HAVE TO CHANGE YOURS.

**Estraderm<sup>®</sup>**  
 estradiol transdermal system  
 Continuous delivery for twice-weekly application

FOR FULL PRESCRIBING INFORMATION, SEE PACKAGE INSERT.

**ESTROGENS HAVE BEEN REPORTED TO INCREASE THE RISK OF ENDOMETRIAL CARCINOMA.**

Three independent case-control studies have reported an increased risk of endometrial cancer in postmenopausal women exposed to exogenous estrogens for more than 1 year. This risk was independent of the other known risk factors for endometrial cancer. These studies are further supported by the finding that incidence rates of endometrial cancer have increased sharply since 1969 in eight different areas of the United States with population-based cancer-reporting systems; an increase which may be related to the rapidly expanding use of estrogens during the last decade.

The three case-control studies reported that the risk of endometrial cancer in estrogen users was about 4.5-13.9 times greater than in nonusers. The risk appears to depend both on duration of treatment and on estrogen dose. In view of these findings, when estrogens are used for the treatment of menopausal symptoms, the lowest dose that will control symptoms should be utilized and medication should be discontinued as soon as possible. When prolonged treatment is medically indicated, the patient should be reassessed on at least a semiannual basis to determine the need for continued therapy. Although the evidence must be considered preliminary, one study suggests that cyclic administration of low doses of estrogen may carry less risk than continuous administration; it therefore appears prudent to utilize such a regimen.

Close clinical surveillance of all women taking estrogens is important. In all cases of undiagnosed persisting or recurring abnormal vaginal bleeding, adequate diagnostic measures should be undertaken to rule out malignancy.

There is no evidence at present that "natural" estrogens are more or less hazardous than "synthetic" estrogens at equiestrogenic doses. **ESTROGENS SHOULD NOT BE USED DURING PREGNANCY.**

The use of female sex hormones, both estrogens and progestogens, during early pregnancy may seriously damage the offspring. It has been shown that women who had been exposed *in utero* to diethylstilbestrol, a nonsteroidal estrogen, have an increased risk of developing in later life a form of vaginal or cervical cancer that is ordinarily extremely rare. This risk has been estimated as not greater than 4 per 1000 exposures. Furthermore, a high percentage of such exposed women (30-90%) have been found to have vaginal adenosis, epithelial changes of the vagina and cervix. Although these changes are histologically benign, it is not known whether they are precursors of malignancy. Although similar data on the use of other estrogens are not available, it cannot be presumed they would not induce similar changes.

Several reports suggest an association between intrauterine exposure to female sex hormones and congenital anomalies, including congenital heart defects and limb-reduction defects. One case-control study estimated a 4.7-fold increased risk of limb-reduction defects in infants who had been exposed *in utero* to sex hormones (oral contraceptives, hormone withdrawal tests for pregnancy, or attempted treatment for threatened abortion). Some of these exposures were very short and involved only a few days of treatment. The data suggest that the risk of limb-reduction defects in exposed fetuses is somewhat less than 1 per 1000.

In the past, female sex hormones have been used during pregnancy in an attempt to treat threatened or habitual abortion. There is considerable evidence that estrogens are ineffective for these indications, and there is no evidence from well-controlled studies that progestogens are effective for these uses.

If Estraderm is used during pregnancy, or if the patient becomes pregnant while taking this drug, she should be apprised of the potential risks to the fetus and of the advisability of continuation of the pregnancy.

**INDICATIONS AND USAGE**

Estraderm is indicated for the treatment of the following moderate-to-severe vasomotor symptoms associated with menopause: female hypogonadism; female castration; primary ovarian failure; atrophic conditions caused by deficient endogenous estrogen production, such as atrophic vaginitis and kraurosis vulvae; and prevention of osteoporosis (loss of bone mass).

Estrogen replacement therapy is the most effective single modality for the prevention of postmenopausal osteoporosis in women. Case-controlled studies have shown a reduction of approximately 60% in the incidence of hip and wrist fractures in women who began estrogen replacement therapy within a few years of menopause. A recent, well-controlled, double-blind, prospective trial conducted at the Mayo Clinic has demonstrated that treatment with Estraderm prevents bone loss in postmenopausal women at a dosage of 0.05 mg per day.

Treatment with Estraderm 0.05 mg showed full maintenance of bone density with a slight (0.8%), but not significant, increase. Placebo treatment resulted in a significant loss of more than 6% below baseline vertebral bone mass. Patients using either Estraderm 0.1 mg, or 0.05 mg, had significantly greater bone densities than those using placebo.

Other studies suggest that estrogen replacement therapy reduces the rate of vertebral fractures.

Peak bone mass is reached at age 30 to 35 and can best be maximized by adequate calcium intake and exercise during the adolescent and early adult years. Early menopause is one of the best predictors for the development of osteoporosis. White women are at higher risk for osteoporosis than white men, black women are at higher risk than black men, and thin women are at higher risk than obese women. Cigarette smoking may be an additional risk factor. Calcium deficiency has been implicated in the pathogenesis of this disease. Therefore, when not contraindicated, a calcium intake of 1000-1500 mg/day either by diet or supplements is recommended for postmenopausal women.

Immobilization and prolonged bedrest produce rapid bone loss, while weight-bearing exercise has been shown to both reduce bone loss and to increase bone mass. The optimal type and amount of physical activity that might lower the risk for osteoporosis have not been established.

**CONTRAINDICATIONS**

Patients with known hypersensitivity to any of the components of the therapeutic system should not use Estraderm.

Estrogens should not be used in women or men with any of the following conditions:

1. known or suspected cancer of the breast;
2. known or suspected estrogen-dependent neoplasia;
3. known or suspected pregnancy (see Boxed Warning);
4. undiagnosed abnormal genital bleeding;
5. active thrombophlebitis or thromboembolic disorders;
6. history of thrombophlebitis, thrombosis, or thromboembolic disorders associated with previous estrogen use.

**WARNINGS**

1. **Induction of Malignant Neoplasms.** Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver. There are now reports that estrogens increase the risk of carcinoma of the endometrium in humans. (See Boxed Warning.)

At the present time, there is no satisfactory evidence that estrogens given to postmenopausal women increase the risk of breast cancer, although a recent long-term follow-up study has raised this possibility. Because of the animal data, there is a need for caution in prescribing estrogens for women with a strong family history of breast cancer or who have breast nodules, fibrocystic disease, or abnormal mammograms.

2. **Gallbladder Disease.** A recent study has reported a two- to threefold increase in the risk of surgically confirmed gallbladder disease in postmenopausal women receiving oral estrogens, similar to the twofold increase previously noted in users of oral contraceptives.

3. **Effects Similar to Those Caused by Estrogen-Progestogen Oral Contraceptives.** There are several serious adverse effects of oral contraceptives and other high-dose oral estrogen treatments, most of which have not, up to now, been documented as consequences of postmenopausal estrogen replacement therapy. This may reflect the comparatively low doses of estrogen used in postmenopausal women. a. **Thromboembolic Disease.** It is now well established that users of oral contraceptives have an increased risk of various thromboembolic and thrombotic vascular diseases, such as thrombophlebitis, pulmonary embolism, stroke, and myocardial infarction. Cases of rebral thrombosis, mesenteric thrombosis, and optic neuritis have been reported in oral contraceptive users. There is evidence that the risk of several of these adverse reactions is related to the dose of the drug. An increased risk of postsurgery thromboembolic complications has also been reported in users of oral contraceptives; if feasible, estrogen should be discontinued at least 4 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization.

While an increased rate of thromboembolic and thrombotic disease in postmenopausal users of estrogens has not been found, this does not rule out the possibility that such an increase may be present or that subgroups of women who have underlying risk factors or who are receiving relatively large doses of estrogens may have increased risk. Therefore, estrogens should not be used in persons with active thrombophlebitis or thromboembolic disorders, and they should not be used in persons with a history of such disorders in association with estrogen use. They should be used with caution in patients with cerebral vascular or coronary artery disease and only for those in whom estrogens are clearly needed.

Large doses of estrogen (5 mg conjugated estrogens per day), comparable to those used to treat cancer of the prostate and breast, have been shown in a large prospective clinical trial in men to increase the risk of nonfatal myocardial infarction, pulmonary embolism, and thrombophlebitis. When estrogen doses of this size are used, any of the thromboembolic and thrombotic adverse effects associated with oral contraceptive use should be considered a clear risk.

b. **Hepatic Adenoma.** Benign hepatic adenomas have been associated with the use of oral contraceptives. Although benign and rare, these tumors may rupture and cause death from intra-abdominal hemorrhage. Such lesions have not yet been reported in association with other estrogen or progestogen preparations, but they should be considered if abdominal pain and tenderness, abdominal mass, or hypovolemic shock occurs in patients receiving estrogen. Hepatocellular carcinoma has also been reported in women taking estrogen-containing oral contraceptives. The causal relationship of this malignancy to these drugs is not known.

c. **Elevated Blood Pressure.** Women using oral contraceptives sometimes experience increased blood pressure which, in most cases, returns to normal upon discontinuing the drug. There is now a report that this may occur with use of oral estrogens in the menopause and blood pressure should be monitored with estrogen use especially if high doses are used. Ethinyl estradiol and conjugated estrogens have been shown to increase renin substrate. In contrast to these oral estrogens, transdermally administered estradiol does not affect renin substrate.

d. **Glucose Tolerance.** A worsening of glucose tolerance has been observed in a significant percentage of patients on estrogen-containing oral contraceptives. For this reason, diabetic patients should be carefully observed while receiving estrogen.

4. **Hypercalcemia.** Administration of high doses of estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures should be taken to reduce the serum calcium level.

**PRECAUTIONS**

**General**

1. A complete medical and family history should be taken before initiation of any estrogen therapy. The pretreatment and periodic physical examinations should include special reference to blood pressure, breasts, abdomen, and pelvic organs, as well as a cervical Papanicolaou test. As a general rule, estrogen should not be prescribed for longer than 1 year without another physical examination being performed.

2. Because estrogens may cause some degree of fluid retention, careful observation is required when conditions that might be influenced by this factor are present (e.g., asthma, epilepsy, migraine, and cardiac or renal dysfunction).

3. Certain patients may develop undesirable manifestations of excessive estrogenic stimulation, such as uterine bleeding, mastodynia, etc.

4. Prolonged administration of unopposed estrogen therapy has been reported to increase the risk of endometrial hyperplasia in some patients. Estrogens should be used with caution in patients who have or have had endometriosis.

5. Studies of the addition of a progestin for 7 or more days of a cycle of estrogen administration have reported a lowered incidence of endometrial hyperplasia. Morphological and biochemical studies of endometrium suggest that 12 to 13 days of progestin are needed to provide maximal maturation of the endometrium and to eliminate any hyperplastic changes. Whether this will provide protection from endometrial carcinoma has not been clearly established. There are possible additional risks that may be associated with the inclusion of progestin in estrogen replacement regimens. The potential risks include adverse effects on carbohydrate and lipid metabolism. The choice of progestin and dosage may be important in minimizing these adverse effects.

6. Oral contraceptives appear to be associated with an increased incidence of mental depression. Although it is not clear whether the due to the estrogenic or progestogenic component of the oral contraceptives with a history of depression should be carefully observed.
7. Preexisting uterine leiomyomata may increase in size during prolonged estrogen use. If this occurs, estrogen therapy should be discontinued while the cause is investigated.
8. In patients with a history of jaundice during pregnancy, the increased risk that jaundice will recur with the use of estrogen-containing oral contraceptives. If jaundice develops in any patient receiving estrogen, the medication should be discontinued while the cause is investigated.
9. Estrogens may be poorly metabolized in patients with impaired liver function and should be administered with caution in such patients.
10. Because the prolonged use of estrogens influences the metabolism of calcium and phosphorus, estrogens should be used with caution in patients with metabolic bone diseases associated with hypercalcemia and in patients with renal insufficiency.

**Information for Patients**

See Patient Package Insert printed below.

**Drug/Laboratory Test Interactions**

The results of certain endocrine and liver function tests may be affected by estrogen-containing oral contraceptives. The following changes have been observed with large doses of oral estrogen:

1. increased sulfobromophthalein retention;
2. increased prothrombin time; increased factors VII, VIII, IX, and decreased antithrombin III; increased norepinephrine-induced aggregability;
3. increased thyroxine-binding globulin (TBG), leading to increased circulating total thyroid hormone (T<sub>4</sub>) as measured by colorimetric immunoassay; free T<sub>4</sub> resin uptake is decreased, reflecting elevated TBG; free T<sub>4</sub> concentration is unaltered; TBG was affected in clinical trials of Estraderm;
4. reduced response to the metyrapone test;
5. reduced serum folate concentration;
6. increased serum triglyceride and phospholipid concentrations; decreased pregnandiol excretion.

The pathologist should be informed that the patient is receiving estrogen therapy when relevant specimens are submitted.

**Carcinogenesis, Mutagenesis, Impairment of Fertility**

See WARNINGS and Boxed Warning.

Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver.

**Pregnancy Category X**

See CONTRAINDICATIONS and Boxed Warning.

Estrogens should not be used during pregnancy.

**Nursing Mothers**

As a general principle, the administration of any drug to nursing mothers should be done only when clearly necessary since most drugs are excreted in human milk.

**ADVERSE REACTIONS**

See WARNINGS and Boxed Warning regarding potential adverse effects on the fetus, induction of malignant neoplasms, increased incidence of gallbladder disease, and adverse effects similar to those of oral contraceptives, including thromboembolism.

The most commonly reported adverse reaction to Estraderm in clinical trials was redness and irritation at the application site, which occurred in about 17% of the women treated and caused approximately 2% to discontinue therapy. Reports of rash have been rare. There also been rare reports of severe systemic allergic reactions.

The following additional adverse reactions have been reported with estrogen therapy, including oral contraceptives:

**Genitourinary System:** Breakthrough bleeding, spotting, change in menstrual flow, increase in size of uterine fibromyomata, change in cervical erosion and amount of cervical secretion.

**Endocrine:** Breast tenderness, breast enlargement.

**Gastrointestinal:** Nausea, vomiting, abdominal cramps, bloating, cholestatic jaundice have been observed with oral estrogen therapy.

**Eyes:** Sleepiness of corneal curvature; intolerance to contact lenses.

**Central Nervous System:** Headache, migraine, dizziness.

**Miscellaneous:** Change in weight, edema, change in libido.

**DOSSAGE AND ADMINISTRATION**

The adhesive side of the Estraderm system should be placed on the dry area of the skin on the trunk of the body (including the buttock/abdomen). The site selected should be one that is not exposed to sunlight. *Estraderm should not be applied to the breasts.* The application must be rotated, with an interval of at least 1 week between applications to a particular site. The area selected should be oily, damaged, or irritated. The wasteline should be avoided, tight clothing may rub the system off. The system should be applied immediately after opening the pouch and removing the protection. The system should be pressed firmly in place with the palm of the hand for about 10 seconds, making sure there is good contact, especially around the edges. In the unlikely event that a system should fall, the same system may be reapplied. If necessary, a new system may be applied. In either case, the original treatment schedule should be continued.

**Initiation of Therapy**

Treatment of menopausal symptoms is usually initiated with Estraderm 0.05 mg applied to the skin twice weekly. The dosage should be adjusted as necessary to control symptoms. The lowest dosage necessary for the control of symptoms should be used, especially in women with an intact uterus. Attempts to taper or discontinue the medication should be made at 3-to-6-month intervals.

Prophylactic therapy with Estraderm to prevent postmenopausal bone loss should be initiated with the 0.05 mg/day dosage as soon as possible after menopause. The dosage may be adjusted if necessary to control concurrent menopausal symptoms. Discontinuation of replacement therapy may reestablish the natural rate of bone loss.

In women not currently taking oral estrogens, treatment with Estraderm may be initiated at once. In women who are currently on oral estrogen, treatment with Estraderm should be initiated 1 week after withdrawal of oral hormone replacement therapy, or sooner if menopausal symptoms reappear in less than 1 week.

**Therapeutic Regimen**

Estraderm therapy may be given continuously in patients who do not have an intact uterus. In those patients with an intact uterus, Est may be given on a cyclic schedule (e.g., 3 weeks on drug followed by 1 week off drug).

**C I B A**

Ciba Pharmaceutical Company  
 Ciba-Geigy Corporation  
 Summit, New Jersey 07901

# Charmin' Crystal by Maryse Nicole

America's premier doll artist creates a magnificent hand-painted Limited Edition porcelain collector doll, with hand-set paperweight glass eyes.



*Maryse Nicole*



Doll shown smaller than actual size of product.

It was a paradise on earth. A luxurious turn-of-the-century resort in the majestic Rocky Mountains, where the rich and famous came to bask in nature's wonders. And among the fashionably attired ladies who visited The Broadmoor—one stood out from all the rest. *Charmin' Crystal*.

Featured in the latest issue in Maryse Nicole's History of America Heirloom Doll Collection, she's beautifully crafted entirely in hand-painted porcelain, with paperweight glass eyes. Dressed in rich white velvet and adorned with glittering sequins, luminous faux pearls, and crystal beads. A matching hat trimmed with luxurious marabou feathers. And she wears genuine white leather Western-style boots. Limited to a strictly Limited Edition, which will close forever after the first 45 firing days, with the artist's signature in 24 karat gold. *Charmin' Crystal* is just \$495, payable in convenient monthly installments.

### SATISFACTION GUARANTEED

We wish to return any Franklin Heirloom Dolls purchase, (you may do so) within 30 days of your receipt of that purchase for a full refund, credit or refund.

Please mail by November 30, 1994

Franklin Heirloom Dolls  
Franklin Center, PA 19091-0001

Please enter my order for Charmin' Crystal by Maryse Nicole

I need SEND NO MONEY NOW! I will be billed for my specially imported doll in 10 equal monthly installments of \$49.50\* each, with the first payment due prior to shipment.

*Plus my state sales tax and a one-time charge of \$3 for shipping and handling.*

SIGNATURE \_\_\_\_\_ ALL ORDERS ARE SUBJECT TO ACCEPTANCE

MR/MRS/MISS \_\_\_\_\_ PLEASE PRINT CLEARLY

ADDRESS \_\_\_\_\_ APT # \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE # ( \_\_\_\_\_ ) \_\_\_\_\_

1994 FHD

16960-9-001-BQLN

# The ultimate **MAKEOVER** guide

**VICKI MERICLE**

A crisp, layered, gamine cut and soft, sun-kissed makeup shades were all Vicki, a thirty-five-year-old finance manager, needed to create a natural but professional look



Desperate for a shot of glamour? Need new flair for your hair? You've come to the right place. We did masterful makeovers on fifteen women who wanted to break out of their beauty ruts. This comprehensive guide will show you just how much a makeover can do for your looks and your psyche—and inspire you to make a change of face!

ULTRESS N°50

"BLONDES DON'T HAVE MORE FUN" BRUNETTE



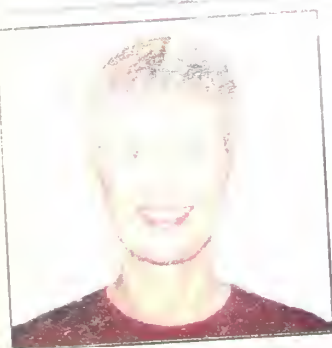
*Revel in the world's only haircolor with luminescent gel.  
And feel the power of color.*

ULTRESS  
CLAIROL



# HAIR APPARENT

One woman, eight new hairstyles. We changed forty-four-year-old Paula Roberts' hair (center) with a computer-imaging system designed by Styles on Video to prove how much impact a new hairstyle can have. According to hair pro John Caruso, most women end up sticking to a style they discovered when they were younger, and they're afraid to try something different. "Hair texture and skin tone change as you age," says Caruso. "A new style and color can enhance these changes, while a look that worked for you in the past may be working against you now." Below, Paula's new look.



**Paula Roberts**, a psychic counselor and handwriting analyst, wanted a more dramatic look—and admitted that she always wanted to be a redhead! Kathy Galotti, of the Louis Licari Color Group, turned Paula into a strawberry blond, and Caruso gave her a blunt cut. Makeup ace Linda Mason evened up Paula's skin (a mix of yellow, red-pink and freckles) with foundation. "Red lips would have been fine," says Mason, "but this berry shade adds surprise to an otherwise warm, neutral look."



# Misty



**Slim 'n sassy.**



8 mg. "tar", 0.7 mg. nicotine; Lights 120's: 13 mg. "tar", 1.1 mg. nicotine, per cigarette by FTC method.

**FEDERAL SURGEON GENERAL'S WARNING: Cigarette smoke Contains Carbon Monoxide.**

**Slim price.  
Sassy pack.**

# “Oh, cut it!”

“Holding on to long hair is the number-one mistake of many women who are searching for their best look,” says Caruso. While some women can go shorter and still keep a long look, others would do best to cut it all off. Four examples:



**Gabrielle Townsend** is a thirty-five-year-old mounted police officer who was “tired of bad-hair days. My hair looked terrible when I took off my helmet!” Young Hee Kim, of Vidal Sassoon, gave her a short cut that accentuates the curl, and highlights Gabrielle’s great cheekbones.



**Wendy Valvo-Brinson** told us she was “ready for a drastic cut. My hair wraps around me when I sleep!” We sent the thirty-year-old office manager to Michael Mazzei of Nubest Salon, in Manhasset, New York. He cut layers for body and texture and lots of styling options.



**Arpiné Tcholakian**, thirty, had “long, dry, lifeless hair,” says Richard Stein, of New York’s Richard Stein Salon. A just-below-the-chin length accents the texture and puts the focus on her face. Says Arpiné, an actress, “This is perfect—I look professional, but not corporate.”



**Elsa Shapiro**, a forty-eight-year-old copywriter, “was holding on to hippie hair,” says Caruso. He kept the long feeling by blunt-cutting it at the shoulders. Changing her part to off-center added long, soft layers around the face for youthful body and movement.






 BARS THAT MEAN LOVE.
 
  
 FROM THE NEW ROMANTIC PERIOD.



*Lindt* 

OF SWITZERLAND

A PASSION FOR CHOCOLATE SINCE 1845

# Make the most of what you've got

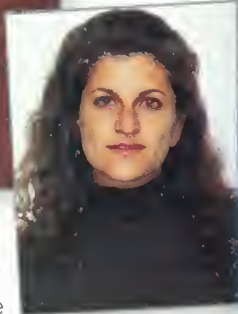
Okay, so you don't have thick, gorgeous waves like your best friend—get over it. You'll look your best if you work with your hair's natural texture instead of curling it or straightening it into the kind of hair you wish you had. Three true hair tales:



**Marianne Monahan**, a thirty-eight-year-old fire marshal and mother of three, wanted an easier routine. "I don't have time to dry and curl my hair every morning," she says. Young Hee Kim's Rx: feathery bangs to accent the eyes and a no-fuss style that flatters straight hair.



**Lori Grey** had been avoiding a haircut because she didn't know what to do. But Caruso did: He gave the thirty-year-old campaign-services manager a shoulder-length blunt cut that brought the curls back to life. The new length is perfect for Lori's petite frame.



**LORI LEVIN HYAMS** TOLD US SHE'D JUST HAD "A DISASTER HAIRCUT! MY LONG, THICK, ONE-LENGTH STYLE ENDED UP IN CHOPPY LAYERS. I WANT MY LOOKS TO HAVE A CITY SOPHISTICATION—I HAVE A VERY VISIBLE JOB AS A PUBLIC-RELATIONS DIRECTOR. HELP!" CARUSO TO THE RESCUE. HE GAVE LORI, A THIRTY-SEVEN-YEAR-OLD MOTHER OF ONE, A CHIN-LENGTH CUT THAT BLENDS THE LAYERS, CORRECTS THE CHOPPINESS OF THE BAD CUT AND FLATTERS HER NATURAL WAVES. CARUSO THEN APPLIED A CONDITIONING STYLING CREAM TO FREE UP THE LAYERS AND ADD SHINE.

REVEAL YOUR SKIN'S Inner Beauty

**NIVEA**<sup>®</sup>  
VISAGE

Beiersdorf ©1994



NEW  
AHA  
NATURAL ALPHA COMPLEX

For softer, younger-looking skin with Nivea Visage's new Inner Beauty treatments, combined with alpha hydroxy acids. The light daytime gel-cream and the richer night cream work around the clock to clear away dead surface skin, revealing the more beautiful you. The difference is night and day.

**ROPE'S #1 MOISTURIZER. NIVEA.**

NEW SALON SELECTIVES

# Shampoo + Detangle

*Now, what cleans your hair washes away tangles.  
It's one simple step to salon beautiful hair.*



*Select from 3 personalized formulas*

# MAKEUP MAGIC

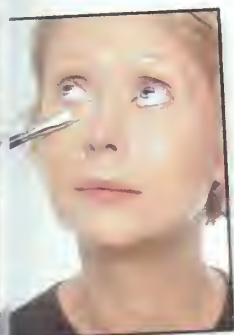
Changing your makeup is less drastic than cutting your hair, but what a difference a new beauty palette can make

**Dianne Clair Wenk**, a thirty-two-year-old mother of three, asked us how to go about achieving a classic, neutral, not-too-made-up look. Makeup pro Linda Mason's easy suggestion: Blend lots of neutral brown eye shadow and liner to create huge, sculpted eyes. Lips, in contrast, were played down with soft beige-brown and lined to refine the shape.



## LINDA MASON'S MAGIC TRICKS

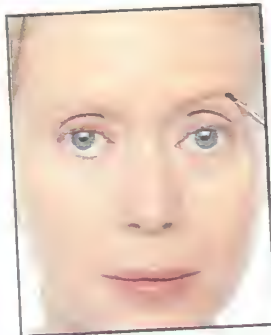
Mason's application basics work for everyone. Her number-one rule: Until you find a foundation that matches your skin, your makeup will never look right. More smart tips:



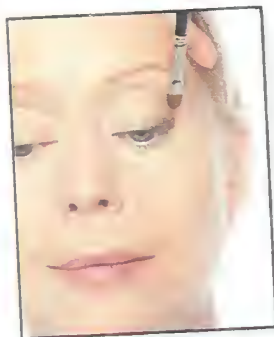
Use a small, flat eye-shadow brush to apply and blend foundation sheerly under the eyes



Apply lipstick before lining lips—it's easier to find your mouth shape and avoid overlining



If brows are skimpy, fill them in with brow powder applied with a small, firm brush



Stick with neutral shadows: brown at crease and outer corner; ivory at inner lid, blended out

Press face powder into large areas of skin with a velour puff. Use an eye-shadow brush for a cake-free finish around eyes, nose and mouth



Hold eyelid taut while lining eyes for the smoothest line. Sketch liner on in small back-and-forth movements, gradually lengthening the line

Even in winter  
 you can give  
 your home fresh flowers



# L'EFFLEUR

An abundance of beauty covers each and every giftbox. Inside...a fragrance as fresh as just-picked bouquet. At last, flowers that

The Collection...\$10.00 to \$18.50. To find L'Effleur at a store near you, call 1-800-528-7228.

100% COTTON YARN  EXPIRATION DATE: 12/94  
**L'EFFLEUR® Gift Certificate**  
 Save \$2.00  
 on any purchase of \$10.00 or more from the L'Effleur Collection.  
 800063  
  
 5 31655 00082 9  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Dealer: Mail this coupon to Coty Inc. P.O. Box 870135, El Paso, Texas 88587-0135 for redemption plus \$ .08 handling, provided you and the consumer have met the terms of the offer. Redeemable only by retail dealers handling L'Effleur. Good only on L'Effleur purchases of \$10.00 or more. Cash redemption value 1/20 of \$ .01. Reproductions are not redeemable. Coupon not assignable. Void where prohibited. Invoice proving sufficient purchases of L'Effleur to cover coupons presented for redemption must be shown upon request. Limit: one per purchase.

Ladies' Home Journal

100 GREAT

DESSERT

RECIPES

Ladies' Home Journal

100 GREAT

SOUP, STEW &

CHILI RECIPES

Ladies' Home Journal

100 GREAT

CHICKEN

RECIPES

Ladies' Home Journal

100 GREAT

PASTA

RECIPES

# Four Great Cookbooks from Ladies' Home Journal.®

roducing 100 Great Chicken Recipes,  
100 Great Pasta Recipes, 100 Great  
Soup, Stew, & Chili Recipes and  
100 Great Dessert Recipes.

These are the first cookbooks in  
this series from the publishers  
of Ladies' Home Journal®.

These cookbooks feature the best  
recipes from the pages of the Journal,

perfectly tested in our test kitchen. They provide the informa-  
tion you need to plan meals, such as preparation time and  
nutritional analysis. They include daily nutrient goals, plus  
color-coded symbols to indicate low-fat/low-calorie content.



They also have a spiral binding, so they lie flat for easy  
counter-top use.

**Save Up To \$7.00 On These Cookbooks.  
See Your Retailer For Details.**

Buy one book and get a mail-in rebate of  
\$1.00. Buy two books, and get \$3.00 back. Buy  
three, get \$5.00 back. Or buy all four and  
we'll rebate \$7.00.

Look for them at your favorite bookseller. And

keep looking. Because  
we'll be introducing even  
more 100 Great Recipe  
cookbooks in the future.

**LADIES' HOME  
Journal**  
New From Meredith® Books

# Lifestyle makeovers

The perfect time to make a change is right after a big event in your life—getting promoted, having a baby. It's also time to change if you've always had the same look



**Lynn Palma**, owner of a sailing school, decided this was the year for a change. Young Hee Kim gave her a short cut with soft, full bangs, and colorist Sherwin Jones, of Vidal Sassoon, warmed the color. Masan gave her complexion a glow with golden foundation and rosy cheeks.



**Sharon O'Donnell**, thirty-two, said she's looked the same for fifteen years and wants an update. Carusa gave her a twenties bob, which Kathy Galatti, of the Louis Licari Color Group, enhanced with auburn color. Masan softened her brows and played up her mouth with chili-red lipstick.



**Elizabeth Hlinko**, thirty-two, wanted an easy look (she travels a lot in her public-relations job) that suits her style. Jackie Ferrara, of the Louis Licari Color Group, restored her chestnut color, and Caruso created great waves. Masan reshaped her brows and defined her lips with tawny color.



**Janess Messner**, a thirty-four-year-old vice president of finance, knew she needed polish. Carusa worked with her layers (which he suggested she grow out into a bob), using a blow-dryer to add fullness. Masan focused on her eyes with terra-cotta shadow and created a strong rusty-red mouth.



# Dermatologists aren't the only experts who recommend Dove.

*Dove leaves my skin soft and moisturized. I use Dove and that's it.*

Virginia Warshaw, Jacksonville, Illinois

*My dermatologist recommended Dove. It makes my skin feel clean and healthy.*

Lauren Burke, Spring Lake, New Jersey

*It works. I'm living proof it works. I owe Dove my wonderful complexion.*

Lisa Stanley, Detroit, Michigan

*My skin feels new clean and yet it's not dry. Dove works beautifully.*

Mary Jane Higgins, Worcester, Massachusetts



Dove

Dove

Dove. Recommended by dermatologists. And other experts.

# Ready, set, go!

Being psychologically ready for a makeover is essential for the best results. It's not plastic surgery, and it's not permanent. Have a positive attitude—this is *fun*



**Sarah Romagnoli**, a thirty-year-old fashion designer, told us, "As a young designer, I want to stand out." To update her predictable bob and bangs, Richard Stein layered the nape and feathered the sides. Mason added rosy shades to Sarah's delicate features.

**WHAT A MAKEOVER CAN DO FOR YOU:** "It can give you a positive body image, boost your self-esteem and be a symbolic way of taking control of your life," says Thomas F. Cash, professor of psychology at Old Dominion University, in Norfolk, Virginia, and author of *Body Images* (Guilford,

1990). "We all have an image of what we look like and what we'd like to look like. We have a self-perception and an ideal perception. A makeover can bring these two closer together."

**HOW TO APPROACH A MAKEOVER:** You have to go into it with an open mind—with the

idea that it's a change that belongs to you. "Ask questions. Learn skills, enjoy it. If the results don't seem right for you, focus on the changes that work, and adjust the ones that don't," says Cash. "You may want to save the thirty-minute styling for an evening out, but incorporate the simpler makeup tips into your daily routine."

**HOW TO ADJUST TO A MAKEOVER:** It's easy at first, notes Cash, because you get a lot of compliments. After a while, though, the look becomes you and people will stop commenting. "The insatiable groomer may make more changes," says Cash. "but you shouldn't change yourself for others. Do a makeover for *you*."

## WHERE TO GO

### DEPARTMENT STORES

Cosmetics counters of department stores offer makeovers, many of which are free, that cost from ten to twenty minutes to an hour. If possible, go at off times during the day, when the consultants have time to offer undivided attention, or make an appointment. Ask questions and learn as much as you can.

### GLAMOURSHOTS AT THE MALL

There are more than three hundred Glamourshots companies at malls nationwide that offer a total makeover: makeup, hairstyling and wardrobe advice. For \$29.95 you can try four different looks. Photos of the new you start at \$30. A makeover takes about two hours. Call 800-452-6687 for more information.

### SALONS

Many salons offer makeup lessons in addition to cuts, color and styling. Find out what services the salons in your area have to offer. Prices vary around the country.

### DAY SPAS

The most expensive, luxurious option. Day-spa services range from simple makeup applications to a full menu of services, including massage, facial and lunch. \$100 and up.

# Thinking Low Tar?

*"Try lowest tar  
Carlton, free\*"*

U.S. Gov't. Test Method confirms of all king soft packs:  
**Carlton is lowest<sup>®</sup>**  
in tar and nicotine.

r", 0.1 mg nicotine av. per cigarette by FTC method.

URGEON GENERAL'S WARNING: Quitting Smoking  
w Greatly Reduces Serious Risks to Your Health.

\*Free pack when you  
buy one pack with coupon.

Manufacturer's Coupon

Expires 12/31/94

## FREE PACK WHEN YOU BUY ONE PACK

Thinking Low Tar?

CONSUMER CAUTION: This coupon is good only when brand style(s) specified is purchased. It cannot be copied, transferred or assigned. Any other use constitutes fraud. OFFER VOID WHERE PROHIBITED. LICENSED, TAXED OR OTHERWISE RESTRICTED BY LAW. LIMIT ONE COUPON PER PURCHASE AND TO SMOKERS 21 YEARS OF AGE OR OLDER. CONSUMER PAYS SALES TAX IF ANY. Coupon offer expires 12/31/94. Retailers may redeem coupon at normal retail price plus 8¢ handling and actual postage costs incurred if coupon is redeemed in strict accordance with The American Tobacco Company coupon terms, incorporated herein by reference. Copy available upon request. Cash value 1/20th of 1¢. Mail to THE AMERICAN TOBACCO COMPANY P.O. Box 12012, Nogales, AZ 85662-2012.

To be placed on our mailing list complete the following. (Please Print)

Mr  Ms  Mrs

Street Address \_\_\_\_\_ Apt # \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Retailer: You must fill in normal retail price

(Do not include sales tax.) \_\_\_\_\_

1) SEX  Male  Female

2) Date of Birth: Mo \_\_\_\_\_ Day \_\_\_\_\_ Yr \_\_\_\_\_

3) MY REGULAR BRAND IS \_\_\_\_\_

4) FLAVOR  Menthol  Non-Menthol 5) LENGTH  Regular or King  
 100 s/Long  120 s/Extra Long

6) TYPE  Ultra Light  Light/Low Tar  Full Flavor  Non-Filter

By signing this I certify that I am at least 21 years of age, a smoker and that I wish to receive free cigarette samples, offers and/or other incentives in the mail subject to applicable laws and regulations.

Signature (required) X \_\_\_\_\_



43300 14015

# Consider the **ALTERNATIVES**

Remedies like acupuncture and biofeedback were once regarded as quackery. But increasingly, Americans are turning to these and other unconventional treatments. By Robin Marantz Henig

**A**s a mother of three, Alice Trembour, of Takoma Park, Maryland, had been to more than her fair share of medical doctors for her young children's sore throats, ear infections or flus. And, for the most part, the approach to their illnesses was the same. "It seems I always left the pediatrician's office with a prescription for antibiotics," she says.

So Trembour, forty-one, was intrigued when she read about homeopathic medicine, an alternative treatment that attacks disease with very diluted doses of disease-inducing compounds. And when she found out about Ioana Razi, M.D., a board-certified pediatrician who practiced homeopathy in nearby Washington, D.C., Trembour decided to give it a try. "I wanted something more than traditional medicine, but I liked the idea that Dr. Razi was a medical doctor, too," she says.

Since meeting Razi eight years ago, Trembour has relied on homeopathic remedies for most of the routine sicknesses the family has come down with. But she hasn't abandoned traditional treatments completely: "I'm not opposed to antibiotics if we really need them," says Trembour. "But we use them much more judiciously now."

These days, middle-of-the-road Americans like Trembour are turning

in increasing numbers to such unconventional approaches when they feel sick. Disenchanted with the bedside manner of their physicians and frustrated by chronic conditions that conventional medicine just can't fix,



**Alice Trembour, of Takoma Park, Maryland, prefers homeopathic remedies for healing her kids' everyday illnesses**

large numbers of people are seeking out healers whose tools of the trade go beyond the prescription pad and the scalpel.

According to a study published in *The New England Journal of Medicine*

in 1993, one in three Americans had gone outside of establishment medicine for health care. The study defined "unconventional therapies" quite broadly, including anything from acupuncture and massage to Weight Watchers and Alcoholics Anonymous. But even so, it made an important point: Alternative medicine has come into the medical mainstream.

Even the National Institutes of Health (NIH), the government's leading medical-research agency and a bastion of scientific orthodoxy, is devoting serious study to some healing techniques that aren't taught in medical schools. In 1992, NIH created the Office of Alternative Medicine to develop solid data on the value of such therapies as acupuncture and biofeedback. The office has gotten off to a shaky start: Its director resigned after a year and a half on the job and hadn't been replaced as of press time. And its budget is infinitesimal—only \$3.5 million—compared to NIH's total budget of \$11 billion. Still, it represents an attempt on the part of the official medical establishment to create a dialogue between alternative practitioners and conventional doctors.

Not everyone is pleased by the new focus. "The NIH office of alternative medicine has been a disservice to the public because it lends credibility to quackery," says William Jarvis, Ph.D., professor of health promotion and education at the Loma Linda University School of Public Health, in California, and head of the National Council Against Health Fraud, a consumer-advocacy group based in Loma Linda. (continued)

Nature allows you to get your Vitamin C  
 any way you like it. And come to think of it,  
 so does Nature Made.



Nature doesn't  
 add artificial  
 colors, flavors or  
 preservatives, so we  
 don't either.

With USP  
 standards and  
 Nature Made  
 quality you're  
 guaranteed optimum  
 quality.



Options, buffered,  
 available. To learn  
 more, call our  
 nutritionist at  
 1-800-276-2878.  
 (M-F, 7-4 PT)



Fingerprints.  
 Voiceprints. You  
 can design  
 a Vitamin C  
 program that's all  
 your own, too.



Our timed-release  
 caplets provide you  
 with Vitamin C for  
 up to 6 hours.

**Nature Made**  
 Everything you want.  
 Nothing you don't.



We don't yet have a  
 formula for everyone on earth,  
 but we are up to 18 choices.

## Consider the alternatives

*continued*

"History has taught us that any kind of medicine that is offered on the basis of marketing rather than scientific evidence is dangerous."

It's still possible, though, to separate the promising from the preposterous. These are the forms of alternative medicine that seem to be making the most valuable contribution to conventional health care:

### ACUPUNCTURE: UNDER THE NEEDLE

Ever since her menstrual cycle began, Debra Cohn, of New York City, had a difficult time of it. "My periods were painful and irregular, and it just got more severe over the years," says the thirty-four-year-old photographer.

After she visited countless doctors and experimented with various painkillers, a friend suggested that Cohn try acupuncture. She did, and within a few months, her periods became regular and her cramps were much less painful. "It has worked for me," she says.

Other Americans use acupuncture to treat pain such as muscle strain, headache or arthritis. It has also been shown to lessen the symptoms of asthma, sinusitis and irritable-bowel syndrome.

Acupuncture is based on the traditional Eastern belief that there are fourteen meridians, or energy pathways, that run through the body. Along these meridians flows "chi," the essential life energy. Illness, according to this way of thinking, is caused by a disruption of chi, which leads in turn to an imbalance between "yin" (passive energy) and "yang" (active energy). The way to release these disruptions and restore balance is by inserting hair-thin metal needles at a few of the more than two thousand acupuncture points, each of which corresponds to a particular organ or bodily function.

Once the needle is inserted, it may be left in place, rotated or stimulated with a slight electrical current. (Having the needles inserted or manipulated is generally painless.)

Western medicine attributes acupuncture's effectiveness to the needle's stimulation of the brain chemicals such as endorphin, the natural opiate that induces euphoria and counteracts pain. Another explanation is the placebo effect, the patient's belief that the treatment will do some good.

"If it is largely the placebo effect,

that's not necessarily bad," says Bruce Berman, M.D., director of the Division of Complementary Medicine at the University of Maryland School of Medicine, in Baltimore, and an associate of the NIH alternative-medicine office. "Placebos are used in medicine all the time." What the placebo effect suggests to people like Berman is that a positive attitude may be able to elicit an immune-system response that helps the body heal.

What kind of credentials do acupuncturists have? About 30 states require acupuncturists to be certified and licensed, usually after training at a recognized school.

### BIOFEEDBACK: HEAL YOURSELF

Ilene Crystal, thirty-eight, hit her back in a car accident, and three years afterward, the excruciating pain plagued her. "It got to the point that I couldn't even work because of such pain all the time," recalls Crystal of Encino, California. Her regular doctor and a slew of specialists tried everything they could to heal her, but to no avail. "I heard about biofeedback. I was so desperate, I was willing to try anything," she says.

Using this technique, Crystal learned to control the muscles responsible for her pain. Though she still experiences backache from time to time, her condition has vastly improved.

According to Caroline Gross, R.N., who administers biofeedback therapy at the Los Angeles Harbor Arts Center, where Crystal is taking biofeedback works by allowing a person to see the precise effect of a stimulus on his or her body. During biofeedback sessions, a patient is attached via sensors to a machine that can record involuntary functions such as pulse, blood pressure or muscle tension. The practitioner tells the patient to make a change—lower your blood pressure, relax your muscles—and the patient tries to do so.

If the attempt is successful, the patient can see the effects on a computer screen. When muscle tension or blood pressure decreases, for instance, a light might sound, or a line on a computer game might move. (The technique is used quite effectively for kids.)

Since its introduction in the 1960s, biofeedback has become so widely accepted that it is even covered by many health-insurance policies. It is used to treat conditions (*continued on page*

You  
Need  
Cocoa  
Butter  
This  
Rich.



Cocoa Butter is one of nature's most effective skin softeners; the more Cocoa Butter a moisturizer contains, the softer it leaves your skin. Palmer's Cocoa Butter Formula, enriched with emollients and Vitamin E, is concentrated to help soothe away even the roughest, driest skin and stretch marks.

# PALMER'S

EVERYTHING PALMER'S TOUCHES  
TURNS TO SOFT.

©1994 E.T. BROWNE DRUG CO., INC. ALL RIGHTS RESERVED.

Brought to life for the first time ever on Fine Porcelain Collector Plates



23K gold rim  
 Limited to a total of 28  
 printing days  
 Crafted of fine porcelain

Shown smaller than actual size  
 of 7 1/2" in diameter

# LOVE ONE ANOTHER

from the *Precious Moments*® Classics Plate Collection

By *Sam Butcher*

Plate shown: ©1993 Precious Moments, Inc.  
 ©1994 HC. All Rights Reserved.

...the universal language...and the feeling that is most evident in *Precious Moment*® collectible. Perhaps that explains why these noble messengers of "loving, caring and sharing," created by Sam Butcher and Enesco, are cherished the world over.

...one of Sam Butcher's classic figurines has been captured in a charming, specially designed scene on fine porcelain. Entitled "Love One Another," it is a wonderful issue from the *Precious Moments*® Classics Collection. Resting atop an old tree trunk, a couple share a tender moment in the quiet countryside.

"Love One Another" is available from The Hamilton Collection for just \$17.50\*. Each issue in the collection will be hand-numbered and accompanied by a matching Certificate of Authenticity. As an owner, you will enjoy the privilege of previewing subsequent issues, with no obligation to purchase ever. Our 30 Day 100% Satisfaction Guarantee assures you order at your own risk. Reply today.

**Respond by: November 30, 1994**

Please enter my order for "Love One Another" porcelain plate, payable in two monthly installments of \$17.50\* each. *Limit: One plate per collector.*

**I need send no money now.** On acceptance, I will be billed for my first installment when my plate is shipped. **BRZ1 QD 3C**

Ms./Mrs./Mr. \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone ( \_\_\_\_\_ ) \_\_\_\_\_

Signature \_\_\_\_\_

\*Plus \$1.48 shipping and handling per plate payment. Orders shipping to FL will be billed 6% state sales tax. All orders must be signed and returnable to the printer.

**The Hamilton Collection**  
 4810 Executive Park Ct., P.O. Box 44051, Jacksonville, FL 32231-4051



NEW

HEALTHY CHOICE™ CEREALS FROM Kellogg

### Consider the alternatives

*continued from page 108*

such as anxiety disorders, incontinence, insomnia, mild hypertension, migraine or tension headaches, and stress. Some practitioners have had success with a biofeedback posture-training device to treat scoliosis, a spinal curvature. When the wearer slouches, the device issues a soft beep.

There are no specific licensing requirements for biofeedback practitioners, though most of them are already

trained as physicians, psychologists, nurses or dentists.

### HERBAL MEDICINE: GOING NATURAL

Whenever Susan Prager, a forty-one-year-old graphic artist from Katonah, New York, feels a cold or flu coming on, she goes to her local health-food store and buys echinacea and golden-seal, two natural substances that she believes help build her immune system. "They work," she insists. "I don't get sick." She also turns to herbal remedies for headaches, premenstrual

syndrome and even cuts and blisters. "They're much better than prescription drugs," she says. "They're effective, gentle and inexpensive."

Also known as botanical medicine, phytotherapy, herbal medicine uses plant extracts—such as leaf, root, flower or bark—for therapeutic purposes. In general, herbal remedies work the same way that conventional medicines do—that is, by their chemical makeup. Different herbs contain different compounds that can strengthen the immune system, improve the body's chemistry or protect specific organs against damage. "Herbal remedies can either help prevent illnesses or relieve symptoms of a specific ailment," says Robert S. McCaleb, a founder and president of the Herb Research Foundation, a nonprofit organization in Boulder, Colorado.

McCaleb notes that there are roughly one thousand herbs available in this country that can treat everything from sleeplessness to heart disease. Herbs can be taken internally in the form of tea, tablet or extract, or can be used as a salve (such as aloe vera to treat skin problems). One of the best-known and readily available—medicinal

### Debra Cohn, of New York City, uses acupuncture to alleviate severe menstrual cramps





hmm...

MMMMM!

AFTER TASTING THE OTHER CHOICES, TASTE NEW HEALTHY CHOICE™ CEREALS. Eat whole grains, raisins, whole grain bran clusters: And love knowing you're getting low fat and a great source of fiber. Kellogg and Healthy Choice made these cereals taste so incredible, this choice is simple. The hard part is choosing one of the three.



THE CHOICE IS SIMPLE.

© Kellogg Company © 1994 Kellogg Company  
TM and Healthy Choice trademark used under license from ConAgra, Inc.



ic. Herbalists say it can help thin food and lower cholesterol levels, y reducing the risk of heart disnd stroke. Garlic has also been 1 to have a protective effect t cancer: A study published in y by the National Cancer Institute 95 patients in China found that who had the highest consump- garlic were 60 percent less likely elop stomach cancer than those e lowest consumption.

ing back to the earliest civiliza- herbal remedies are still used exely in many countries, most ly Asian countries. Though remedies were more common in ountry several generations ago, ll out of favor as the pharmaceu- ndustry began creating synthetic ines that are perceived to be effective. But it may be that l remedies are experiencing a ack. Some large pharmaceuti- mpanies have even begun to ex- the commercial potential of Pfizer Inc, for instance, last year need a \$2 million program with New York Botanical Garden to plants as potential remedies for problems.

Herbal remedies have traditionally been available in health-food stores, but, increasingly, they are showing up in supermarkets and neighborhood pharmacies. Though officially they can't be "prescribed," they are frequently recommended by acupuncturists and naturopaths (people trained in natural-healing methods).

**HOMEOPATHY: LESS IS MORE**

The central tenet of this branch of medicine is "like cures like." Essentially, homeopathic remedies are extremely diluted forms of natural substances that, in much larger doses, would cause the same symptoms as those it seeks to alleviate. These remedies are thought to stimulate the body's own natural healing responses.

For example, homeopaths some-



**Ilene Crystal, of Encino, California, gets relief from serious back pain using biofeedback**

times treat sleeplessness with a remedy prepared from a diluted form of coffee. The key is the dilution: The preparation is mixed one part coffee to ninety-nine parts water and alcohol—all in minuscule quantities. This is shaken vigorously, then one part of that mixture is combined again with ninety-nine parts water and alcohol, and shaken some more. This same dilution process is done anywhere from six to thirty times. "I guess you could say the essence of the substance is left," says Martha Oelman, spokesperson for the National Center for Homeopathy, in Alexandria, Virginia.

No one knows exactly how or why these remedies work. Some suggest that homeopathic preparations stimulate the body's natural tendency to (continued)



"Stouffer's Fettucini Alfredo!"

# creamy and delicious

*There's a wonderful sauce  
I think it's better than homemade*

*Francie Laine*

At Stouffer's, we make  
Fettucini Alfredo in the traditional  
homemade way. First, we combine  
milk and butter with aged Parmesan  
and Romano cheeses to create a sauce  
that's so rich and creamy. Then  
we pour this delicate sauce over  
that we make ourselves. Nothing else  
will do. Stouffer's may not seem  
Italian to you, but take just one bite  
our Fettucini Alfredo and you  
be surprised if you say "Molto bene."



Nothing Comes  
Closer to Home.

## der the alternatives

ed  
self. Others think they may re-  
ie proper body chemistry—which  
of sync during an illness.  
eopathy is fairly well accepted  
ope and the United Kingdom.  
cause there is no hard scientific  
ation for how homeopathy  
the concept is hard for many  
s to accept. "I have had to  
me my own doubts as to the ef-  
ness of homeopathy in treating  
s' disease," says Michael Carl-  
M.D., a family practitioner in  
Rosa, California, who practices  
eopathic and traditional, or  
ic, medicine. "Years ago, I was  
ortable treating any bacterial in-  
with homeopathy. Now, I find  
eed with which homeopathic  
es cure acute otitis media [ear  
n], for example, makes antibiotic  
py second rate, by comparison."  
ing involves extensive postgrad-  
ork, and is generally offered to  
already licensed as physicians,  
ths, dentists, nurses, chiroprac-  
r licensed acupuncturists. In  
he first medical school elective  
eopathy was introduced at the  
ity of California, San Francisco.

## THERAPY: YOU ARE & BETTER . . .

sis has been accepted by the  
mainstream for the past thirty-  
rs as a way to induce a state of  
on in people with stress-related  
ons. Obstetricians have also  
pnosis for drug-free pain relief  
labor; some dentists use it in-  
f anesthesia during root canals.  
x, proponents say hypnosis not  
ieves stress and combats pain,  
ally stimulates healing.  
rts are accumulating that hyp-  
really self-hypnosis, since the  
oner merely teaches patients  
put themselves into a trance—  
ieve symptoms of sickle-cell  
make burn patients heal faster,  
thma patients widen their air-  
d smokers conquer their addic-  
ne scientific explanation that's  
fered for how hypnosis works is  
allows the patient direct access  
imbic system, the region of the  
at controls emotion and invol-  
activities like digestion, hor-  
ontrol and circulation.  
pnotic state can be induced in

a number of ways. Most typically, a  
therapist uses a soothing tone of voice to  
bring a patient into a kind of trance—a  
state where the body is relaxed and the  
mind is diverted from the external envi-  
ronment. (Audio- and videotapes can  
also be used for self-hypnosis.) While in  
the hypnotic state, a patient is vulnera-  
ble to suggestion and can be encouraged  
to shift focus away from certain bodily  
sensations (pain, for instance) or to exert  
more control over bodily functions, such  
as breathing and heart rate. The amount  
of time that it takes to be hypnotized—  
or the number of sessions needed in a  
particular treatment—varies greatly from  
one individual to another since a per-  
son's willingness, or reluctance, to be  
hypnotized influences its effectiveness.

"Hypnosis isn't for people who  
would like to magically get rid of their  
problems without actively participat-  
ing," says Karen Olness, M.D., profes-  
sor of pediatrics and family medicine at  
Case Western Reserve University, in  
Cleveland. "It won't work unless the  
patient practices."

In every state but Florida and Cali-  
fornia, anyone can hang out a shingle  
as a lay hypnotist. But clinical hypno-  
tists are more carefully regulated. They  
are certified in their field of specialty  
(such as medicine, nursing, psychology  
or social work), and then may be re-  
quired to pass a clinical hypnosis board  
examination. ■

*Robin Marantz Henig is an award-  
winning health and science writer in  
Washington, D.C.*

### For more information

You can request additional informa-  
tion by sending a self-addressed,  
stamped envelope to the following  
organizations.

- American Association of Acupunc-  
ture and Oriental Medicine, 433  
Frant Street, Catasauqua, PA  
18032.
- American Society of Clinical Hyp-  
nosis, 2200 East Devan Avenue,  
Suite 291, Des Plaines, IL 60018.
- Association for Applied Psy-  
chophysiology and Biofeedback,  
10200 West 44th Avenue, Suite  
304, Wheat Ridge, CO 80033.
- Herb Research Foundation, 1007  
Pearl Street, Suite 200, Boulder,  
CO 80302.
- National Center for Homeopathy,  
801 North Fairfax Street, Suite  
306, Alexandria, VA 22314.

# Homemade taste in so many ways.

There are so many  
Stouffer's Entrees to choose from.  
Look for your favorite.



Stouffer's  
Nothing Comes  
Closer to Home.



MATTHEW DAHMER, CHILD OF DIVORCE



STAY-AT-HOME DAD BILL ANDERSON WITH MAX AND PEG

# Do you know who our children are?

Have America's kids been robbed of their childhood—or does early maturity prepare them for a difficult life? A *Ladies' Home Journal* special report on the forces that are shaping our children's lives—and society's future. By Michael J. Weiss

**G**rowing up has never been easy. But for many of the current generation of American children, the passage is more daunting than ever. Today's kids, the sixty-six million U.S. children under the age of eighteen, face a world more hostile than any parent can recall.

One in four children under six is living in poverty. Almost half will experience divorce during their childhood. A tragic number won't survive their teen years: Homicide has become the nation's third leading cause of death for elementary- and middle-school children.

But statistics tell only part of the story. To hear the voices of children living in homeless shelters and those losing friends to gun violence is to discover a generation of lost innocence. Many children

today have taken on the responsibilities and anxieties of adulthood, at a time when fewer adults are willing or able to help. When the Children's Defense Fund published a book called *The State of America's Children* this year, there emerged a dark portrait of young people forced to fend for themselves in a society filled with "violence and poverty and drugs and family decay."

In spite of these bleak predictions, all is not gloom and doom. For one thing, the care of America's children is no longer a laissez-faire matter; their plight has finally captured the attention of all. In the last decade, preserving the fabric of society has gone from being a women's issue to being a national crisis. Whatever the political hostility between, say, the Christian right and the liberal left, all agree that (continued)

~Julie's Pasta Shortcut~

8 oz. corkscrew pasta  
1 lb. Italian sausage, crumbled  
2 cans (14-1/2 oz. each)  
DEL MONTE® Original Recipe  
Stewed Tomatoes  
Sliced green onions  
Parmesan cheese

COOK pasta as package directs.  
Brown meat; drain fat. Add  
tomatoes and cook 5 minutes  
over medium-high heat,  
stirring occasionally. Add a  
handful of green onions.  
Serve over pasta with Parmesan  
cheese. Makes 4 servings, takes  
about 10 minutes. Oh, and  
don't forget to act real tired.



“I’ll say it took three hours.  
Yeah, that’s it.” -Julie, Still 30, Topeka, KS



Do you know who our children are?

How we raise our children is of paramount concern not only to parents but to society as a whole.

For another, certain changes have emerged from the turmoil that will no doubt benefit children—for example, the increase in the number of fathers involved in primary care of their children, or the fact that children are more likely than

their parents to attend college.

Nevertheless, whether positive or negative, the cultural shifts in America during the last generation or two have been so dramatic as to leave the landscape of childhood almost unrecognizable. In order to better understand the world our children inhabit, we've drawn the portraits below to give a face to the ten most important trends that have shaped that world.

## #1 The endangered family

Sociologists blame many of today's ills on the most dramatic demographic trend of the last two decades: the breakdown of the traditional American family. In 1993, more than one in four American children, 27 percent, were living in single-parent households, an increase of 118 percent since 1970. With 87 percent of those children being raised by their mothers, their childhood often becomes a constant financial struggle. While in 1992 the average family income in two-parent households was \$44,500, households headed by mothers brought in only \$13,500.

Matthew Dahmer, a Denver eleven-year-old, knows firsthand the economic downside of divorce. When his parents split four years ago, the household income dropped from \$52,000 to \$28,000, and the vacations to Disneyland suddenly changed to local biking trips.

"I have to do the chores my father used to do," he says. "Sometimes it's hard not having him around." Unlike many children in single-parent households who exhibit learning and

behavior problems, Matthew has maintained an A average at school and has gotten over his anger at his parents, which he sometimes vented by running through the house on a destructive tear. He's become much closer to his mother, Janice DeLuzio, an accountant, but that still doesn't compensate for the absence of his father, whom he sees on weekends. To

of preschool children cared for by dad while Mom works—steady for a decade at 15 percent—rose to 25 percent in 1991. In households with working mothers, fathers outnumber day-care centers, preschool and even grandparents as the primary caregivers.

When Bill Anderson and his wife Susan Brennan, had their second child two years ago, the San Rafael, California couple felt guilty about letting a baby-sitter raise both children. But rather than have Susan quit her well-paying job with Le Strauss, the couple decided that Bill would leave his library administrator position to take over the home-parenting responsibilities of Max, now five, and Peg, two. "We just didn't want to miss seeing their first step," says Bill thirty-eight.

Bill makes the kids breakfast, puts them down for their afternoon nap and takes them on a daily ad-



SARAH MILLS, LATCHKEY CHILD

venture to a museum or a park. "The women in the park think I'm a divorced dad who has his kids for the week," he says. "Some men figure I lost my job, and others simply don't get it at all. Maybe I should just tell them that I work nights as Chippendale's dancer."

## #2 Dads on duty

For some lucky children, the change in traditional family structure means more time with parents, not less: In an increasing number of two-parent homes, child-rearing responsibilities are being handled by the father. According to the latest statistics, the proportion

of preschool children cared for by

dad while Mom works—steady for a decade at 15 percent—rose to 25 percent in 1991. In households with working mothers, fathers outnumber day-care centers, preschool and even grandparents as the primary caregivers.

## #3 Home alone

The case of David and Sharon Schoo, the Chicago couple who at Christmas 1992 left their two children, four and nine years old home alone while they vacationed in Acapulco, certainly didn't win any sympathy from the American public. Nevertheless, their neglect highlights what is a real dilemma for many parents: If the (continued on page 122)



SHANA CONWAY COUNSELING A PEER

Pack more stuff than humanly possible.



Making travel  
less primitive.™



MILTON BRADLEY MAKES THE

**STOBBERIN'  
SAM™**  
THE HOT LAZY DOG GAME

**Hungry  
Hungry Hippos®**



For your free copy of "Growing with Games" guide, write to  
"Growing with Games" c/o Fleishman Hillard  
1330 Avenue of the Americas, New York, N.Y. 10019-5422



Nothing's more fun for a kid than feeding a big silly dog, munching with a bunch of hippos or chasing after a big friendly bucket. That's the fun of Slobberin' Sam, Hungry Hungry Hippos and Mr. Bucket. Games that'll have your kids giggling for hours.

WHY LITTLE KIDS LOVE THE BEST!

So introduce your little ones to some puppy love, those hilarious hippos and buckets of fun—from Milton Bradley.



SAVE \$3.00

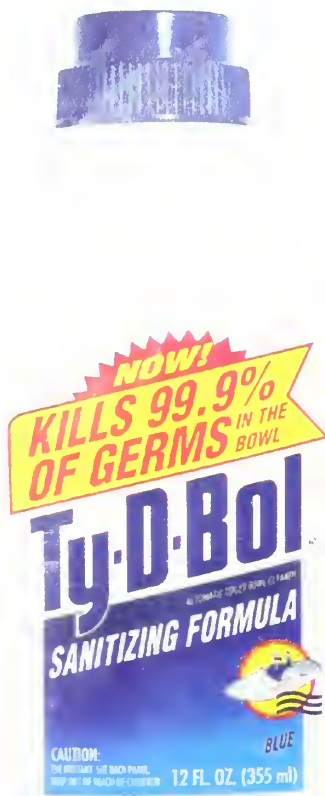
MANUFACTURER'S COUPON VALID THROUGH 12/31 '94

ON ANY ONE OF THESE MILTON BRADLEY GAMES



**Consumer:** Limit one coupon per purchase. Good only for items indicated. Coupon may not be copied or reproduced. Consumer must pay any sales tax. **Retailer:** Only coupons received within 3 months of expiration will be honored. We will reimburse you the face value of this coupon plus 8 cents handling provided you and the consumer have complied with the terms of this offer. Invoices proving purchase of sufficient stock to cover presented coupons must be shown upon request. Any other application may constitute fraud. Coupon void where prohibited, taxed or restricted. Consumer must pay sales tax. Mail to: Hasbro, Inc. CMS Dept. #38976 One Faucell Drive, Del Rio, TX 78840 ©1994 Milton Bradley Company. All Rights Reserved.





# GERM WARFARE

All automatics clean. But new Ty-D-Bol<sup>®</sup> is the only automatic bowl cleaner so powerful, it goes beyond clean to kill 99.9% toilet bowl germs with every flush. And it's the only automatic you can buy that's registered with the United States E.P.A.

## Only Ty-D-Bol Kills Germs

© KIVI BRANDS, INC.

### Do you know who our children are? *continued from page 118*

option of staying home is not available, and decent child care is either nonexistent or unaffordable, who will mind the children? Census Bureau data suggest that up to almost five million children are home alone most afternoons each day of the week.

Eleven-year-old Sarah Mills has been on her own after school for more than two years. Arriving home a little after two-thirty P.M., she first phones her mother, an Air Force secretary, and then makes a quick tour of the house "to see if anybody has broken in," Sarah says. In the two and a half hours before her mother comes home, she fills the time reading magazines, writing stories or playing with her cat and guinea pig—that is, if she isn't frightened by strange sounds.

"I'll turn on the TV or try to hum so I can't hear anything," Sarah says. "Or I'll get my cat and make her purr until I'm not scared anymore."

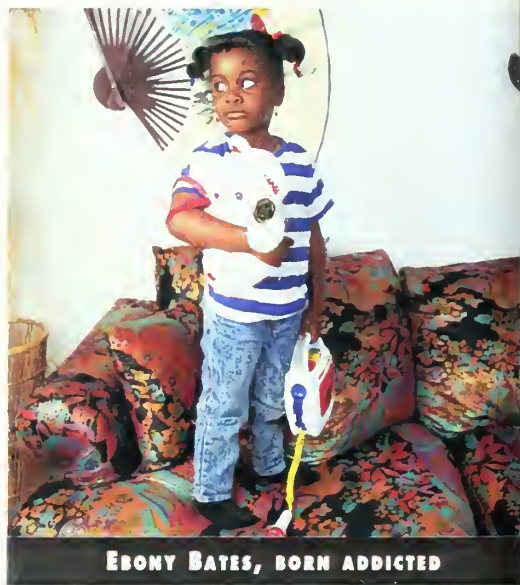
Among her friends in the fifth grade at J.E. Hinchcliffe, Sr. Elementary School, in O'Fallon, Illinois, Sarah's routine isn't unusual. Some of them

have the responsibility of taking care of even younger siblings after school. While Sarah claims to enjoy her independence—"I like that my mom trusts me," she says—she realizes not everyone is so self-assured. "If the kids can't handle it," she says, "they shouldn't be going home alone."

#### #4 Growing up too soon

**B**ut when is a child old enough to stay home alone, to baby-sit others, or—many parents' worst fear—to consider having sex? The cliché that kids grow up fast these days has become measurable: Between 1980 and 1988, the percentage of girls under eighteen who'd had intercourse rose from 51 percent to 56 percent; for boys the figure increased from 63 percent to 73 percent during that same period.

Ridgewood, New Jersey, is the kind of affluent suburban community where sex would seem to be furthest from the minds of students concerned about

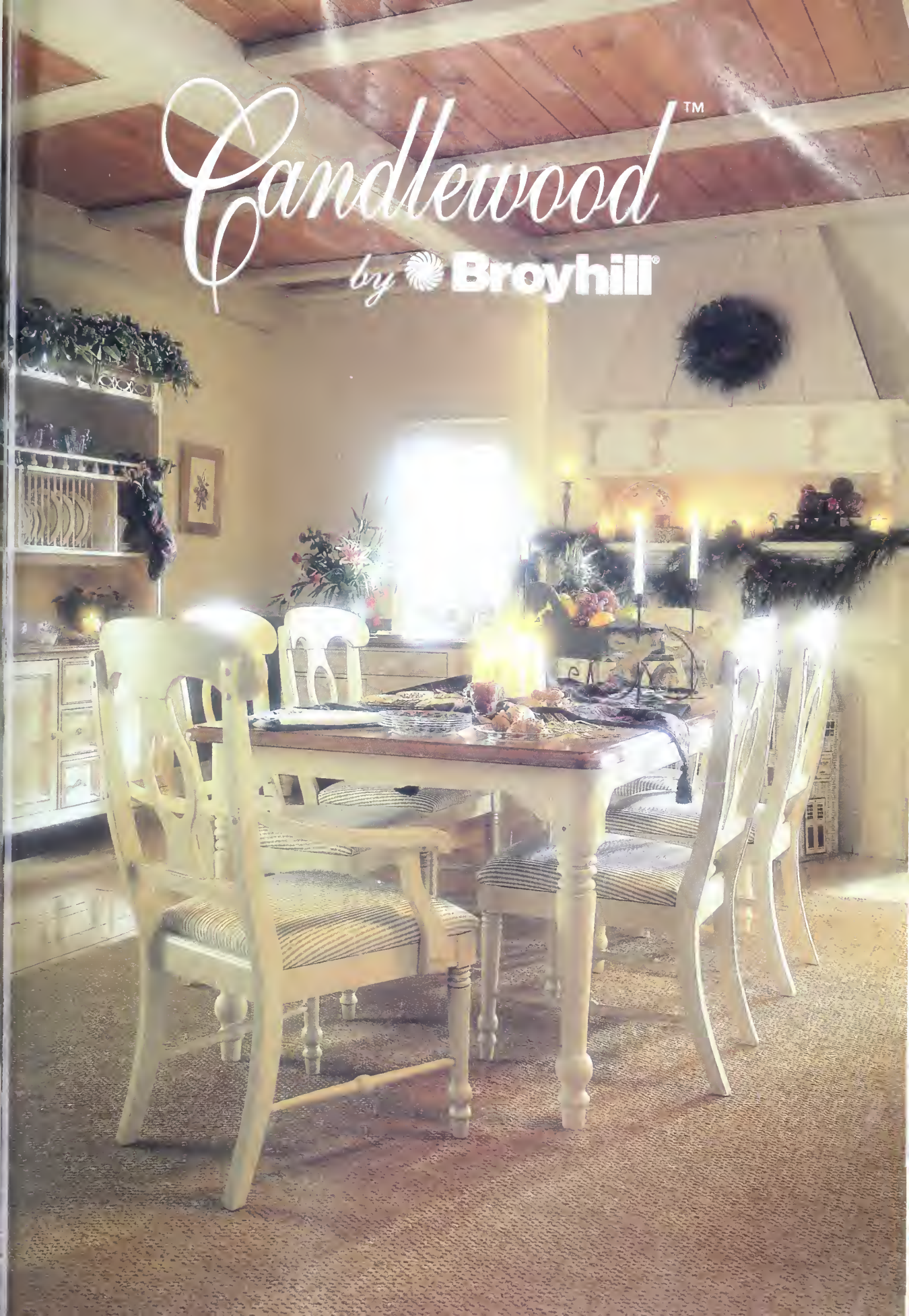


**EBONY BATES, BORN ADDICTED**

grades and getting into a good college. But seventeen-year-old Shana Conway, who serves as a peer counselor to her classmates, estimates that a quarter of the students at Ridgewood High are sexually active. "With parents out of the house so much, kids look for affection in other ways," she says. "They make love as a way of finding love." Is there any good news in this trend? It's that teens *(continued on page 132)*

# Candlewood<sup>TM</sup>

by  **Broyhill**





Smart Buys from  
**Broyhill**

Candlewood complements a wide range of settings whether mountain lodge, seaside cottage or suburban farmhouse. For the living room, Candlewood features a Sofa, \$799-\$899, with gently rolled arms and double cone coil springs. The button tufted Lounge Chair, \$549-\$599, and matching Ottoman, \$249-\$299, are the perfect companion to the classic stripes of the Settee, \$699-\$799, with its distinctive shaped legs. Also featured, Round End Table, \$225, Rectangular Cocktail Table, \$315, and Commode End Table, \$240. In the contrasting Buttermilk finish, the Entertainment Armore, \$1415, houses a 27" TV and VCR as well as storage for games, tapes and more.

Shown on previous page: The Charming Open China, \$1440, gets its nostalgic appeal from pierced fretwork, crown moldings and plate racks. This China provides a warm greeting in an entry area or kitchen with extra storage and work space. Quality craftsmanship is evident in the gracefully turned legs of the Farm Table, \$765, and in the curves of the Splatback Arm Chair, \$225, and Splatback Side Chair, \$175. Complete the look with the Server, \$665.

*Most upholstery pieces are available in other fabrics. Prices on those items vary depending on fabric selected.*



Candlewood's Side by Side Entertainment Center, \$1375.

The beauty of this piece is its low profile, particularly useful in areas where space is a premium. Pocket doors enclose generous room for a 31" TV.

# Candlewood™

by  **Broyhill®**

Home is truly a haven with Candlewood, Broyhill's popular classically styled furniture collection. Candlewood is versatile, with many pieces designed to serve a variety of uses. Broyhill has crafted Candlewood from select pine solids and pine veneers and finished the collection in warm Honey or, on select pieces, in Buttermilk or a charming combination of Buttermilk and Honey. Finely carved fretwork, simple wood pulls and beautifully turned legs and feet give Candlewood an appeal that will be welcome in any room. Add Broyhill's renowned quality craftsmanship and affordability, and Candlewood is a value you'll appreciate for many years to come.



Vertical Mirror, \$200, Jewelry Storage, \$140, Triple Dresser, \$725.



Candlewood's Night Stand, \$300, and Poster Bed, \$640, in a rich Buttermilk finish, reflect the romance and charm of an evening at a country inn.

## BROYHILL DIFFERENCE

*HR (High Resiliency) foam, recognized throughout the furniture industry as the highest quality cushioning material available, means your Broyhill sofa cushions will keep their shape and comfort.*

*Our solid wood frames are joined by screw and glue as well as double and triple mortise and tenon joints that will endure years of everyday use.*

*Dressers and chests employ mortise and tenon joints on cross support rails between drawers to help create structural strength and sturdiness of the cabinet.*





For the bedroom, Candlewood offers a Landscape Mirror, \$250, Triple Dresser, \$690, ar Bed, \$500, whose headboard features deeply carved moldings. The Night Stand, \$275, t with the Drawer Chest, \$690, maximize storage and organize clothing and accessories.

## FREE

### Set of 2 Matching Lead Crystal Candleholders



These alluring candleholders, compliments of Broyhill, are crafted of 24% full lead crystal and will certainly dress up any occasion.

To qualify for your free crystal candleholders, visit your participating Broyhill retailer and ask to see the unique styling of the Candlewood Collection.

*This coupon must be attached for redemption of candleholders. Limit one pair per household. Offer good through December 31, 1994.*

LHJ

Share with us your decorating successes using Broyhill furniture. Perhaps your home will be featured. Send your photographs to:

**Dept. L  
One Broyhill Park  
Lenoir, NC 28633**

Photographs will become the property of Broyhill Furniture Industries, Inc. and will not be returned.

**Smart Buys™ from  
Broyhill®**

Manufacturer's suggested "Smart Buys" prices effective through December 31, 1994. Prices may vary at individual retailers. All items may not be available at all locations. Furniture items may be special ordered.

**1-800-3BROYHILL.  
(1-800-327-6944)**

Call Broyhill Consumer Assistance Center:

- For additional information
- To receive a complimentary Decorating Guide
- To receive a complete Smart Buys Literature collection for only \$10 - MasterCard and Visa accepted. Or, send check or money order for \$10 to: Broyhill Furniture Industries, Inc. Consumer Assistance Center One Broyhill Park Lenoir, North Carolina 28633

**The items on these pages may be purchased at the following Broyhill Dealers:**

#### ARIZONA

**Flagstaff** The Furniture Barn  
**Gilbert** Norwood Furniture  
**Green Valley** Dorson Furniture  
**Kingman** Arizona Furniture  
**Lakeside** Joys Furniture  
**Lk. Havasu City** Michael Alan Home Furnishings  
**Mesa** Paul L. Sale  
Sears Homelife  
Weberg's Furniture  
**Phoenix** M. D. Pruitt  
**Prescott** Marler Furniture  
**Scottsdale** Sears Homelife  
**Sun City** Freed's Fine Furnishings  
**Tucson** American Home Furnishings  
Dorson Furniture  
Sears Homelife  
Barenholtz Fine Furniture

#### Yuma

#### CALIFORNIA

**Anderson** Kueblers Furniture  
**Atwater** Passadoris Furniture  
**Chico** Austins Home Furnishings  
**Concord** Sears Homelife  
**Crescent City** Kueblers Furniture

**Cupertino**  
**El Cerrito**  
**Fremont**  
**Fresno**

**Hayward**  
**Hollister**  
**Manteca**  
**Marysville**

**Oakhurst**  
**Pittsburg**  
**Pleasanton**  
**Rancho Cordova**  
**Rohnert Park**  
**Salinas**

**San Bruno**  
**San Carlos**  
**San Jose**

**San Mateo**  
**Santa Rosa**  
**Turlock**  
**Vacaville**  
**Weed**

**IDAHO**  
**Blackfoot**  
**Boise**

Woodworks Furniture  
Tradeways Furniture  
Connollys Furniture  
Fashion Furniture  
Sears Homelife  
Sears Homelife  
Black-Cooper Furniture  
Hafers Furniture  
B. J. Richardson Home Furniture  
Mathews Fine Furniture  
Lanzafame Furniture  
Woodworks Furniture  
Naturwood Furniture  
Sears Homelife  
Packwoods Showcase Galleries  
Sears Homelife  
Woodworks Furniture  
Sears Homelife  
Woodworks Furniture  
House Of Value  
Santa Rosa Bedding Company  
Woods Furniture  
Shocks Furniture  
Edgewood Custom Interiors

Blackers Furniture  
Commercial Home Furnishings

**Caldwell**  
**Coeur D Alene**  
**Lewiston**  
**Pocatello**  
**Sandpoint**  
**Twin Falls**

**NEVADA**  
**Carson City**  
**Fallon**  
**Lake Tahoe**  
**Las Vegas**

**OREGON**  
**Bend**  
**Corvallis**  
**Hermiston**  
**Hood River**  
**Medford**  
**Roseburg**  
**Seaside**  
**Tigard**

**UTAH**  
**Murray**  
**Orem**  
**Saint George**  
**Salt Lake City**  
**Syracuse**  
**West Valley**

Blackers Furniture  
Runge Furniture  
Sylvans Furniture  
Southeast Furniture  
Sandpoint Furniture  
Browns Furniture

Carson Furniture  
Winan-Yoder Furniture  
Carson Furniture  
Sears Homelife  
Walker Furniture

Andersch Home Furnishings  
Blackledge Furniture  
Hermiston Fine Furniture  
Murrays Furniture  
Joseph Winans Furniture  
Kueblers Furniture  
Roehms Home Furnishings  
Ripleys Fine Furniture

R C Witley Home Furnishings  
R C Witley Home Furnishings  
Boulevard Furniture  
R C Witley Home Furnishings  
R C Witley Home Furnishings  
R C Witley Home Furnishings

#### WASHINGTON

**Aberdeen** Goldberg Furniture  
**Ellensburg** Filterers Furniture  
**Everett** Erickson Furniture  
**Ferndale** Samuels Furniture  
**Kent** Vans Furniture  
**Mt Vernon** Bakers Skagit Va  
**Oak Harbor** Whidbey Furniture  
**Port Hadlock** Petricks Home Fu  
**Seattle** Olsen Furniture  
**Spokane** Burgans Furniture  
**Tacoma** Schoentelds Furn  
**Vancouver** Koplans Furniture  
**Wenatchee** Davis Furniture

#### Also available in Canada

<b>ALBERTA</b> Grand Centre Lethbridge Medicine Hat Red Deer	Select Furniture Capitol Furniture The Furniture Barn Sims Furniture Ltd	<b>ONTARIO</b> Brantford
<b>BRITISH COLUMBIA</b> Chilliwack	Grand Pappys Furniture Sandys Furniture Taks Home Furniture Tro Home Furniture Jonathan Blowne Int Sandys Furniture Poison Place Furniture	<b>Fort Frances</b> Gloucester Leamington Listowel North Bay
<b>COQUITLAM</b> Cranbrook Duncan Kelowna Richmond Vernon		<b>Orlans</b> Sarnia Simcoe Sudbury Timmins

# oliday reams



Shown smaller  
than actual size of  
8 1/4" in diameter.

## Noelle

Dona Gelsinger

Numbered limited-edition  
plate trimmed in 23kt gold.

Spirit is in the air. It is an  
old time, full of wishes and  
dreams. With her list to  
complete, the sounds of carols  
fill the air of Christmas morning.  
Noelle drifts into the imagination of  
the child. As the setting sun gives  
the night a magical glow, she  
encounters one of Santa's "reins-  
tated" snugly beneath the snow-  
y evergreen tree in front of her house.

A child's fantasy, delicately  
portrayed by talented artist Dona  
Gelsinger. Noelle's red cape and subtle  
holly complete the Christmas  
scene. This limited-edition porcelain  
plate, available exclusively  
from The Danbury Mint.

### A Limited Edition.

The edition size of "Noelle" will be limited to a maximum of 75 firing days. Each hand-numbered plate will be trimmed with a band of 23kt gold and accompanied by a personalized Certificate of Authenticity. The price is just \$26.95.

### No Obligation — No Risk.

You can acquire "Noelle" with our *Guarantee of Satisfaction*. If you are not delighted with your plate, simply return it for replacement or refund within 30 days.

Dona Gelsinger's portrayal of this precious scene will surely bring a feeling of holiday cheer to any home. Her loving treatment of the more tender moments in life appeal to a wide audience. To avoid delay, mail your order today!

The Danbury Mint

© 1994 Dona Gelsinger

Please Reply Promptly

The Danbury Mint

GXP 13

47 Richards Avenue  
P.O. Box 4900  
Norwalk, CT 06857

Limit: two plates  
per collector

Please accept my reservation for "Noelle." I wish to reserve \_\_\_\_\_ (1 or 2) plate(s). I need send no money now. I will pay for each plate in two convenient installments of \$14.95\* each, with the first billed prior to shipment.

\*Includes \$2.95 per plate for shipping and handling, any applicable sales tax is additional.

Name: \_\_\_\_\_  
Please Print Clearly

Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Zip: \_\_\_\_\_

Signature: \_\_\_\_\_

All orders subject to acceptance. Allow 4 to 8 weeks after initial payment for shipment.

# WHO ARE TODAY'S MOST INTERESTING WOMEN?

YOU'LL FIND THE ANSWER IN

## CLOSE-UP

# THE 25 MOST FASCINATING WOMEN OF 1994

A LADIES' HOME JOURNAL SPECIAL

ON SALE NOVEMBER 8

THIS LHJ SPECIAL HAS BEEN SPONSORED BY:

- Amity Leather
- BENSON & HEDGES 100'S
- Buick Motor Division
- Chevrolet Motor Division
- Clairol® Ultress®
- Collage™
- English Leather®
- Eureka® Vacuum Cleaners
- Hanes® Hoisery
- Healthy Choice®
- Jelly Belly® Jelly Beans
- Lenox
- Lindt of Switzerland
- L'Oréal® Plénitude Excell - A<sup>3</sup>
- Lycra®
- Maybelline® Revitalizing™
- Merit Cigarettes
- Milton Bradley®
- Nestlé® Toll House Morsels
- Oil of Olay® Bath Bar
- Playtex® Eighteen Hour® Comfort Stretch
- Pontiac Trans Sport
- Priscilla Presley Moments
- SEARS
- Sprint
- Virginia Slims
- Whirlpool®
- Wrangler America for Women®





PEACE ON EARTH AND HAPPY HOLIDAYS FROM VANILLA FIELDS.

FOR A STORE NEAR YOU PLEASE CALL 1-800-526-7228

## GET A HANDLE ON THAT HEADACHE!

In today's fast-paced world, you have no time for a headache. Your busy schedule means balancing a career, a family and a social life. Making time for the people who rely on you—not to mention yourself!—is important. You just can't be slowed down by a headache.

Yet, when they can least afford it, millions of Americans suffer from headaches including migraine, cluster headache and tension headache each year. Of these, tension headache, due to contraction of muscles in your head, neck or face, is one of the most common.

One key to relieving headache pain is to identify the physical and emotional factors that cause the tension:

- Poor posture and lack of sleep.
- Anger, conflict and anxiety.

Once the cause of your headaches is identified, you can take steps to prevent them. If your headaches are caused by factors that are:

- **Physical**—Don't slouch! Poor posture can contribute to tension headache. Keep fit with a regular program of exercise—work off the tension! Eat well-balanced meals.
- **Emotional**—Take breaks from those tension-causing situations. Relax! Take it easy. Soak in a warm bath for at least 15 minutes! Try massage to relieve tension.

In addition to following these strategies, taking a nonprescription ibuprofen-containing pain reliever for tension headache, such as Advil, can provide relief. If your headache persists, consult your physician.

To receive additional free information on controlling headaches, send a self-addressed, stamped envelope to Advil Forum on Health Education, 1500 Broadway, 25th Floor, Dept. LJ, New York, NY 10036



**Advil**  
Forum on  
Health Education

## Do you know who our children are?

*continued from page 122*

do take precautions when they have sex: Nationwide, 72 percent of sexually active girls aged fifteen to seventeen and 84 percent of girls aged eighteen and nineteen use some form of contraception. "Before, kids would worry about pregnancy," Shana says. "Now they worry about AIDS and sexually transmitted diseases." Abstinence is popular among only a minority of U.S. students, although Shana and her steady boyfriend of seven months have abstained from sex. She's comfortable talking about it, but has refrained from intercourse for a number of reasons. "I worry about the morality of it, about getting a disease and becoming pregnant," she says. "But most of all, I've seen sex mess up too many lives."

### #5 Rise in child abuse and neglect

Perhaps no statistic is more troubling than the fact that 2.9 million children were reported abused or neglected in 1992—more than double the figure for 1980. From 1982 to 1992, the number of children in foster care rose by 68 percent, to 442,000 youngsters. And though experts claim that the sharp upturn in the number of maltreated children reflects increased reporting, other factors figure in: economic stresses, the pervasive violence of the times—and one danger to children that is relatively new, substance

abuse by pregnant women. As many as 158,000 cocaine-exposed babies are delivered each year.

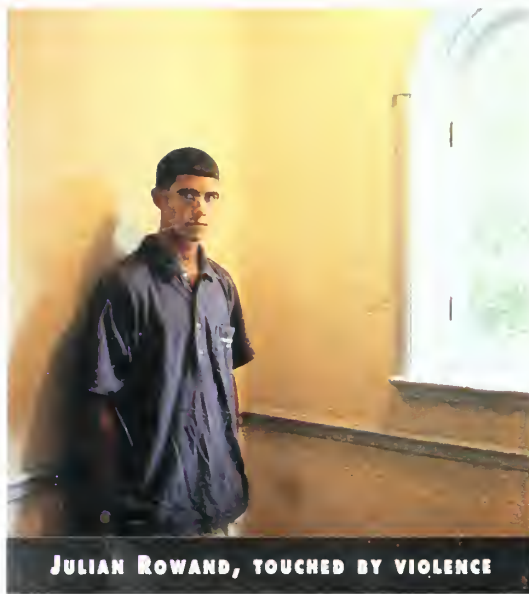
The story of four-year-old Ebony Bates is typical of the newest class of neglected children. Born to a woman addicted to cocaine and heroin, the Chicago youngster was abandoned at the hospital. When repeated efforts by social workers failed to elicit any information from the mother, the infant was



**TIFFANY CAMPBELL, "WHERE IS MY HOME?"**

in foster care. Every day, the two-half-pound baby fought an uphill battle. For weeks, Ebony went through withdrawal: crying fits, insomnia, stomach ailments. Says Debra Bates, foster mother who cared for Ebony during this difficult time, "You just have to hug them until they get over it."

Ebony pulled through in about a month, but some scars remain. She's smaller than others her age, and there is evidence that she may have been born with attention-deficit disorder, typical among drug-exposed children. But unlike many abandoned children, who are shuttled from one foster home to the next, Ebony was adopted. Debra Bates fell in love with the child and, two years ago, formally adopted her. "Foster children often have behavioral problems, but Ebony is smiling," says a beaming



**JULIAN ROWAND, TOUCHED BY VIOLENCE**

### #6 Held back by poverty

The inability to break the cycle of poverty sends many kids down the road to failure and truancy. In the past three years, (con

THE #1 FACT YOU SHOULD KNOW ABOUT PAIN RELIEVERS



# Advil<sup>®</sup> contains the #1 doctor-prescribed ingredient in its class,\* in nonprescription strength.

Here's why Advil should be  
your #1 choice:

I can count on Advil to relieve tough  
headache pain, sore muscles, backache,  
and arthritis pain and menstrual pain.



- Just one Advil is as effective at relieving pain as two regular-strength aspirin.
- Advil works fast and it's gentler on your stomach than aspirin.

ADVANCED MEDICINE FOR PAIN<sup>™</sup>

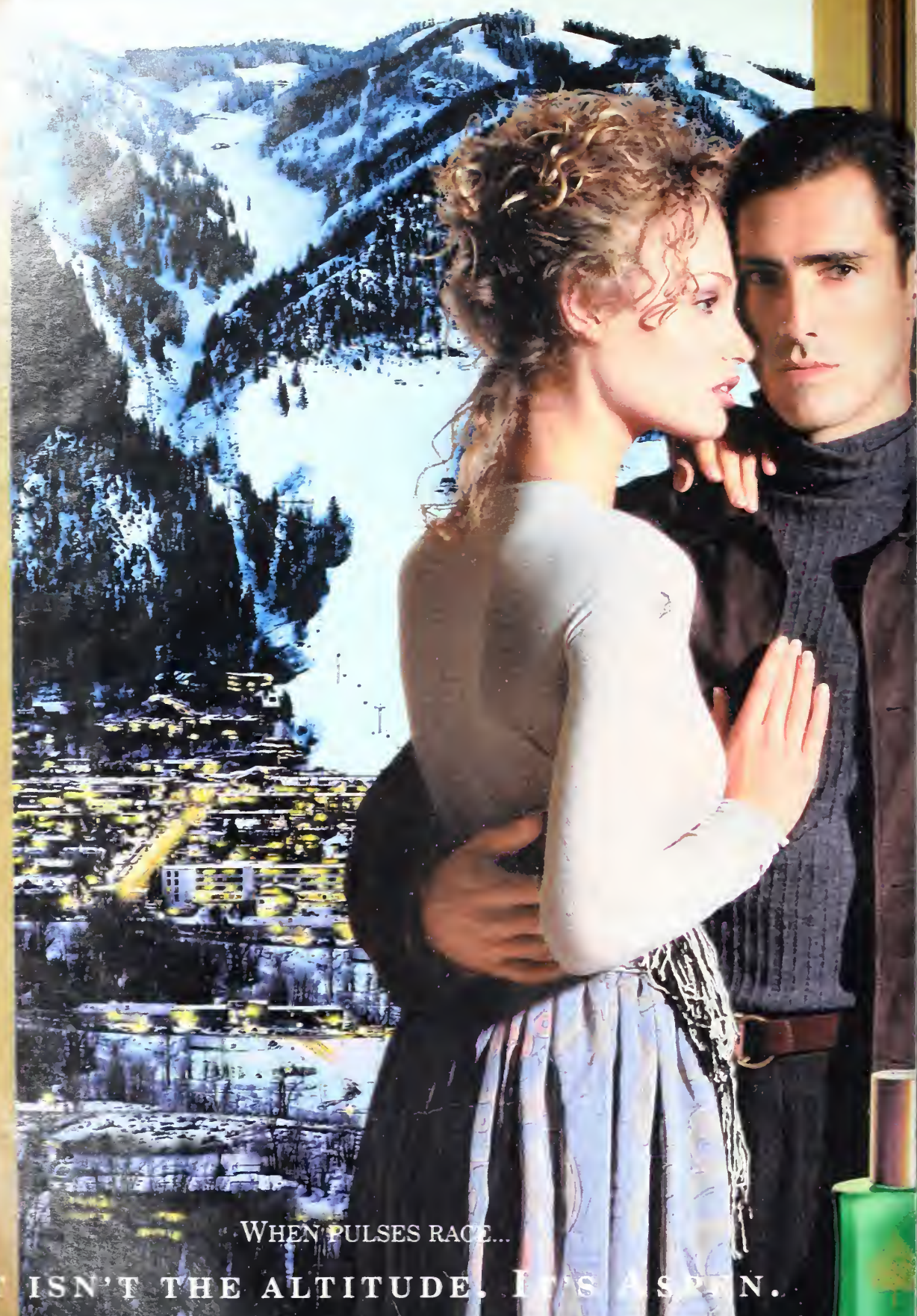
© 1997 Coty Inc. All rights reserved. Coty Inc., New York, NY. Coty Inc., New York, NY. Coty Inc., New York, NY.

© 1997 Coty Inc. All rights reserved. Coty Inc., New York, NY. Coty Inc., New York, NY. Coty Inc., New York, NY.

© 1997 Coty Inc. All rights reserved. Coty Inc., New York, NY. Coty Inc., New York, NY. Coty Inc., New York, NY.

© 1997 Coty Inc. All rights reserved. Coty Inc., New York, NY. Coty Inc., New York, NY. Coty Inc., New York, NY.

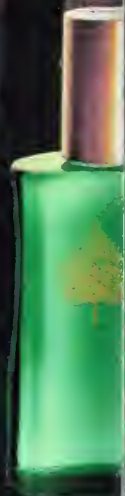
© 1997 Coty Inc. All rights reserved. Coty Inc., New York, NY. Coty Inc., New York, NY. Coty Inc., New York, NY.



WHEN PULSES RACE...

IT ISN'T THE ALTITUDE. IT'S ASPEN.

ASPEN.



FRAGRANCE

## know who our children are?

number of American children living in poverty has risen; at this point, more live in poverty than at any time since 1965, the year President Johnson declared war on poverty. In 1992, some 15 million children lived in households with incomes below the poverty line, for a family of four, was \$10,000. At the same time, an estimated 10 million children go homeless, and the numbers are swelling, according to a study.

For children, extended periods of homelessness typically cause health, dental and nutritional problems—plus the emotional stress and social disruption. Twelve-year-old Tiffany Campbell\* nearly flunked the grade during a period of homelessness in northern Virginia. Tiffany lived with her aunt's and then with her mother at a motel for transients. Last year, she and her twenty-nine-year-old mother moved into the Shelter for Women in Falls Church, Virginia, where they shared a tiny room with two bunk beds, two closets and little else. In the course of a year, Tiffany attended three different elementary schools. Her interest—in her grades—took a nosedive. Tiffany got into fights with other children and argued more with her mother. Of her living, she says, "It's hard to feel sorry about yourself." When her mother moved into an apartment after three months in the shelter, it wasn't soon enough for Tiffany. On the eve of leaving the shelter, she surveyed their newly furnished room and issued a sigh: "This is not a pleasant place anyone would like to be."

## Impacts of violence

Shelter from harm's way is not easy to come by for any of America's inner-city children. The violence engulfing many of our inner cities has spread to the suburbs, and it is claiming younger and younger children as victims.

The number of American children killed each year by guns has risen, to the equivalent of a classroom full of children is killed every two days in the U.S. Among black teenage children aged fifteen to nineteen, guns are the leading cause of death. From 1983 to 1992, the number of juveniles arrested for murder and nonnegligent manslaughter rose by 128 percent. Julian Rowand is one of the grieving. His life has been changed.

The Amherst College freshman from Washington, D.C., lost his best friend, Wardell Scott, to gun violence two years ago. "It was a case of being in the wrong place at the wrong time," says Julian of the incident. "I don't think Wardell was involved with drugs, but I know he used to hang around shady characters."

Julian had grown up playing basketball with Wardell, who lived in a tough neighborhood near Capitol Hill and



SCOTT BIRD, ON THE INFORMATION SUPERHIGHWAY

had a less than ideal home life. His father was killed when Wardell was young, and his mother was a substance abuser. Wardell lived with a grandmother, who, caring for several other children, couldn't protect him from the capital's violent side.

When he received a scholarship to a private high school, Julian began to distance himself from Wardell's tougher crowd. "Many people I've known have lost so many friends to a gun that they've become almost callous." In some parts of Washington, youngsters even play a game called "funeral" when they pick what color casket they want and what music they'd like at their burial service. Julian, recalling the loss of his friend, knows it's no game.

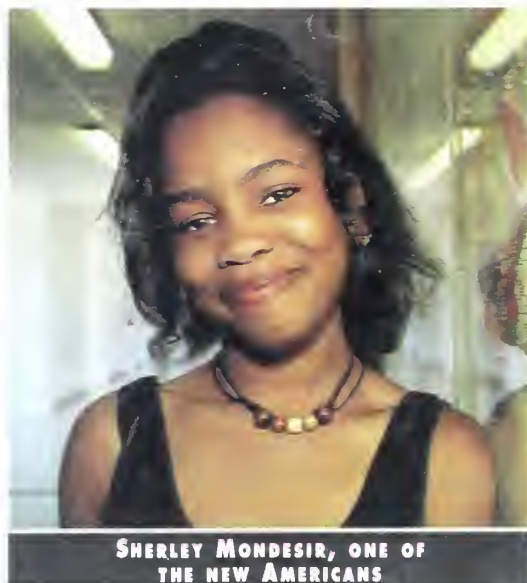
## #8 Computer literacy

Television has gotten a bad rap these days, especially in the wake of all the violence. But sitting in front of a flickering screen isn't always bad. More and more kids are

readying themselves for a future on the information superhighway. In 1989, more than half of all elementary-age students, 53 percent, used computers at school, and 18 percent used one at home.

Just ask Scott Bird, an eleven-year-old from Indianapolis, who's more comfortable than his mother, a media specialist, programming the family's IBM clone. An A student at Indian Creek Elementary School, a science and computer magnet school, he and twenty-six classmates have the use of ten computers in their classroom. After school, Scott heads for his dad's home office, where he'll sometimes spend three hours at the computer, doing homework or playing computer games.

In many respects, Scott takes computers for granted the way his parents accepted TV in their youth. And he can easily imagine a future where everyone is linked by computers. "My generation will one day have computers on their wrists," he forecasts. "And you'll be able to get in touch with anyone in the world."



SHERLEY MONDESIR, ONE OF THE NEW AMERICANS

## #9 Increase in minorities

During the last decade, the number of minority children in America has increased, especially among Hispanics. While the percentage of white and African-American youngsters remained fairly constant, the percentage of Hispanics increased significantly. (continued)

# Eat To Win.

## RICE A RONI

THE SAN FRANCISCO TREAT

Chicken



Enter The Rice-A-Roni Sweepstakes To Win A Free Trip To San Francisco.

Grand Prize:

Free trip to San Francisco for you and your family.

Entry Prize:

Free Rice-A-Roni cookbooks to the first 2,000 entrants.

#### Sweepstakes Rules

1. Contest is open to U.S. residents, 18 years of age and older, except employees of Golden Grains and Meredith Corporation, their affiliates, subsidiaries and families.
2. Clearly type or print your name and address on entry form or a postcard.
3. Send entries to Rice-A-Roni Sweepstakes, P.O. Box 672, Newark, NY 14530672. No purchase necessary.
4. All entries must be postmarked no later than Jan. 17, 1995. No responsibility is assumed for lost, late or misdirected entries.
5. Winner will be selected by a random drawing from all entries received on or about Feb. 2, 1995 and will be notified by mail.
6. Entry, consent, permission to use winner's name and hometown for promotional purposes. Winner will be required to sign Affidavit of Eligibility, and winner and travel companions will be required to sign a Release of Liability within 10 days of notification. Subject to all federal, state and local laws and regulations. Void where prohibited. Applicable taxes, if any, are the sole responsibility of the winner.
7. One grand prize trip to San Francisco will be designed and awarded for your family with a total value up to \$5,000. Trip may include airfare, ground transportation and hotel accommodations, plus dining and activities allowance for winner and travel companions up to \$5,000. No substitution in lieu of trip. Trip subject to availability and must be started no later than December 31, 1995.
8. 2,000 Rice-A-Roni cookbooks will be awarded by mail to the first 2,000 entrants, value \$2.99 each.
9. For list of prize winners, available after Feb. 2, 1995, send a separate SASE addressed in pre-envelopes to Rice-A-Roni Sweepstakes, 2290 East Ave., Rochester, NY 14610.
10. Odds of winning trip depend on the number of entries received.
11. One entry per household.

Enter The Rice-A-Roni Sweepstakes

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Please Answer: What is your favorite ingredient to use in a Rice-A-Roni main dish recipe?

## Do you know who our children are?

*continued*

In story and song, America has always paid homage to ethnic diversity, and immigrants still vie to come here for a better life. But in truth, life remains a struggle for minorities, especially the newest wave of emigrés.

Seventeen-year-old Sherley Mondesir came to this country from Haiti four years ago, fleeing her violence-torn country for the multiethnic suburban community of Elmont, New York. An older brother and sister had spent several years in the U.S. earning money to bring in the rest of the family of seven. Like a third of America's recent immigrant families, the Mondesirs live near the poverty line, though Sherley's father drives a taxi and her mother works as a cook. But financial obstacles haven't slowed Sherley's ability to adapt to U.S. soil. "I love the American culture," she says. "I love the fashion and the music and the hairstyles. And I especially love the junk food."

Not that Sherley has completely severed her Haitian roots. Her family still speaks Creole at home, they attend a Creole church, and meals often revolve around the traditional ingredients, beans and rice. But Sherley claims she has yet to experience prejudice. "The only true Americans are the Native Americans," she says. "So everyone else started out as immigrants." It doesn't hurt that at Elmont High School, where Sherley attends classes, her 1,150 fellow students hail from ninety countries.

"We learn from one another," says Sherley. "Almost everybody comes from another culture."

### #10 Increase in college attendance

For some, education is still the route to the American Dream; for others, it's just standard preparation for a job. But it's never been more important. Between 1976 and 1993, the percentage of high school graduates going directly to college increased from 49 percent to 63 percent.

This fall, Tania Martinez will be the first member of her family to go to college. The eighteen-year-old

from Laguna Hills, California, has maintained an A average in high school, despite a schedule heavy with honors classes and an after-school job. The daughter of a Peruvian-born truck driver and a mail carrier, Tania is already charting a secure future for herself. "College is the only way to get to be successful in life," she says.



TANIA MARTINEZ, COLLEGE BOUND

Tania credits her success to perseverance. "No one ever had to tell me to do my homework," she says. "I always wanted to be the best." She hopes to enroll in the premed program at the University of California at Berkeley and has already applied for an academic scholarship. Ultimately, her goal is to turn her college experience into a family affair. "I want my sister and cousins to go to college, too," she says.

This is childhood in America. Like *Harriet* it's not—yet neither is it a time without hope. In an era when often parents have failed to protect them, many of America's children may have to rely on themselves to find their way to adulthood. But it can also be acknowledged that the day we long for—the fabled day when carefree kids rode bicycles and read books all day—isn't a fairy tale than fact. American children may have lost their innocence, but as they mature they find in themselves the strength to triumph over seemingly impossible odds.

Michael J. Weiss is a contributing editor of *Ladies' Home Journal*.

# RICE A RONI



THE SAN FRANCISCO TREAT

## Beef



The San Francisco Treat  
On The Sidelines.

The San Francisco Treat  
As The Center Of Attention.



### *Quick Taco Salad*

- ¼ pound lean ground beef*
- ½ cup chopped onion*
- 1 package Rice-A-Roni Beef Flavor*
- ½ cup salsa*
- 1 teaspoon chili powder*
- 4 cups shredded lettuce*
- 1 medium tomato, chopped*
- ½ cup shredded monterey jack or cheddar cheese*
- ½ cup crushed tortilla chips*

*In just 30 minutes, you can now make a delicious main dish with a box of Rice-A-Roni and a few simple ingredients.*

*Step 1. In large skillet, brown ground beef and onion; drain. Remove from skillet; set aside.*

*Step 2. In same skillet, prepare Rice-A-Roni as package directs.*

*Step 3. Stir in meat mixture, salsa and chili powder; continue cooking over low heat 3 to 4 minutes or until heated through.*

*Step 4. Arrange lettuce on serving platter. Top with rice mixture, tomato, cheese and tortilla chips. Serves 5.*

*For over 170 more recipes, just call the number below:*



*The Rice-A-Roni Main Dish Helpline*

*1-800-421-2444*



## Mary, Mary UNCONTRARY

What's it like to be a serious actress in a town full of stars? Just ask Mary Steenburgen. By Jess Cagle

**M**ary Steenburgen stands by her man. Example: Not long ago, she and her boyfriend, Ted Danson (the *Cheers* star), became separated in the crowd as they filed in to see the Broadway revival of *Corouzel*. Another woman, spotting Danson at the lobby concession counter, pointed to the bald spot in the back of his head and whispered to her friend, "And I heard all the hair in the front is *fake*." Danson didn't hear, but Steenburgen did.

"Actually that's not true," Steenburgen piped up, catching the gossip off guard.

"They turned and saw it was me, and they were mortified," says forty-one-year-old Steenburgen, laughing

about it weeks later. "I told her, 'I think it would be real bizarre to have a wig that was cut out in the back to show your bald spot. That's an odd concept, isn't it?' Then I just let them go off and ponder this."

Pity that woman. Because getting called down by the otherwise soft-spoken Mary Steenburgen must be as surprising as getting a rap on the knuckles by a mild-mannered grade-school teacher. For over the past quarter century, Steenburgen has crafted for herself one of the kindest and gentlest personas in Hollywood. She played the put-upon, tap-dancing young mother in *Melvin and Howard* (for which she won the 1980 Best Supporting Actress Oscar) and Steve

Martin's understanding wife in *Parenthood* (1989).

Her darker characters are laced with humanity, too; last year, she oozed compassion as the lonely housewife who seduced Johnny Depp in *What's Eating Gilbert Grape?* And as a lawyer defending the villain in *Philadelphia*, her eyes glistened with regret as she tore at Tom Hanks. Her new drama, *Pontiac Moon* (co-starring Danson), opens this month; in it, Steenburgen plays an agoraphobic who bravely sets out on a road trip to follow her husband and son, in hope of saving her marriage.

An Arkansas native with an accent to prove it, she is also, along with Barbra Streisand, one of the most celebrated members of the Hollywood Chapter of the Friends of Bill Clinton club. Yet, unlike Streisand, Steenburgen is a low-key anomaly in Hollywood; she is as likable offscreen as she is on. While the tongues of the movie industry constantly wag about its divas and their demands ("Sharon Stone wants *what* in her trailer?"), Steenburgen has a reputation for being unflinchingly easygoing.

The actress has never, however, enjoyed a super-hot status. "It's not like my career supports my life," she says, when asked if this bothers her. "It's the other way around. . . . I knew Bette Davis a little bit. I thought she was the pinnacle of what I could want, career-wise. But she was a miserable, *sad* person. So sad. That's not the way to go."

According to those who know her, though, Steenburgen is no goody-two-shoes. "She has a raunchy side," insists Danson. But this morning, as Steenburgen pours coffee in her rustic kitchen, wearing a flowery dress, that particular trait is not apparent. Her Los Angeles house is wrapped not in a high-security electric wall, but a white country fence. The closest thing to a guard at the gate is a big, lazy dog named Lucy. Steenburgen has two children, Lilly, thirteen, and Charlie, eleven, by her only ex-husband, actor Malcolm McDowell, whom she met while filming 1979's *Time After Time*, and who now lives just down the (continued on page 142)



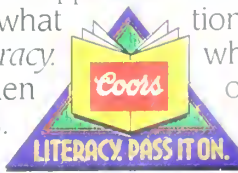


# 's Enough To Make You Cry.

Imagine, for a moment, what it's like to be a woman who is transformed from the darkness and limitation of being illiterate, to the illumination and opportunity of literacy. That transformation is what we celebrate at Coors. Through our *Literacy Pass It On* program, over 250,000 women have furthered their education and skills. Each has become empowered. To find a

better job. To pursue her dreams. To help teach her children.

We'd like to thank all of the literacy organizations, celebrities, authors and people like you who've also given time, talent and money to our five-year literacy commitment. You've helped us transform tears of sadness into stronger, wiser, more hopeful tears of joy.





The bare facts are Alpha Hydrox reduces wrinkles, softens and smooths your skin, and acts as a natural exfoliant. And now we have a new line of Cleansers, Treatments and Moisturizers for all skin types and sensitivities. Available at grocery, drug and discount stores for under \$10. Call 1-800-55.ALPHA with questions.



**Alpha Hydrox Foaming Face Wash** is soap-free and fragrance-free. It gently cleanses your skin, leaving it smooth, soft and perfectly balanced for alpha hydroxy treatment.



**Alpha Hydrox Face Creme** contains alpha hydroxy acid and will help reduce the appearance of fine lines and wrinkles by acting as a natural exfoliant. Try it for 2 weeks and see a brand new softness and radiance.



**Alpha Hydrox Sensitive Skin Creme** offers wrinkle-fighting benefits of alpha hydroxy acid in a formula that is gentle enough for even sensitive skin. See the radiant difference in your complexion in 2 weeks.

# The Naked Truth About Skin Care.



**Alpha Hydrox Oil-Free Face Gel** is perfect for daytime use under makeup. And because it contains hydroxy acid, you'll get all the anti-aging benefits in a gel. Exceptionally gentle on problem skin.



**Alpha Hydrox Hand and Body Lotion**, for all skin types, absorbs quickly and is delicately scented. It's a powerhouse of alpha hydroxy benefits - leaving rough, damaged skin silky smooth all over.



**Alpha Hydrox Daily Lotion Moisturizer**, for normal to dry skin, delivers optimum moisture throughout the day in a lightweight, fragrance-free formula. Visibly boosts hydration level for smoother-looking skin.



**Alpha Hydrox Night Replenishing Creme** is non-oily but luxuriously rich, to deeply hydrate and nurture your skin through the night when renewal processes are most active. For normal to dry skin.

"IS THERE A CAT FOOD WITH NO ARTIFICIAL COLORS OR FLAVORS?"

Helping pets live longer, healthier lives.  
© 1994 Ralston Purina Company



**ABSOLUTELY.**

Purina® Cat Chow® has all the complete and balanced nutrition your cat needs. Not the artificial colors and flavors he doesn't need.



**BETTER CARE MAKES BETTER CATS.**

Call 1-800-CAT-CARE for more information.

road with his new wife, Kelle M Dowell ("We've hacked out an friendship," says Steenburgen H kids, whose fair looks favor their ede are, at the moment, sprawled out living room watching *The Brady Inc*

Though it's Wednesday, the o sounds like Saturday: the chaer midmorning reruns on TV, the r of the gardener's lawn mower osr If you listen closely, you carne Lucy's snores as she sleeps on th next to her master, who is burie r giant white sofa in the sunroom. b burgen got Lucy at the Human e ty. Lucy, in turn, alerted Steenbu to a small rattlesnake recently d driveway. "I was carrying groceri would've stepped right on it, sa Steenburgen. "I like to say that I her life, and she saved mine."

Though Danson is not yet a fu member of the household (he mara h's bachelor pad in Santa Monica here that he and Steenburgen worked on meshing their familie they met on the set of *Pontiac Mo* winter; Danson has two daug roughly the same ages as Charli Lilly. The couple are buying a ho Martha's Vineyard, where they ed this past summer to paint war ors. Neither will say if wedding have been made, though Danson point out sardonically, "The *Na Enquirer* says Christmas."

All joking aside, Danson stranger to tabloids. Last year he ed his fifteen-year marriage to a Danson, the mother of his chil and took up with Whoopi Goloe The Ted and Whoopi show clia in October, when Danson ignit explosive, racial-based controvey appearing in blackface at a Friar roast honoring Whoopi.

Once they began working togh Steenburgen found a man diffi than the one the world had been e ing about in the supermarket chik line. "He was just this really nice ny, cigar-smoking person," she s "[But] Ted is, of all the peopl known in my life, the least ju That's what was so interesting p the last year. He was so judged."

Steenburgen herself has som perience with harsh judgments-s inflicted ones. Back home in Little, her father, a freight-train cond suffered the first of eight heart a

ary was only eight years old. In  
to make life as easy as possi-  
er father, the little girl set her-  
e very high standards and  
herself if she failed. "I  
I had to be perfect, as though  
y did depend on it," she says.  
ained from fighting with her  
sister. She gave parties for or-  
s, brought home good grades  
t to church. To keep herself  
rouble, little Mary retreated  
els, logging about thirteen li-  
oks a week.

Steenburgen entered her  
e farthest she had ventured  
le Rock was a camp in Mo-  
bama. Then she took her first  
ip, alone, to visit a cousin in  
gton, D.C. "It altered my life,"  
she says, settling deeper into



and easing into  
nory. "I saw mu-  
I saw history. I  
ack people with  
eople. I saw *mar-*  
*ildings*. I saw  
And poverty. I  
rything." She re-  
to her home in  
Rock so lovesick  
city that she be-  
ing D.C. directo-  
ance ("It was free  
she points out)  
gaging the opera-  
onversation. "Is it nice there to-  
ne would inquire.

Steenburgen was sixteen, an-  
world opened up for her when  
k to the stage for a small role  
mmunity theater production of  
*ucible*. Three years later Steen-  
a moved to New York City,  
she studied stage acting with  
ined instructor Sanford Meis-  
at it was Jack Nicholson who  
her the ways of the camera.  
g rehearsals for her debut  
*Goin' South* (1978), which  
son directed, he ordered her to

watch the old romantic comedies of  
Jean Arthur and Katharine Hepburn,  
and then quizzed her on the perfor-  
mances at the end of the day.

Following her movie debut, says  
Steenburgen, "I was known as a come-  
dian. Then I did *Ragtime* [in 1981],  
and after that I got sent some serious  
parts." What followed has been an im-  
pressively diverse career, from Woody  
Allen (*A Midsummer Night's Sex Come-  
dy*, in 1982) to horror (*Dead of Winter*,  
in 1987) to executive producing (*End  
of the Line*, in 1987) to action-comedy  
(*Back to the Future Part III*, in 1990).

Steenburgen's next project will



**Stepping out**  
(clockwise from  
top right): with  
current flame Ted  
Danson; kids  
Charlie and Lilly;  
and (now-ex)  
husband Malcolm  
McDowell

unfold live onstage  
in Los Angeles: in  
Scott McPherson's  
drama, *Marvin's  
Room*. Steenburgen

stars as a spirited spinster facing  
cancer, with *Designing Women's* Jean  
Smart as her selfish sister. Steenbur-  
gen will take a hiatus from the play  
and fly to Scotland, where Danson is  
set to start filming *Lochness* this fall.  
"I want to see where he's living,"  
says Steenburgen, "so I can picture  
it when we're on the phone."

Even when she can't literally stand  
by her man, Steenburgen would still  
like to share his view. ■

*Jess Cagle is a senior writer at Entertainment Weekly.*

# THE CRUNCH THAT SATISFIES



**NATURE VALLEY**

**CRUNCHY  
GRANOLA BARS**

# MURDER as entertainment

As the mother of a young man who was shot to death, I am sick of our nation's fascination with violence and our disregard for its victims. What I have to tell you isn't very pleasant. But I want you to think about what is happening to us all. By Antoinette Bosco

**F**or the past few months, out of all the images I have seen on TV, one image has burned itself into my brain: O.J. Simpson sitting in a courtroom next to his defense lawyers. For the past few months, almost no time of day has passed without the TV cameras focusing on this man—the football star, the celebrity, the centerpiece—listening to the sparring between his defense team and the prosecutors.

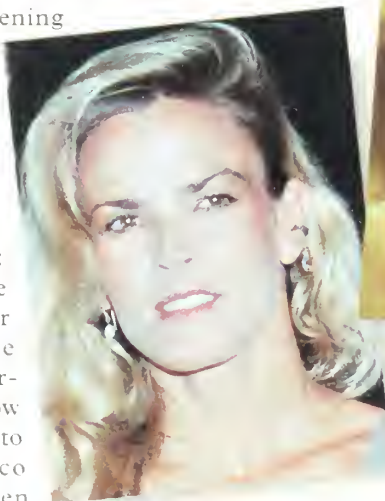
TV hosts have had a field day with sardonic O.J. jokes and tidbits: the latest on the O.J. 900-number hot line; the tale of the car dealership whose window sported a big photo of a white Bronco boasting, "As seen on TV."

And every day I find myself struggling to control the quiet rage I live with. For I wonder daily about the people we are *not* seeing on TV—the victims: Nicole Simpson, thirty-five; her twenty-five-year-old friend, Ronald Goldman; their parents, their relatives, their friends and, especially, *especially*, Nicole's now motherless children.

I have heard people say they feel sorry for O.J. Simpson, the fallen hero, the man who stands to lose his fortune because he's been accused of

two murders and must wage an expensive defense. I want to scream, "But who feels sorry for Nicole? Was anyone there to protect her in times past when this football hero was beating on her? Does anyone feel sorry for her because cruel hands holding a knife ripped her body open and stole her life?"

If I have such deep



sympathy for the victims, it is because as I write this I am reliving

what happened on August 19, 1993. That was the day I received a call that no mother should ever have to hear, the devastating news that my son, John, and his wife, Nancy, had been murdered, cold-bloodedly executed in their home in Ferndale, Montana.

I, and my five surviving children, lived through months of unending torment as we went from not knowing who had done this horror to learning, on December 7, 1993, that they were killed by the eighteen-year-old son of the couple from

whom they bought their house. Court authorities have told us that they found no solid motive—no robbery, no rape; we will just have to live with the murderer's claim: "I don't know why I did it."

Yet, if we don't know *why*, we do know *what* he did. In the early-morning hours of August 12, 1993, Joseph Shadow Clark stole up to the isolated house where my son and daughter-in-law were asleep in their beds, cut the phone and electric wires, broke in through a first-floor window, went directly upstairs to their bedroom, shot John in the head, killing him instantly, shot Nancy in her back and then her



head, put a pillow over Nancy's head, "may have touched her" (he

**The forgotten ones—Nicole Brown Simpson and Ronald Goldman, and one who cannot forget, Nicole's mother, Judy Brown**

now says), and slithered out of the house. Their bodies were found a week later.

Adding to our pain was the "solution" to this crime—the acceptance of a plea bargain that will put Joseph Shadow Clark in prison, with no parole, they say, until he is sixty. And once the plea bargain was in place, my family found it could learn no more about the investigation's findings. *(continued)*

There are 86,400 seconds in a day. Fortunately, Tidy Cat is at work every single one of them.



If there's a cat box around your home, you need the round-the-clock odor protection of Tidy Cat.\*

Specially formulated to work every second of every hour of every day, Tidy Cat makes for a consistently fresher, cleaner-smelling cat box. Which is welcome news to you *and* your cat.

Tidy Cat with continuous odor control. Also available in Tidy Scoop<sup>®</sup> and Multiple Cat formulas.



MAKE IT TIDY ALL THE TIME.™



The evidence was sealed; we were officially ignorant.

I was told I *might* be able to apply for a court order to see the evidence one day, and I intend to do that. I also want one day to meet personally and privately with that young man, to look at his face and see what his eyes will tell me about why my son and his wife had to die.

In the O.J. Simpson case, there has been no such silence about the evidence, or in fact about any tidbit related to the killings. This is the other side of the indignity coin for victims' families: The media has reported every last scrap of gossip, all too often invading the rightful privacy that should be given to murdered Nicole and Ron. Consider the pain their families must endure by the blurb on just one of the rash of new books (*Juice: The O.J. Simpson Tragedy*, by Larry Browne and Paul Francis, Globe Communication Books)—“a graphic reconstruction of how the bodies

the victim. The merchandising is absolutely unconscionable. I met a mother and father whose child was murdered just before this, in the same vicinity. They got absolutely no attention, no response from officials,” says Ives, the mother of a seventeen-year-old murdered son, whose killer was never found. “When they talk about O.J. Simpson, they say he is accused of murdering his ‘ex-wife and her friend.’ They don’t even mention their names.”

But this insensitivity is only part of a disturbing pattern that’s becoming far too apparent in this country. High-priced defense lawyers maneuver endlessly, with little or no regard for the truth; plea bargains are struck with no consideration for what a victim’s family might want. Outside the courtroom, murder is seen as an aspect of recreation, with children playing violent video games and seeing increasingly violent movies. Last November, Ives decided she had had enough; she joined with other members of POMC to launch a national effort to stop this, a movement they call bluntly “Murder Is

desensitized to violence, to think of killing as just another piece of news, not as the tragic loss of a precious life.

That attitude can have profound consequences. Says Harry Bonnell, MD, forensic medical examiner in San Diego, California, who is on the national board of trustees of POMC, “As the human side is not seen, people will have total disregard for life.”

Mothers like myself, and Campo, whose son, Robert, was murdered in 1988 in California, can’t for a moment forget the “human side.” Campo, a POMC member, reached out to me from another state where she read of the murders of my son’s daughter-in-law, wanting to help me strength, even as she told me fully that our pain is permanent.

With the Simpson case on her mind, she related hearing that the chaplain at the U.S. Senate said a prayer for O.J. Simpson and added a perfunctory sentence about the victims at the end. Campo says fiercely as she talks about the death of her son, “We will not forget the gaping head wounds and the swollen brain. We will take to our graves the vision of every act of abortion.” Those are a mother’s warning words. They are not funny; they are only sadly, irrefutably true.

I wonder what images haunt the parents of Nicole Simpson and Ronald Goldman. I wonder how they’re dealing with the insensitivities surrounding them, like a tabloid headline alleging Nicole had six abortions. True or not, does this mean she deserved to die?

If survivors get a short shrift, it’s because “murder is a bad word. There’s a stigma attached to it. Good people don’t get murdered,” says Rita W. Smith, of Sedona, Arizona, with just a hint of sarcasm. She is the mother of a murdered daughter in a nine-year-old unsolved case, and national president of POMC.

“Trying the victims as the guilty party has become very common,” said Margaret DiCanio, author of *An Encyclopedia of Violence (Facts on File)*. One of the most recent—and shameful—examples in point: the infamous California murder trial of the Menendez brothers. Their defense painted them as pathetic, abused children, implying that somehow justified the act of pumping fifteen bullets into their parents.

My family, also, were not spared blame-the-victim pain. When the bodies of my son and (continued)

## IT IS TOO EASY TO BECOME DESENSITIZED TO VIOLENCE, TO THINK OF A KILLING AS JUST ANOTHER PIECE OF NEWS, NOT AS THE TRAGIC LOSS OF A PRECIOUS LIFE.

looked when they were discovered.”

I’ve talked with many parents who, like myself, have had to survive the murder of a loved one. We are all, every one of us, sickened by this case that has become a three-ring media circus. It is despicable that this kind of evil can be made into a spectacle, an entertainment series.

The viewers, of course, are not suffering. Most of them have not been personally touched by murder. They are removed from the human pain that is the permanent legacy of the survivors who loved the murdered one.

Linda Ives, the state coordinator for the Arkansas chapters of Parents of Murdered Children (POMC), a national self-help support organization of persons whose loved ones have been murdered, is emphatic in her disgust. “A suspected criminal is being made

Not Entertainment.”

“MINE wants to raise consciousness about how murder has become a multibillion-dollar entertainment industry and to change society’s attitude,” says Ives.

Partly because of that attitude, only the most sensational, the most “entertaining” real-life murders seem to merit attention. “Ordinary” killings, on the other hand, have become so frequent that they barely rate a mention in the newspaper or on the local TV news. In Ives’ own small town near Little Rock, a drive-by shooting, a front-page story at one time, now “gets a paragraph on the second page of the second section,” she says sadly.

In either case—whether a killing gets distorted network coverage or is lost amid a flood of more “important” stories—it is too easy to become





*Eau de Parfum Spray*



*Heart Picture Frame with Cologne Spray and Body Lotion*



## *Designed For Giving*

*We think opening a gift should be as wonderful as wearing it.*

*The Collection...\$10.00-\$20.00 To find Truly Lace at a store near you, call 1-800-528-7228.*



*with Wildflowers*



*Luxurious Bath Essence*

MANUFACTURER COUPON EXPIRATION DATE 11/94

**Truly Lace** *Gift Certificate*  
Save \$2.00  
on any purchase of \$10.00 or more from the Truly Lace Collection.

800071

5 31655 00082 9

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Dealer: Mail this coupon to Loty, Inc., P.O. Box 870135, El Paso, Texas 88587-0135 for redemption plus \$.08 handling provided you and the consumer have met the terms of the offer. Redeemable only by retail dealers handling Truly Lace. Good only on Truly Lace purchase of \$10.00 or more. Cash redemption value: .20 of \$1.01. Reproductions are not redeemable. Coupon not assignable. Void where prohibited. Invoice proving sufficient purchases of Truly Lace to cover coupons presented for redemption must be shown upon request. Limit: one per purchase.



*Keepsake Box holds Eau de Parfum Spray, Bath & Shower Gel, and Body Lotion*



*Cologne Spray and Body Powder*

# Admirable Bird

## Mrs. Dash Roasted Lemon Chicken

One whole chicken (2 1/4-2 1/2 lbs.) 3 Tbsp. Mrs. Dash Lemon Pepper  
 1/4 cup hot water 1 Tbsp. dried oregano  
 2 tsp. instant chicken bouillon

- Preheat oven to 400°F. Place chicken in roasting pan. Combine hot water, salt bouillon; pour over chicken.
  - Combine Mrs. Dash Lemon Pepper and oregano. Coat chicken with mixture.
  - Bake (covered with aluminum foil) 50 minutes. Remove foil. Baste. Bake uncovered for 15 minutes or until golden brown and chicken is done.
- (Serves 3-4)



Do it better with Mrs. Dash.

## Murder as entertainment

*continued*

daughter-in-law had just been found and police had absolutely no comment yet as to what had happened, a Montana paper quoted an unidentified source as saying, "Bosco

indicated he would not mind taking his own life." The titimation of murder-suicide from an "unidentified source" was beyond irresponsible and devastatingly painful for the family. Then I got a call telling me that people in Montana were talking, saying this wasn't a Montana crime. After all, they said, the Boscos were killed, execution-style, and, after all, John was Italian. It had to be an Ete crime, a Mafia connection!

I wonder: Do people try to find some flaw, some gift in the victim so that they don't have to feel revulsion at murder? Certainly the sensationalized media coverage of the Simpson murder case has fed this sick attitude toward victims. DiCanio, speaking of Nicole and Ron, pointed out that "they're trying the victims, saying things like he [John] was her lover, a stud with a history of taking women away from their men. They used to throw Christians out of lions. Now they watch court trials."

Maybe in saying that, Margaret DiCanio has touched the truth button, the one that should force us all to examine our consciences, to search our souls to find if we care about life and death and believe that murder—even if it involves our superstars—is evil. Maybe we should go back to the Bible to be reminded of the origins and meaning of human life, and the mandate of the Creator *not* to kill. Unfortunately, we've gone from that great commandment to the TV cameras focused on a woman fan, shouting her football hero, "We love you, O.J., guilty or innocent."

In that screeching moment, when millions of people are watching—forgetting about two dead victims, focusing again on one more "dramatic" event in a continuing soap opera—we became less compassionate, less thoughtful, in fact, less human.

Shame on all of us.

*Antoinette Bosco is the author of "The Pummeled I: Finding Peace Through Pain" (Twenty-Third Publications) and the executive editor of The Litchfield County Paper in Connecticut.*

## The best years

*continued from page 66*

is in the hamper—find an alternative and move on.

**Rethink your standards** To keep your priorities in focus, it's important to realize that you can't do everything perfectly every time. Your house doesn't have to be as tidy as your mother's was when you were little.

**Keep a sense of humor** You'll be better able to cope with hassles if you don't take them too seriously. Says Heitler, "Keeping a sense of humor helps us to step back and keep things in perspective. We can chuckle at ourselves and the situation."

**Create a sense of teamwork** Let your children know that they're an important part of the team and that the chores they do help keep the unit

running. This sense of family is not only a valuable concept to teach; it can actually encourage your kids to take on responsibilities.

**Get your husband to help** It can be easier than you think to get your husband to pitch in around the house—if you know how to ask. "The best way is to be straightforward," Heitler says. "Say, 'Here's what's on my plate and here's how I feel about it. Are you willing to pick up some of these responsibilities, and if so, which ones? Or can we make a trade-off?'" But don't tell him you feel *angry* when he doesn't do his share. "It's a word that tends to make the other person feel defensive and criticized," she adds. "It's better to use words like 'frustrated' or 'overwhelmed' or 'discouraged.'"

**Accept help** Next time someone offers

to give you a hand, take her up on it. If you have trouble accepting help, try an exchange system with family or friends. For instance, offer to baby-sit a friend's children on special occasions; she'll do the same for you.

So, the next time your mother, sister or aunt tells you that "these are the best years of your life," don't laugh. Tell the truth. Like the person in a museum who stands nose-to-nose with a masterpiece and sees only the paint smears and cracks in the canvas, you may be too close to the subject. Take the time each day to stand back and appreciate the beauty in front of you.

*Donna Christiano is a writer specializing in health, psychology and women's issues. She deals with her stress by working out and (occasionally) eating chocolate.*



*Arielle*  
THE SPRING ANGEL

by Ann Timmerman

Georgetown Collection  
*Artist's Edition*<sup>TM</sup>

shown smaller than actual size  
13" head to toe. Beautifully  
decorated stand included.





# GRACE

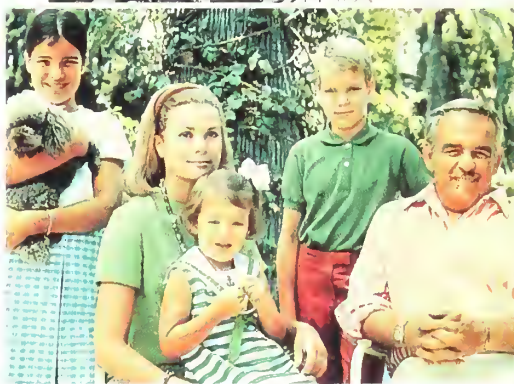
## The untold story

An intimate look at the marriage of Grace Kelly and Prince Rainier—and why it went so wrong.

By Robert Lacey



**I**n 1956, Grace Kelly was America's most popular film star. She was beautiful, aristocratic, the winner of an Oscar for Best Actress, and when she married Prince Rainier III of Monaco, everyone thought it was a storybook romance. But when Grace crossed the Atlantic aboard the U.S.S. Constitution to join hands with her fiancé-prince, she was sailing toward a life that would fall far short of most fairy tales. Twelve years after her tragic death, we learn at last that her marriage to Prince Rainier did not prove the loving and romantic experience that Grace—and her fans—had expected.



From the moment their engagement was announced, Prince Rainier and Grace Kelly had been asked if marriage meant the end of her movie career. The prince had absolutely no doubt that Grace would have to give up her acting. He had first been attracted to her because she was *not* like a film star, and he could see no way at all that it would be either practical or dignified for his wife to keep on working in Hollywood.

Grace, however, had talked as if


she was contemplating the prospect of a long vacation from acting, followed by occasional work on plum roles. But she was not inclined to argue with Rainier. She was rather pleased to have a man who took such firm charge of her life. And at the age of twenty-six, Grace very much wanted to become a wife and mother. She had always said that she doubted whether it was possible to combine either of those responsibilities with the life of a working actress, and there was also that part of her that had never liked Hollywood—the gypsy life, the days living out of a trailer and the combination of tension and tedium. Giving this up for the love of a prince did not seem a



sacrifice, except that her prince was not always loving.

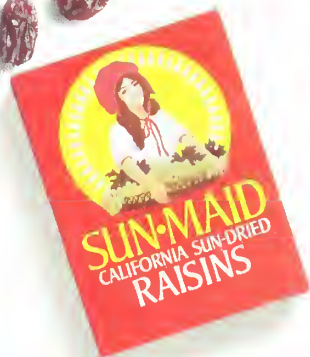
Grace had a taste of Rainier's moodiness during the weeks of their engagement in America, when he showed his displeasure with the bold and brash American press, but she had not bargained for quite how imperious the prince's temper could be once they married. "With Rainier," says Gwen Robyns, an author and friend of Grace, "she always felt as if she were walking on eggs." In a second, her prince could (*continued*)

From GRACE, by Robert Lacey. Copyright © 1994 by Robert Lacey. Reprinted by permission of G.P. Putnam Sons, of the Putnam Berkley Group, Inc.



**What  
do you  
remember  
most  
about  
growing  
up?**

*Maybe it was a certain dress.  
The one you got to pick out.  
The one with the white bow. It  
was a simple thing, but that's  
what made it your favorite.  
Life is full of simple things that  
are perfect just the way they  
are. Some of them you wear.  
Some of them you experience.  
And some of them, you eat.*



*Simple. Genuine. Good.*

... as pie to diffi-

Madge Tivey-... several magazines... How many times... red-eyed," she... she would tell... her embarrassment. . . .  
 . . . had her hair cut very short... the wishes of the prince. . . . It must have taken him all of three seconds to discover what was different. His mouth tightened and he clenched his fist. The princess stopped in the middle of the room, embarrassed. And the prince, with all his force, threw his glass on the floor."

But it was the silences that were even harder for his wife to take, the long hours the prince spent radiating displeasure. Rainier also had the habit of going to sleep when he was bored—in the middle of a dinner party, in the royal box at the opera, on a sofa mak-

Louis Pierre was born. The prince and princess reveled in their children. One of the highlights of Grace's day was when she read to them at bedtime.

The family setting that Grace and Rainier created to relax with their new baby son and daughter was Roc Agel, an isolated, sixty-acre estate—part farmhouse, part fortress—in the hills above Monaco. Its scrubby, fragrant terrain of herbs and bushes ran wild, and a mixture of pets and farm animals were free to roam. Roc Agel became home to Grace in a way that the stuffy palace never did.

Princess Grace had her husband, her children, her good works. Yet it struck Cary Grant, when he visited in 1961, that Grace, five years after her wedding, was somehow "restive." Her father died of stomach cancer in 1960, and his death left her more lonely than she cared to admit. She had no real friends in Monaco. Worst of all, she had suffered two miscarriages since Albert's birth. All that contributed to a heavyheartedness that left her uncharacteristically tired and apathetic. She

man?" they wondered. Grace these local sensitivities wher bowed out. Still, she wrote Hitchcock "It was heartbreaking for me to leave the picture." Until M... the possibility that she might return the screen had been a consolation. Now the door of opportunity was permanently closed.

On February 1, 1965, Grace gave birth to the third child for she had been trying so hard. Grace rejoiced in her new baby, Stephanie Marie Elisabeth, but something missing. The next year was the anniversary of her wedding. Asking Rainier what she would like for sent, she snapped, "A year off."

"Are you happy?" was the question every interviewer put to the princess. And Grace was far too honest to off the query with plastic cheeriness.

"I've had happy moments in my life," she told Barbara Walters, "but I don't think that happiness—being happy—is a perpetual state that anyone can be in. Life isn't that way. I do have a certain peace of mind, yet my children give me a great deal of happiness." Grace made no mention of Prince Charming. While Rainier could be compassionate and warm for a minute, when he was down—or downright angry—the prince was heartless.

To Grace's old friends David Byrne and Micheline Swift, the saddest thing about the princess was her submission to Rainier's tyranny. Her identity was tied up in being the perfect wife to this willful and difficult man. In fact, Grace had come to her status with absolute seriousness. What else could be said about her life? Black tie, white tie, fancy dress—the annual succession of galas and parties was her tire existence.

Grace and Gwen Robyns would have long talks about life when working on the princess' book about film in 1976. Grace was entering her forties. She was starting to have problems with her weight. Robyns noted how much time Grace was spending in Paris, away from her husband, and wondered if this was just for the official reason—the need for chaperone Caroline through college.

"You know," Grace said to Robyns one morning, as they walked together in the rose garden, "I have come to feel very sad in this marriage." The decade fell away. "He's not really interested in me," Grace said (contu-

**"IF I HAD THE CHOICE," GRACE TOLD A FRIEND, "I WOULD DIVORCE HIM. BUT I HAVE NO CHOICE. HE WOULD KEEP MY CHILDREN."**

ing small talk. It simply reflected his regal disdain and his lack of interest in anyone who could not, jester-like, keep him perpetually amused.

Rainier's background scarcely equipped him to be a sensitive and caring marriage partner. He found it difficult to give of himself emotionally. He had never been taught how to trust or to share. But inside there was a spirit who was striving to improve—the sardonic and funny man who had wooed and won the famous film star. At his best, the despot could be open and unpretentious—modern in his attempts to be a sensitive human being.

Nowhere did the sensitive Rainier show to better effect than in his preparations to be a father. Child rearing was an area in which the prince had made a conscious decision to do better than his predecessors. In 1957, nine months after they were married, Grace had a baby girl, who was named Caroline Louise Marguerite, and just fourteen months later, Albert Alexandre

would go to bed at odd times of the day, and on occasion she would spend long hours asleep.

It was in this depressed and aimless state that Grace turned an ear to Alfred Hitchcock. The director had sent Grace the script for a movie entitled *Marnie*, which had a challenging and complex female role. The main impetus for Grace to make *Marnie* came, surprisingly, from her husband. Rainier had not changed his view about the dignified conduct he expected of his princess.

"There have been times," he told his official biographer, Peter Hawkins, "when the princess has been a little melancholic—which I quite understand—about having performed a form of art very successfully, only to be cut away from it completely." But the citizens of Monaco loudly opposed their princess going back to the movies, fearing it was undignified to be both a film star and a princess—"What about her kissing the leading

# Regal's all-new interior is an out-and-out pleasure.

Run your eyes over the thoroughly updated instrument panel and you immediately sense a change of major proportions. The total effort you're experiencing is the result of a fully redesigned seating. Equipped with air bags, the 1995 Regal Sedan stops nothing to please driver and passenger alike. To learn more, call 1-800-4A-BUICK.



**BUICK**

New Symbol For Quality  
In America.



©1994 GM Corp. All rights reserved.  
Regal is a registered trademark of GM Corp.  
Buckle up, America!

# Wet it.



## Take comfort in Quilted Northern® Wet or Dry.

It's the only bathroom tissue made to work just as well wet as it does dry. New Quilted Northern Wet or Dry has two layers quilted together to be extra strong. Naturally, new Quilted Northern Wet or Dry is biodegradable and safe for plumbing.

## Grace: the untold story

*continued*

quietly. Rainier was treating his wife with apathy, even contempt.

For instance, Grace was spending some of her free time gathering wildflowers, drying and pressing them, then putting them into collages, which she framed. In 1977 the artist Drouant in Paris agreed to exhibit and sell her work. In fact, every one of Grace's dried-flower arrangements was sold, and afterward the princely party adjourned to a restaurant for dinner. Sitting on the table was an arrangement of flowers, and Rainier plucked some petals and held them up against a plate.

"Sold!" he exclaimed. "For three thousand francs!"

Everyone laughed, but it seemed to one friend that Grace had difficulty sharing the joke. She was aware that, without her royal imprint, her collages would not have commanded hundreds of francs, let alone a show in a Parisian art gallery. It was a cruel moment to remind Grace of the fact.

In addition, people often whispered that Rainier had mistresses. He once invited David Swift to join him on his next only expedition to Paris, boasting of being able to tempt any women who, as the prince put it, "tore the wallpaper off the walls." Swift declined the invitation.

"If I had the choice," Grace once confessed to Marjorie Swift, "I would divorce him. But I have no choice. I would keep my children." Grace was referring to her husband, a man who had reserved custody of the children to himself in the event of divorce.

The deterioration of her marriage hurt Grace badly. It was not just Rainier who failed to cherish her. Her son, Albert, was kind and devoted, Caroline and Stephanie were anything but amenable. Stephanie was spoiled, still throwing public tantrums at the age of ten and becoming a topless princess a few years later. And her daughters had a weakness for boyfriends of a playboy type, which infuriated Grace.

It's not surprising that Grace began to look elsewhere for love. She was spending more time in her home in Paris. She was far from lonely. Grace met Robert Dornhelm, a young, rebellious film director. Grace was forty-six, he was thirty. "Dornhelm was quite often around when I was out with Caroline," remembers Philippe Junot, Caroline's first husband. "Sometimes we would all go out together as two couples—Caroline with me and Grace with Dornhelm. I do not know if they were lovers, but let me put it this way: I would be very surprised if they were not."

Dornhelm was not the only younger man with whom Grace spent time in her later years. There was quite a list: Per Mattsson, a thirty-three-year-old Swedish actor; John Mullen, the New York restaurateur and former model; and John FitzGerald, a tall, dark-haired business executive of forty-nine. "What she wanted was eternal glamour," says Charles Robyns, "and those young men supplied it. They fulfilled her. They were fun."

During this same period, press photographs showed Grace putting on weight and getting puffy around the face, and rumors flew that Princess Grace had a drinking problem. The reason for the change in her appearance was not a special increase in her eating habits. It was simply the natural course of life. Grace suffered from a particularly difficult and painful setting menopause.



in the midst of this distressing time, Grace was to assume a less constrained character. Personally initially she was on the move. Her relationship with him, her growing emancipation from her husband's, within limits, from the conventions of being a —were all part of a sea change. Grace was finally ready to live a life that was dictated to her by others. She was trying to live her own truths.

She also began to seem more relaxed and warm with him. The marriage evolved from discord and apathy to a tolerance and friendship. Grace had learned how to deal with the moods of "the Dodo," and Rainier, in a humor, could be a delight. The couple had come to accept each other's separate but not totally divergent paths.

One weekend at Roc Agel, in September 1982, was filled with tension. Grace spent the time arguing with her ten-year-old daughter, Stephanie, who had broken the news that she wanted to toss aside her educational plans to attend racing car driving school with her new boyfriend, Paul Dodo. Grace had given in to her wild child before, but now Stephanie had pushed her too far.

On Monday, September 13, mother and daughter were arguing. Rainier was driven down to Monaco early in the morning to tend to business. Grace's chauffeur had been waiting beside the brown Rover, ready to drive the two ladies, but Grace insisted on driving herself. Grace still had things she had to say to Stephanie, things that needed to be expressed.

Philly, a truck driver, caught up with the Rover as it was negotiating the winding turns of the mountainous descent into Monaco. The Rover slowed as it approached a hairpin bend, but about a quarter mile farther, the car veered off the center of the road onto the left-hand curb, its side striking and knocking into the mountain rocks.

Philly sounded his horn, and the Rover corrected its course. But as the car approached the next hairpin bend, it suddenly accelerated, shooting forward at a frightening speed—so that instead of negotiating the bend to the right, it went directly on, dropping some one hundred fifty feet.

Michel Pierre and a couple of neighbors came running out of their homes when they heard the crash. Pierre took a hammer to the only door that was not totally smashed, and Stephanie came staggering out. The Monaco police received the reports on the police radio and notified Prince Rainier, arriving just in time to see Grace being placed into a helicopter. She was rushed to the Princess Grace Hospital in Monaco. Confused, bruised and sobbing hysterically, Stephanie was taken there at the same time.

Soon rumors began circulating almost immediately—particularly that Stephanie was driving and was responsible for the crash. But after a preliminary investigation, the French policeman in charge, Captain Roger Bencze, concluded that Grace had lost control of the car through illness or some mental lapse, and had slumped with her foot on the accelerator. In and out of consciousness.

Because Grace suffered a fracture of the thighbone, the doctor examined her arm, various bruises and what the doctor described as "cranial traumatization." It was necessary to perform a CAT scan (an X ray of the brain), but when Jean Duplay, an operationally respected brain surgeon, arrived, he discovered that the hospital possessed no CAT scanner. He also found out that the princess had been given a narcotic drug, which could distort the results of the test. Thus, a CAT scan would have to be delayed until the effects of (continued)

# Or not.



**Total comfort either way.**

Even though new Quilted Northern® Wet or Dry is made to hold up to water, it's soft enough for total comfort. And there's nothing like the soft comfort of a quilt. New Quilted Northern Wet or Dry is the latest addition to the Quilted Northern family. It's the only tissue that you can use wet or dry.

**Take comfort in  
new Quilted Northern  
Wet or Dry.**



**TUNE IN  
TO AN  
ALL-STAR  
SPECIAL  
FROM  
LADIES'  
HOME  
JOURNAL  
ON  
SALE  
NOW**

**Grace: the untold story**  
*continued*

the drug had worn off. It was nearly midnight, twelve hours after the accident, before Grace, unconscious, was moved to Monaco's only CAT scan machine, located in a second-floor clinic across town.

What happened next still shocked her friends, family and the world. Sometime on Tuesday, little more than twenty-four hours after the crash, the hospital's chief surgeon, Dr. Hubert Louis Chatelin, met with Prince Rainier, Caroline and Albert. The doctor told the royal family that the princess was beyond his help. It was no point, he said, in continuing with the artificial life support.

Rainier, Caroline and Albert agreed and accepted the doctor's verdict. They went into Grace's room to say good-bye to her for the last time.

This rapid decision, with its abruptness, provoked doubts. Rainier raised a startling possibility when he spoke to Rupert Allan, the couple's publicist. "The prince told me," Allan said, "that the neurosurgeons told him that if it came off well, the best they could expect was that Grace would lie on her side, which would cause a change in her personality. That sounded a long way from being dead. There had clearly been a stage in the hours after the accident when there may have been a hope that Grace could be saved.

Grace's brother, Kell, and sisters Peggy and Lizanne, arrived for the funeral, general furious and suspicious. They had not considered it necessary to involve them in the decision to terminate her life support. Could they have waited a day or so to see what happened, or have given them the chance to travel to Monaco to say good-bye?

Princess Grace's funeral was held on the Saturday following her death. Prince Rainier, wrapped up in his own grief, followed the ebony coffin out of the palace; thousands of people lined the streets. When fairy tales do not end happily, their ending often tends to be cruel, and so it was with Princess Grace of Monaco.

*Robert Lacey is the author of a number of best-selling books, including "Kindred" a portrait of Saudi Arabia.*

**MORE THAN YOU ASKED FOR?**

Contact Us To Stop Unwanted Advertising Mail.

Most folks like advertising mail. They get special offers, sweepstakes chances, free gifts, good prices on things they can't find anywhere else. And shopping by mail or phone is quick and simple.

But if you're one of those people who would rather not receive advertising mail, we can help.

Send us your name and full address and we'll tell participating national mailers to remove your name from their mailing lists.

After all, they want to talk to people who want to listen.



**Mail Preference Service**  
Direct Marketing Association  
P.O.Box 9008  
Farmingdale, N.Y. 11735-9008

# HOME JOURNAL

*We asked design pros around the country for their tabletop favorites of the year. Here's all that's new in flatware, linens and lots more.*  
*By Linda Fears*



**COME FOR DINNER**



*Among the trends for the most tempting tables: jewel tones, nineteenth-century designs, and the newest color combo, yellow and blue.*

*L*imoges's Louisiane pattern, left, is the epitome of elegant simplicity. The deep-blue sugar border is based on an archival nineteenth-century design. When china is this clean-lined, you can be more adventurous with the linens—such as using jewel-red patterned tablecloth and lacy white napkins. A small crystal vase filled with roses is flanked by tapered candles is a perfect centerpiece for an intimate gathering. 800-845-1928. Wine glasses, Baccarat "Naples."

These lacquered, solid-brass charger plates, right, embellished with black glass beads are a wonderful way to give your old china a brand-new look. The twelve-inch chargers are liners to be placed under dinner plates, and since these are so dramatic, they may be all the decoration you need. From The Bombay Company. For more information or a catalog, call 800-829-7789.



We can't resist the glorious colors and rustic design of Italian Majolica—the ceramic art form popular during the Renaissance. So we were delighted to discover the catalog *Cottura*, which imports the wonderful oversize pieces. At right is the Orvieto collection, which features the fresco design of the green rooster, the Italian symbol of good luck. 800-348-6608.



THE INSPIRATION FOR OUR DISHWASHER?  
WE HAVE OUR SOURCES.



*A console that matches cabinetry for a seamless flow. A filtration system for water as pure as crystal-clear falls, with no pre-rinsing. Our most powerful washing action ever. Just a few of the thoughtful details that have made KitchenAid® legendary. Call 1-800-422-1230 for more about the dishwasher designed by KitchenAid. From an idea that flowed from Mother Nature.*

**KitchenAid®**  
FOR THE WAY IT'S MADE™

*Entice guests to linger at a table that sparkles with silver, crystal and plenty of candles*

**O**ur holiday gift for you, left: When Lifestyle Editor Leslie Lampert spotted these classically designed, well-priced candlesticks, she arranged to have them offered to *Journal* readers. The sophisticated lead-free glass candlesticks are six inches tall and can accommodate standard 7/8-inch candles. At just \$22 a pair, they're a perfect present to yourself, or to give as a gift. To order, call 800-722-9999.



If you love a colonial look, The Williamsburg Reproduction Program just introduced its first stainless flatware pattern. Royal Shell, right, features a scalloped-shell handle—a popular nature motif found in eighteenth-century decorative art. 800-446-9240.



Three trends in one, above: Pfaltzgraff's Farmer's Market collection features a botanical theme inspired by antique tea towels in its oversize oven-to-table servers.



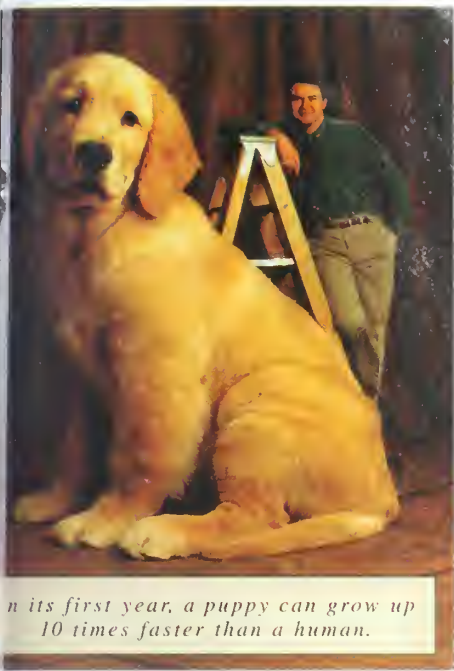
The new direction for crystal stemware is lightly cut decorative design—a more delicate look, and a smaller price tag, than traditional crystal. "Windsor," above, is the most classic design from Dartington Crystal, a collection of mouth-blown, hand-cut crystal. 212-447-7437.

For the casual dinner table, nothing looks newer than wrought-iron accessories. These dramatic pieces, below, adorned with decorative beads, are from Lifestyle Collection's Veranda line. The contrast beautifully with tapestry linens. 800-562-5034.



Purina O.N.E. Created A  
Lamb & Rice

Formula For A Puppy's



In its first year, a puppy can grow up 10 times faster than a human.

Special  
Nutritional  
Needs.

And If A Puppy's

Needs Aren't Special,

Don't Know  What Is."

—Robert Ulrich

A puppy grows so quickly, and needs so much nutrition, it's not smart to feed him just any dog food. That's why there's Purina O.N.E. Lamb & Rice Formula for Puppies. The only dry puppy food in your grocery store with real lamb as its first ingredient.

Lamb provides high-quality protein. Chewers rice is highly digestible. And essential fatty acids help give your puppy

a healthy, shiny coat. These, plus other high-quality ingredients, give puppies the extra nutrition they need. And, they'll love the taste.

A great dog begins as a great puppy. But a great puppy needs a great diet. And for optimal nutrition, there's nothing better than Purina O.N.E. Lamb & Rice Formula for Puppies. It's as special as your puppy's needs.



© Ralston Purina Company

PURINA O.N.E.  SECOND TO NONE™



*'Tis the season to be all-out festive—settings with special accessories are most memorable*

Once a year, when you bring out your very best for your guests, it's worth it to use the prettiest linens—made from 100 percent linen. We found one company that creates particularly charming napkins and tablecloths with seasonal themes. The designs at left and right are hand-painted on linen by Peggy Walz, Inc. The Verdigris Collection for Thanksgiving, left, features a bounty of fall fruits and leaves; the Holiday Collection Cherubs and Angels guest towels, top right, are charming bathroom accents. 212-645-5003.



Napkin rings and place-card holders in shiny silver plate create a more formal look. Christofle's Piccolo Collection of accessories is among the prettiest we've seen. 800-477-0990

## After playing five of America's finest golf courses, what's a body to do?



Naturally, as the home of PGA of America, we offer unforgettable golf on five tournament courses. But we also have the ambience and facilities of a world class spa with all the trappings of an international, Four Star resort. You'll find some memorable challenges here at PGA National Resort & Spa, but deciding how to unwind isn't one of them.



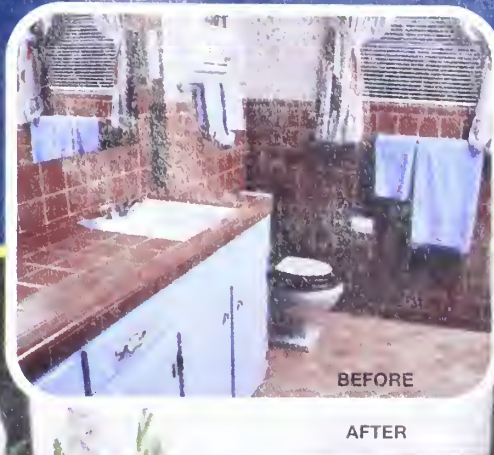
**THE SPA**  
AT PGA NATIONAL RESORT

400 Avenue of Champions  
Palm Beach Gardens FL 33418  
407-627-3111 • 1-800-843-7725



# SAVE 75% ON YOUR BATHROOM MAKEOVER

Is it time for a change?  
Is your bathtub old, worn  
and in bad condition?



Was your house built in  
the 60's, 70's or 80's?  
Is it time for new colors?



The average American family spends \$8,700 to remodel their bathroom. With our space age resurfacing technology we can save you about 75% the cost to replace your bathroom fixtures. So, instead of ripping out bathtub, sinks, cabinets, countertops, tile, or showers and destroying floors, walls and plumbing at great expense, and weeks of mess and hassle, let our polite and courteous representatives create a new bathroom in a few days with our makeover systems. You will save thousands of dollars. We will guarantee satisfaction plus years and years of enjoyment. Call **1-800-583-9099** for the service location nearest you.

**Save value to your home and protect your investment.**



*America's largest and most  
respected in-home refinisher*

CORPORATE HEADQUARTERS • P. O. BOX 3146 • WACO, TX 76707



zydeco

kisatchie

mardi gras

A long time ago, someone went around and made up words for everything. And then they came to Louisiana, a state that has a way with words. Here we dance to a music called zydeco. We call the great outdoors Kisatchie. And

when we throw a party, we call it Mardi Gras. So come have a good time in Louisiana. And say things you've never seen before. For your FREE Louisiana Tour Guide, return the reader service card or call today. 1-800-947-0653

*Louisiana*

Let's talk turkey! Though we agree the big-bird theme can get silly with too many turkey accessories, these turkey platters by Vietri are handmade, hand-painted and truly stunning. The oversize oval shape makes them perfect for arranging all the trimmings, and the colors and details are reminiscent of Old World stoneware. 800-277-5933.



Another beautiful example of Renaissance-inspired design: Cartier's La Maison Du Prince line of china. The richly colored florals, leaves, grapes and shells are evocative of the French court of Louis XVI and Marie Antoinette. 800-CARTIER.

## PRODUCT INFORMATION

**The U.S. Council for Energy Awareness** provides information on nuclear energy—a clean, safe, domestic source of electricity. Write to the U.S. Council for Energy Awareness, P.O. Box 66080, Department BE27, Washington, DC 20035.

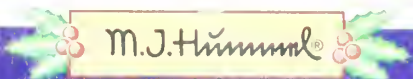
**Genie Garage Door Opener Safety and Maintenance Guide**—A valuable brochure to teach your family about garage-door safety and the ins and outs of garage-door and garage-door-opener maintenance. For a free copy, call 800-82-GENIE.

**KitchenAid Style and Substance**... the functional elegance of KitchenAid major appliances is detailed in full-color literature featuring the complete line of KitchenAid built-in and freestanding refrigerators, gas and electric cooktops, built-in ovens, freestanding and drop-in ranges, dishwashers, clothes washers, dryers and more. For information, call toll-free, 800-422-1230.

**Carpet—The Choice for Every Walk of Life**, from the Carpet and Rug Institute, provides helpful information about carpet selection. To receive this free, fact-filled guide, send a self-addressed, stamped, legal-size envelope to the Carpet and Rug Institute, P.O. Box 2048, Dalton, GA 30722-2048.

**Armstrong Color Passions** flooring features some of the newest and brightest colors ever. Perfect for custom designs. Create your own special places. Call 800-233-3823 for a Free "Special Places" brochure.

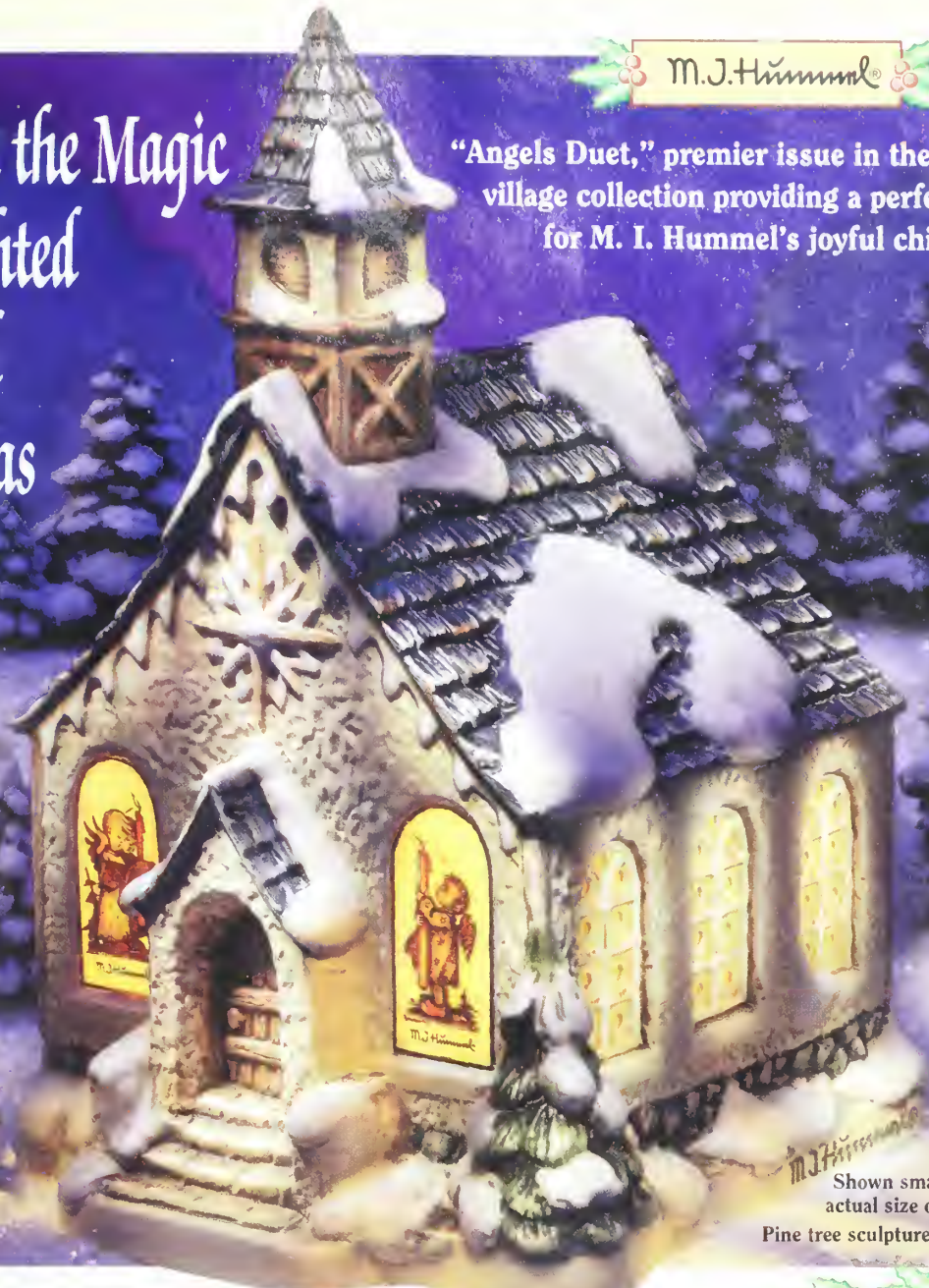
**Andersen Windows'** free "Windows and Patio Door Factbook" offers creative ideas using windows and patio doors. It's a great resource for building and remodeling projects. Write: Andersen Windows, Inc., #LHJ223-0994, P.O. Box 3900, Peoria, IL 61614; or call 800-426-4261.



M.J. Hummel®

# Capture the Magic of a Lighted Hummel Christmas

**"Angels Duet," premier issue in the first lighted village collection providing a perfect setting for M. I. Hummel's joyful children.**



Shown smaller than actual size of 8" high. Pine tree sculptures sold separately.

**H**ummel. The name alone recalls timeless images of childhood innocence and generations of collectors. And now, you are portrayed in fine figurines cherished by generations of collectors. And now, you are capturing the beauty of Hummel's precious, rosy-cheeked cherubs into your home with "Angels Duet." This unique figurine — as magnificent in artistic detail as a figurine — masterfully blends Hummel's vision of how a child's life could be with the inspiring joy of a traditional Christmas. Look closely at the handcrafted village scene and you'll see why "Angels Duet" is one of the most collectible sculptures. Its magnificent windows are adorned with meticulous reproductions of Hummel's angelic children! Their classic style and crystal clarity is achieved through a carefully-controlled, ten-color

process which recreates every fine detail of Hummel's gifted artistry and adds a brilliant, comforting glow to the sculpture. Why, Hummel's angels actually seem to be lighting your way to the front door!

The perfect gift for avid Hummel collectors, "Angels Duet" will be treasured by anyone whose love for children is matched only by their love for the one holiday that brings out the child in all of us. "Angels Duet" is not available in any store — only through Hawthorne — at the outstanding value of just \$49.90 and fully backed by our 30-day Unconditional Guarantee. It comes with an individually-numbered Certificate of Authenticity, descriptive literature, and U.L.-listed bulb and cord set ... and you can pay for your sculpture in three convenient monthly installments. Send for your "Angels Duet" today!

## RESERVATION APPLICATION

Return this reservation application by:  
**December 30, 1994**

**HAWTHORNE ARCHITECTURAL REGISTER**  
Attention: Hummel Art Dept.  
9210 N. Maryland Ave., Niles, IL 60714-1322

Please enter my reservation for "Angels Duet." I need send no money now. I will pay for my sculpture in three monthly installments of just \$16.63\* each, the first payable before shipment. *If I'm not completely satisfied, I have 30 days to return my sculpture for replacement or refund.*

Name (Please print) \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Telephone \_\_\_\_\_

\*Plus a one-time \$3.94 shipping/handling charge, and any applicable sales tax.



**HAWTHORNE**

FIGURINE COLLECTIONS

ADB-100

79281-E88001

Hawthorne Architectural Register, Hummel® and M. I. Hummel® are used under License from Goebel. © ARS AG, Zug/Switzerland.

# “My **SECRET** addiction”



If you think drug addiction doesn't affect middle-class, suburban, "nice" women, please read my story

Then, in the mid-eighties, a drug dealer in a nearby city offered Michael and me a small vial of crack cocaine for free—probably knowing we'd be back for more. This highly concentrated drug looks like a small white rock; when burned, its smoke induces a high that lasts a couple of hours. From the mo-

ment I first inhaled, I was instantly hooked. Under the influence of crack, I felt I could handle anything, do anything.

early-morning resolve would dissipate, and I'd start pleading with him to buy more, "just this once," until I wore him down. He didn't try to fight me; he just thought everything would work itself out someday. After two years of daily crack abuse, I was leading a double life. In the daytime, I was a hardworking mom who had it all together; at night, I hid in my bedroom and got high while Michael cared for the children. I closed the door on my family, my friends and my business associates. By the end of this painful odyssey, we were spending between \$700 and \$1,000 a week on crack, our home was headed for foreclosure and bill collectors were calling daily.

I'm the last person you would expect to see getting high on drugs. I'm married, the mother of two terrific children; I live in an upper-middle-class suburban neighborhood and have a good job as a customer-service manager. But for two years, all I could think about from the time I woke up until I got home from work was where the next hit of crack was coming from, and how I would get the money to pay for my destructive habit. Today, I'm lucky to be alive.

As I have since learned, I was a textbook case for addiction. I've always been an overachiever and a perfectionist, and I lived with a constant feeling of inadequacy and a fear of failure. When I was high, these feelings magically disappeared, and I would concoct grand plans for getting my life in order and making everything perfect.

But life was far from ideal. Just after we bought a new house, Michael was laid off. That added to my anxiety and made me crave crack—and the escape it provided—all the more. Our weekend crack habit gradually extended into the week. We felt sure we could handle it. We were wrong.

About a year into our escalating drug use, I realized I was seriously addicted, and I tried repeatedly to quit on my own. Every morning, in tears, I would tell Michael, "We have to stop this." Michael, who didn't seem to need crack as much as I did, would say, "Okay, we'll try to cut down." But as evening came, my

early-morning resolve would dissipate, and I'd start pleading with him to buy more, "just this once," until I wore him down. He didn't try to fight me; he just thought everything would work itself out someday.

After two years of daily crack abuse, I was leading a double life. In the daytime, I was a hardworking mom who had it all together; at night, I hid in my bedroom and got high while Michael cared for the children. I closed the door on my family, my friends and my business associates. By the end of this painful odyssey, we were spending between \$700 and \$1,000 a week on crack, our home was headed for foreclosure and bill collectors were calling daily.

The drugs were making me a physical wreck, too. I was thin, my hands shook uncontrollably and I was exhausted from lack of sleep because the stimulants in the crack kept me up all night. My marriage was also a shambles. Yet none of this seemed truly real to me—under the influence of the drugs, my brain was dulled.

A memory that's especially painful for me now is the night my daughter, then four, knocked on my bedroom door, calling, "Mommy?" I opened the door just wide enough to stick my head out, so she wouldn't notice the distinct metallic odor of crack. "What?" I snapped. "I thought I told you to stay downstairs!" Her eyes filling with tears, my little girl said, "How come you don't spend any time with us anymore? We haven't seen you all week."

I wish I could say that I was filled with remorse and that I gathered her up in my arms, read her a bedtime story and tucked (continued)

I wish I could say that I was filled with remorse and that I gathered her up in my arms, read her a bedtime story and tucked (continued)

I wish I could say that I was filled with remorse and that I gathered her up in my arms, read her a bedtime story and tucked (continued)

# Use As Directed For Fast Nasal Relief.

Unpleasant Nursery Odors Can Be Hard To Pin Down. Here's Where To Look For Them, And How To Get Rid of Them Quickly, With Clorox® Bleach.

Those phantom potty smells.

If occasionally you smell something coming from the potty but find nothing there, it's prob-

ably because the plastic has retained the odors. Keep them away by wiping down baby's potty with the Clorox Bleach Cleaning Solution (see below\*) every time you empty it.

Plastic mattresses cause more odors.

Wet stains are harder to see on plastic mattresses.

And missing even a few usually unseen stains — you guessed it — more odors. Eliminate them by wiping down baby's plastic mattress with the Clorox Bleach Cleaning Solution\* at least once a week.

Don't forget

the pail. Pails collect odors along

with diapers. And it's easy to take care of with Clorox Bleach. To wipe out the odors, fill your five gallon diaper pail full of water and add 2 cups Regular Clorox Bleach. Let stand for 5 minutes. Rinse well and let dry.

When changing baby's diapers doesn't change the smell. It's probably your changing table.

With all the action here, it's easy for messes to build up and cause odors. Get rid of them by

giving your table a once-over with the Clorox Bleach Cleaning Solution every week.\*



**\*Clorox Bleach Cleaning Solution**

- Mix 3/4 cup Regular Clorox Bleach with one gallon of water.
- Rinse items first with water. Then apply Clorox Bleach Cleaning Solution and let stand for 5 minutes. Rinse well and let dry.

**Limited space?**

Try our handy quart and pint size bottles.



The Simple Solution For A Healthy Home.

# PEEL FIT & FABULOUS THE KATHIE LEE WAY!

*In the past, I had even the thought of exercising. Now I'm happier, more confident, and I have more stamina to face the challenges of the workday and motherhood." — Kathie Lee Gifford*



It's new. It's fun.  
Most of all, it works!  
A modified interval program that combines body sculpting with easy to follow low-impact aerobic exercise. Stretching and abdominal toning complete the program. For beginners and intermediate exercisers.



Plus a video visit to Kathie Lee's home to meet her family!

Available at your local retailer or call: **1-800-642-3445** (plus shipping & handling)



Katie Lee  
Sweeps  
Look for Post-Brand  
entry forms at participating  
Cereal  
no purchase necessary

## Woman to woman *continued*

her under the covers. But I didn't. Instead, I ordered, "Go downstairs, watch TV and leave Mommy alone!" and shut the door. If only I could take that moment back.

My life began to fall apart during the final weeks of my addiction. My moods swung between rage and depression, and I was losing the ability to function. I saw my children only long enough to pick them up from day care and deposit them in front of the TV. One morning at work, I looked up the number for a cocaine-abuse hot line in the Yellow Pages, thinking I could call it when I got home. But, as always, by the time night came, my resolve crumbled and I was desperate for another smoke. I was so consumed with the need for drugs that I literally wished I would go crazy, or die—anything to stop the constant craving.

One night, I lay in bed, weeping yet again, and I somehow knew the end had come. If I didn't get help now, it would only be a matter of time before crack killed me. Shivering, barely able to talk, I dialed the cocaine hot line

number I had memorized and made an appointment for the next day with Dr. Ray, a psychiatrist.

I spent one full hour being brutally honest with Dr. Ray about the extent of my addiction. His advice was brief and shocking: "You must admit yourself to a psychiatric hospital for at least thirty days." No one knew about my habit, and I wasn't going to confess to anyone now, when I had finally reached out for help. Besides, I thought drug-rehabilitation clinics were only for bums.

Dr. Ray reluctantly agreed to see me on an outpatient basis, and we made an appointment for the following week. Over that weekend, I abused more crack than I ever had, trying to "load up" before quitting. Even in my drug-induced haze, though, I could see that as long as I had access to drugs, I'd never be able to stop. Monday morning, I arranged to have myself admitted to the hospital Thursday.

That meant I had to tell my friends and family that I was a crack addict. Michael was devastated when I broke the news to him. He had denied the severity of my addiction for so long, hoping it was a phase that

would resolve itself in time. My mother was shocked but supportive. She approached my daughter and son, ages four and three, saying only that I was going to a hospital that would help her become less cranky again. After some initial panic and tears, they seemed to understand.

One week before my thirty-second birthday, I entered the drug rehabilitation wing of the psychiatric hospital. I was high on crack and pot—facial commitment without the cushion of drugs was out of the question. I stood behind the locked door of the hospital, watching my husband and children away with tears streaming down my face, I was enveloped with an unbearable sense of shame.

When I eventually ventured from the room to the patient lounge later that day, I was struck by how normal other patients seemed. Not the stereotypes I had imagined, they were men and women of all ages and backgrounds who were addicted to drugs and alcohol. Some had lost their homes, friends, and jobs because of drug abuse, but they were back after failed attempts at rehabilitation; I vowed to myself that I would never be one of them.

rehab program consisted of Alcoholics Anonymous (AA) groups (the principles they use also apply to substance abuse), marriage and family counseling, and daily individual and group therapy sessions. I began to realize that I was shouldering many responsibilities and that I was anxious-ridden over making mistakes and the fear of failure. Ironically, my quest to be perfect had resulted in my losing control over everything. A month later, I left the hospital a shell of a woman—literally. Although I was staggering bills, a house in foreclosure, a shell of a marriage, confused and in pain, and a constant desire for help, I slowly began to put my life together.

It wasn't easy. When I first came home, I had to fight the terrible temptation to run out and find a crack dealer. I woke up each morning determined to stay clean for just twenty-four hours and each day's success was a victory. I faithfully attended AA meetings every night. I returned to work, and Michael and I arranged a payment plan with our bill collector. We remained in marriage counseling for a year. Our biggest challenge

was relieving Michael of his guilt, he felt responsible for not forcing me into treatment sooner. The therapist helped him understand that he wasn't to blame for my problem. (Michael resolved his own drug habit by quitting cold turkey the day I entered the hospital. He's been totally clean ever since.)

A couple of years later, I sat down with our children and explained to them what had really happened when I went into the hospital. My son cried, and my daughter, ashamed of me, said, "You're a bad person!" I was hurt, but I understood her feelings. Today, they seem more comfortable with the situation because they know it happened so long ago.

It's been seven years since my recovery. I'm proud to say that I've had no relapses, and I don't crave drugs anymore. I'm back in school, studying for my undergraduate degree; my children are healthy and happy and my marriage is strong. I owe a lot to the hotline that put me on the right track and to everyone who stuck by me through the whole ordeal.

I learned a great deal about myself through the treatment program, but I've also learned through the many

wonderful people I've met that drug addicts come in all ages and colors, live in big cities and small suburbs, and need the same love, help and support, no matter who they are.

#### WE WANT TO HEAR FROM YOU

*This column is a series of intimate conversations with women. If you have a story you'd like to share, write to: Ladies' Home Journal, B.A. W.W., 100 Park Avenue, New York, NY 10017. Articles must be true, first-person accounts about experiences that would be considered personal enough to reveal only to a best friend. (All identities will be kept anonymous on request.) Stories should be 1,000 words, typed double-spaced and accompanied by a self-addressed, stamped envelope. We will pay \$750 for each article accepted for publication.*

#### FOR MORE INFORMATION

To learn more about drug abuse, contact:

■ The National Clearinghouse for Alcohol and Drug Information, P.O. Box 2345, Rockville, MD 20847-2345; 800-729-6686.

■ The Center for Substance Abuse Treatment Referral Line, which operates from nine A.M. to three A.M. on weekdays and noon to three A.M. on weekends (E.T.); 800-662-4357.

# The Zesty Chicken.

# The Secret



With Lipton Recipe Secrets, you can blend these seasonings your way.

#### RECIPE SECRETS ZESTY BREADED CHICKEN BREASTS

- 4 boneless skinless chicken breast halves (about 1 lb.)
- 3 tablespoons margarine or butter, melted
- 1 envelope Lipton Recipe Secrets Fiesta Herb with Red Pepper Soup Mix
- ½ cup plain dry bread crumbs

Preheat oven to 350. Dip chicken in melted margarine, then in Fiesta Herb with Red Pepper Soup Mix combined with bread crumbs. In 13 x 9-inch baking or roasting pan, arrange chicken, drizzle with remaining margarine. Bake 20 minutes or until done. Makes about 4 servings.

**Variation:** For Cheesy Chicken Breasts, substitute ¼ cup grated Parmesan cheese for bread crumbs.

**Lipton.**

NEW

Lipton® Recipe Secrets® Fiesta Herb with Red Pepper. The Secret Good Cooks Know.

# 25 WAYS TO STRENGTHEN YOUR MARRIAGE

For more than forty years, "Can this marriage be saved?" our best-loved column, has been holding up a mirror to marriage in this country. Now, from the new book of that name—just out this month—time-tested advice on the most important areas of conflict in any relationship. By Margery Rosen and the Editors of *Ladies' Home Journal*

When "Can this marriage be saved?" made its debut in the January 1953 issue of *Ladies' Home Journal*, it immediately captured the attention of millions of readers. That fascination endures to this day, and the reason is simple: This column is about real people in real-life dramas. It's not just the vicarious thrill of reading the details of other people's intimate lives, though indeed that's part of it. More important is the fact that couples—often disillusioned and hurt as the romance is leached from their marriage both by mundane irritations and tragic events—see in these true stories a way to deal with their own quarrels and conflicts.

Perhaps the most surprising lesson of this column is that from decade to decade, the underlying issues that shake the foundations of a marriage remain fundamentally the same. Problems repeat from generation to generation and couples bring to a marriage a lifetime of

expectations based on how their parents' marriage worked. When their own marriage doesn't follow that script, a host of problems can ensue.

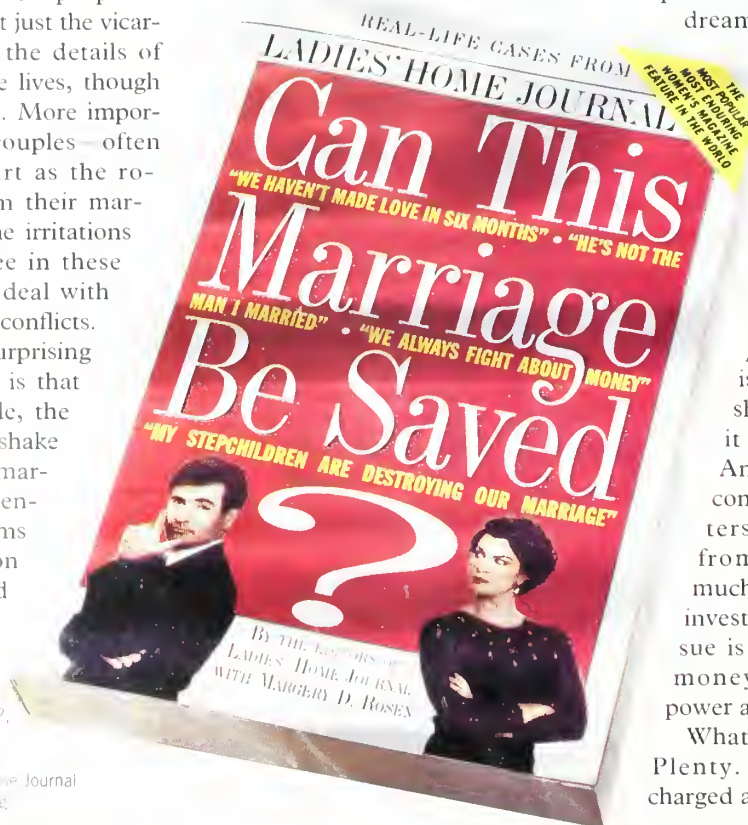
What are the most problematic areas? Through the years, seven basic areas of conflict have shown up repeatedly. The first of these is

*trust*: not just sexual fidelity, but a profound sense of security that comes from the simple, basic belief that a partner is true, honest, reliable and faithful. And if trust is the cornerstone of marriage, then *communication* is the cement that binds it in place. Couples need to learn to express feelings, to share hopes and dreams, successes and failures.

While disagreements in marriage are inevitable, how spouses deal with *anger*—not only their own but their partners'—is the key to resolving these differences.

Fueling many a battle is an unspoken *struggle for power*. Of course, marriage is supposed to be a partnership, but for many couples it turns into a competition. And the biggest arena for competition is in *money* matters. The arguments range from who is spending too much to how money should be invested, but the underlying issue is the symbolic meaning of money and its connection to power and to love.

What's love got to do with Plenty. Battles over *sex* are charged as battles over (continues)



From the book CAN THIS MARRIAGE BE SAVED? by Margery Rosen and the Editors of *Ladies' Home Journal*. Copyright © 1994 by Ladies' Home Journal. Published by Workman Publishing.





ativewear for everything you do. (And dream of doing.)

**JERZEES**  
American ActiveWear

Quality T-Shirts & Sweats

# Parents have a lot of questions.

HERE'S THE ANSWER!

Look for Parent's Digest in your supermarket or on your favorite newsstand



## 25 ways to strengthen your marriage

*continued*

money. When husbands and wives complain that sexual intimacy is less than satisfying, it invariably signals that some essential need in the marriage is not being met. Finally, *conflicts triggered by others*—in-laws, children, stepchildren, ex-spouses—can also destroy a relationship if that relationship is not firmly grounded.

Of course, understanding where the potential for marital problems lies isn't the same as actually knowing how to solve them. Couples also need both information and skills to defuse hostility and resolve differences. Following are insights, techniques and practical advice—the highlights of some forty years—to help couples shed predictable and destructive ways of behaving toward each other and begin instead to build a healthy, loving relationship.

■ Remember that trust in marriage is much more than just sexual fidelity. To trust someone fully means to reveal yourself—your insecurities, weaknesses and failures—to another. And for your partner to be able to trust you, you have to keep a tight rein on

your tendency to judge or find fault with him.

■ Sexual infidelity, though profoundly wounding, is a symptom, not a problem in itself. Two thirds of couples who seek marital counseling after one partner's infidelity are able to get their marriages back on track. Partners must view the infidelity not as a catastrophe precipitating the end of the marriage, but as a red flag that underlying issues need to be addressed.

■ Fighting in front of the kids is inevitable, and it can even serve to teach them valuable lessons about expressing feelings and resolving differences, as long as you play by the rules: no name-calling or sarcasm; no long-term hostile silences; no threats in the heat of anger; and finally, when you're too furious to follow the rules, agree to disagree and call a time-out.

■ Don't fall prey to the if-he-loved-me-he'd-know-what-I-want syndrome. Your spouse can't read your mind, and criticizing or complaining will tell him that you're unhappy but won't tell him why or give him a clue about the part he plays. Make a point of talking and really communicating what you want or what you'd like to change.

■ Show tolerance for each other's individuality. No matter how close couple are, they're bound to have differences in opinions and priorities as well as in the way they handle stress and anxiety. These differences are what keep the marriage interesting—don't let them turn into a threat.

■ People who are angry but afraid to express their emotions directly will often act out in what psychologists call a passive-aggressive fashion: They "forget" to do things they've promised, consistently show up late for events, behave in a distracted manner or let nagging or reminding go on for days. This unless the spouse behaving in this fashion learns to express feelings.

■ Don't discount the influence of physical contributors on marital problems. See a doctor to rule out diabetes, problems (too much sugar in a sensitive person, excess caffeine), premenstrual syndrome, lack of sleep, the like for anxiety and tension that can exacerbate difficulties.

■ Many couples think that because they talk every day, they don't have any communication problems. But talking is not the same as communicating. Set aside thirty minutes a day to really talk. Take turns being listener or the sharer—each of you gets ten minutes to speak without interruption about anything that's on your mind. When the sharer finishes, the listener has to recap what he has said, including the feelings behind the words.

■ Many husbands and wives feel unfairly criticized by their spouse, yet are powerless to defend themselves. You are each entitled to your feelings and have every right to speak up. Don't lash out, but do say, "I feel offended by what you just said" or "That was an inconsiderate thing to do." Don't criticize of your own—if you can't respond reasonably, call a time-out. If you've had a chance to calm down,

■ You cannot change your partner. You can only change yourself. If you take responsibility for your own and your actions, you will not only find your spouse responding differently to you as a result.

■ Never use something your mate has told you in confidence as a weapon in an argument.

■ It takes two people to have a relationship, but often couples come to a stalemate with the (continued on page 168)

# ADVANCES

## *in* WOMEN'S HEALTH

### These Breakthroughs Put You In Charge

**W**hat you're reading is part of a revolution in women's health care. The revolution is being shaped by three forces—breakthroughs in science, sweeping changes in attitude, and a wealth of newly accessible information—all of which benefits you personally.

To appreciate how science is working for women, consider breast cancer. Today's mammography units yield clearer pictures and use less radiation than machines of just a few years ago. The new technique of digital

mammography promises to be even better. Now being used in specialized research, this method soon will be available to you. On the horizon is a test that could detect very early breast cancer by measuring chemical traces in a sample of urine. That's like finding a drop of liquid in 13 million gallons, but it can be done, says Laurie Locascio-Brown,

the scientist who's developing the test at the National Institute of Standards and Technology. Some years down the road, she predicts, the test could even be offered for use at home.

New therapies are keeping pace with these testing technologies. In development are more than 300 drugs aimed at medical conditions that affect only women, like uterine fibroids and pelvic inflammatory disease, or diseases that claim the lives of thousands of women each year, like heart disease and cancers of the reproductive tract.

Medicine's growing attention to female health comes partly in response to a new, self-reliant attitude among women: They're taking charge of their own health and demand-

*continued on page F*



# Raising Voices

## TO RAISE BREAST HEALTH AWARENESS

Join today's top female vocalists as they raise their voices in support of breast health.

Some of today's brightest musical stars have joined together to raise awareness about breast health to support information and education. And you'll be adding your voice along with theirs when you purchase this unique recording of their hit songs, *Women For Women*™. That's because proceeds from *Women For Women* CD and cassette sales benefit the National Alliance of Breast Cancer Organizations (NABCO).

At Bristol-Myers Squibb, we're proud to support the *Women For Women* recording and to add our voice to this important project. While we're a leader in developing treatments for women with breast cancer, we're also working to educate women about seeking appropriate medical care for this disease, to encourage early detection, and to help women achieve better breast health.



To order call 1-800-877-SOUND



Bristol-Myers Squibb Company  
Dedicated to Excellence in Women's Health

**WOMEN FOR WOMEN**

MISSISSIPPI  
MELISSA ETHERIDGE  
MAREY WILKINA Sleeping  
JULIA FORTUNA  
KROQ, Ever After  
ARETHA FRANKLIN  
Someone Else's Eyes  
AMY GRANT  
That's What Love Is For  
ANNIE LENNOX  
Why  
KARLY MATTEA  
Walking Away A Winner  
CARLY SIMON  
Coming Around Again  
Icy Blue Paper  
USA TRANSPARENT  
At Woman  
TINA TURNER  
The Best  
VANESSA WILLIAMS  
Save The Best For Last

# Osteoporosis: How You Can Prevent It

**K**nown as the "silent epidemic," osteoporosis afflicts 20 million American women, causing no symptoms until it is advanced. The disease involves loss of bone mass, which leads to fractures—1.5 million a year—which in turn can lead to disability and death. The women most likely to develop osteoporosis are white or Asian, those who reach menopause before 45, and those with

adolescent new bone tissue is added faster than old bone tissue is removed. Around age 35 or 40, the balance gets tipped: Bone starts to be removed faster than it's replenished. Then, at menopause, the rate of bone loss increases dramatically as the body produces less estrogen.

### Three preventive tactics

"The best way to prevent osteoporosis is to promote maximum bone growth while you can, then slow the rate of bone loss," says Dr. Morris Notelovitz of the Women's Medical and Diagnostic Center in Gainesville, Fla. This requires weight-bearing exercise and a calcium-sufficient diet to help build bone, and enough estrogen to limit bone loss. "Preventive exercise and diet ideally begin at puberty," says Notelovitz, "and continue past menopause. But these alone are not enough. Long-term, low-dose estrogen replacement therapy (ERT) following menopause is also needed."

Four estrogen products are approved to prevent bone loss. These products (and their starting doses) include Estrace® (micronized 17β estradiol 0.5 mg); Premarin® (conjugated equine estrogen 0.625 mg); Ogen® (estropipate 0.75 mg), and Estraderm® (transdermal estrogen 0.05 mg). The government-approved labeling for ERT recommends that you *check with your doctor to be sure you are using the lowest dose that works*, because there are risks as well as benefits with ERT. The products come in two forms: Estrace, Premarin, and Ogen are taken as pills; of the three, Estrace has the lowest dose. Estraderm is a skin patch. These products also come from varied sources: The estrogen in Estrace and Ogen comes from plants, while the estrogen in Premarin comes from the urine of pregnant mares. Estraderm contains a synthetic estrogen.

Even women who are years past menopause and have never received ERT can benefit from the bone-preserving effects once they begin taking it. "But obviously," says Notelovitz, "it's preferable to prevent osteoporosis from ever occurring."

Osteoporosis can be prevented after menopause, says Dr. Morris Notelovitz, with weight-bearing exercise, a calcium-sufficient diet, and low-dose estrogen therapy.



or small bones. Other factors that mean a higher risk are smoking, excessive use of alcohol, inactivity, a family history of fractures in elderly women, and chronically low calcium intake. But many women who have none of these characteristics end up with osteoporosis, because the mere process of getting older puts women at risk.

### Devastating fractures

The vertebrae, or bones of the spine, are the ones most likely to break as a result of osteoporosis. A simple activity like bending to pick up a bag of groceries can cause a vertebra to collapse. One in three American women over 50 have this type of break, called a compression or crush fracture. Multiple crush fractures can cause loss of height (as much as seven inches) and deformities of the spine.

Hip breaks are the most life-threatening fractures related to osteoporosis. As many as two in 10 victims die within a year, usually from complications like pneumonia or blood clots. And one in four women who break a hip after 55 don't heal well enough to walk again without help.

Knowing how to prevent these devastating effects involves understanding how bones grow. During youth and early

*THIS VIEW INSIDE THE HIP SHOWS THE CONTRAST BETWEEN YOUNG BONE (INSET) AND OLDER BONE. WITH AGE, THE SHELL GROWS THINNER AND THE HONEYCOMB-LIKE CENTER BECOMES LESS DENSE, MAKING FRACTURES MORE LIKELY.*



For more information, contact:  
**THE NATIONAL  
MENOPAUSE FOUNDATION**  
222 S.W. 36th Terrace  
Gainesville, FL 32607  
Call toll-free: 1-800-MENOASK

## **A MESSAGE OF IMPORTANCE ON OSTEOPOROSIS.**

One in four women over the age of 60 and nearly half of men and women over 75 suffer from osteoporosis, a thinning of the bones. Osteoporosis develops over many years and is a major cause of fractures mostly in the spine, hip and wrist. Usually there are no feelings of discomfort until a fracture occurs. When a person has a fracture, pain and loss of mobility as well as a change of lifestyle can result.

What's more, the process of bone thinning tends to increase after menopause. Basically, as women pass through menopause, they produce less estrogen and, as a result, their bones lose calcium at a faster rate – too fast, in fact, for the body to fully replace the bone that is lost.

Women at highest risk include Caucasian and Asian women, those with a slim build, those who experience early menopause, smokers and women with a family history of osteoporosis. One of the earliest signs of osteoporosis is a loss in height due to the collapse of the bones in the spine. This can lead to a curved spine.

Certain lifestyle factors may also promote osteoporosis; particularly a poor diet, one with inadequate Vitamin D, calcium and protein.

A calcium-rich diet, weight-bearing exercise and drug therapy are the mainstays for the prevention of osteoporosis in postmenopausal women. If you are concerned about osteoporosis, talk to your health care provider and find out what prevention options are available to you.

BROUGHT TO YOU BY BRISTOL-MYERS SQUIBB  
DEDICATED TO EXCELLENCE IN WOMEN'S HEALTH CARE

# Arthritis: "I Thought I Was Too Young To Worry"

You may think the same thing. You're still in your 30s, or maybe your 40s, and you would never think that your joint pain could be arthritis. What you might not know is that arthritis is a general term that refers to over 100 distinct medical conditions. Some types of arthritis affect only the elderly, while others can occur in a younger segment of the population.

If your joint pain does turn out to be arthritis, it is very important for your doctor to determine the specific type. Every kind of arthritis has its own clinical features that will have an impact on the choice of treatment. So, if your doctor mentions arthritis, always ask, "What kind?"

## Osteoarthritis/rheumatoid arthritis—What's the difference?

Osteoarthritis is the most common type of arthritis. It is thought to develop as a result of stress or injury to joints, and traditionally affects people after the age of 50. Osteoarthritis is seen with equal frequency in men and women. As a degenerative disease, it is recognized as one of the leading causes of disability in the elderly.

Rheumatoid arthritis is seen with less frequency. However, this is the arthritic disease that women in their 30s and 40s should be

informed about. Unlike osteoarthritis, rheumatoid arthritis affects women two to three times more often than men. It can occur at any age, but tends to have its onset between the ages of 30 and 50 years.

Rheumatoid arthritis is a systemic disease characterized by chronic inflammation of the joints. Researchers believe

that it develops because something has caused the body's immune system to react against itself. Without early appropriate treatment, rheumatoid arthritis can result in irreversible destruction of the joints.

## Should I be worried about rheumatoid arthritis?

- Joint pain especially in the hands, wrists, knees, or feet
- Pain involving joints on both sides of the body
- Joint stiffness especially in the morning
- Feeling tired or just plain sick
- Swelling around the affected joints

## What are the warning signs of rheumatoid arthritis?

The first thing that might alert you to the possible presence of rheumatoid arthritis is persistent joint pain or stiffness. Initially, rheumatoid arthritis tends to affect the small joints of the hands, wrists, knees, and feet, with later involvement of other joints. In general the joint pain is symmetrical, meaning that corresponding joints on both sides of the body are affected. Joint stiffness is also common. It usually occurs in the morning and commonly lasts longer than an hour.

In addition to joint pain, patients with rheumatoid arthritis often complain about losing weight and feeling tired, achy, or just plain sick. These symptoms of rheumatoid arthritis may actually occur before significant joint pain starts, but since they're so generalized, it's hard to relate them to rheumatoid arthritis.

## Can I treat the joint pain of rheumatoid arthritis with aspirin?

It's true that some over-the-counter medicines, like aspirin, acetaminophen, or ibuprofen, may temporarily alleviate

*continued on the next page*



The second and third fingers of this patient show the swelling often associated with early RA.

For more information on rheumatoid arthritis, contact:  
**THE ARTHRITIS FOUNDATION**  
1314 Spring Street, NW  
Atlanta, GA 30309  
**1-800-283-7800**

**INDICATIONS**

Plaqueuilsulfate is indicated for the treatment of rheumatoid arthritis, systemic lupus erythematosus, and other connective tissue diseases.

**WARNINGS**

Plaqueuilsulfate should be used with caution in patients with a history of convulsions, epilepsy, or other conditions which may be aggravated by the drug. It should be used with caution in patients with a history of glaucoma, particularly angle-closure glaucoma.

**CONTRAINDICATIONS**

Plaqueuilsulfate is contraindicated in patients with a known hypersensitivity to the drug or to any of its components.

**Use in Pregnancy**

Plaqueuilsulfate should be used with caution during pregnancy. It should be used only if the potential benefits justify the possible risks. It should be used with caution in patients with a history of convulsions, epilepsy, or other conditions which may be aggravated by the drug.

**PRECAUTIONS, General**

Plaqueuilsulfate should be used with caution in patients with a history of convulsions, epilepsy, or other conditions which may be aggravated by the drug.

Periodic blood counts should be made if patients are given prolonged therapy. If any severe blood disorder appears which is not attributable to the disease under treatment, discontinuation of the drug should be considered. The drug should be administered with caution in patients having G-6-PD (glucose-6-phosphate dehydrogenase) deficiency.

**OVERDOSAGE**

The 4-aminoquinoline compounds are very rapidly and completely absorbed after ingestion and in accidental overdose or rarely with lower doses in hypersensitive patients, toxic symptoms may occur within 30 minutes. These consist of headache, drowsiness, visual disturbances, cardiovascular collapse and convulsions, followed by sudden and early respiratory and cardiac arrest. The electrocardiogram may reveal atrial standstill, nodal rhythm, prolonged intraventricular conduction time, and progressive bradycardia leading to ventricular fibrillation and/or arrest. Treatment is symptomatic and must be prompt with immediate evacuation of the stomach by emesis (at home, before transportation to the hospital) or gastric lavage until the stomach is completely emptied. If finely powdered, activated charcoal is introduced by the stomach tube after lavage and within 30 minutes after ingestion of the tablets, it may inhibit further intestinal absorption of the drug. To be effective, the dose of activated charcoal should be at least five times the estimated dose of hydroxychloroquine ingested. Convulsions, if present, should be controlled before attempting gastric lavage. If due to cerebral stimulation, cautious administration of an ultrashort-acting barbiturate may be tried but, if due to toxemia, it should be corrected by oxygen administration, artificial respiration or in shock with hypotension, by vasopressor therapy. Because of the importance of supporting respiration, tracheal intubation or tracheotomy followed by gastric lavage, may also be necessary. Exchange transfusions have been used to reduce the level of 4-aminoquinoline drug in the blood.

A patient who survives the acute phase and is asymptomatic should be closely observed for at least six hours. Fluids may be forced and sufficient ammonium chloride (8 g daily in divided doses for adults) may be administered for a few days to acidify the urine to help promote urinary excretion in cases of both overdose and sensitivity.

**LUPUS ERYTHEMATOSUS AND RHEUMATOID ARTHRITIS**

**WARNINGS**

Irreversible retinal damage has been observed in some patients who had received long-term high-dosage 4-aminoquinoline therapy for disorders such as systemic erythematosus or rheumatoid arthritis. Retinopathy has been reported to be dose related.

When prolonged therapy with any antimalarial compound is contemplated, ophthalmologic examinations (every three months) ophthalmologic examinations including visual acuity, expert slit-lamp funduscopic, and visual field tests) should be performed.

If there is any indication of abnormality in the visual acuity, visual field or retinal macular areas (such as pigmentary changes, loss of foveal reflex or any visual symptoms such as light flashes and streaks) which are not fully explainable by difficulties of accommodation or corneal opacities, therapy should be discontinued immediately and the patient closely observed for possible progression. Retinal changes (and visual disturbances) may progress even after cessation of therapy.

All patients on long-term therapy with this preparation should be questioned and examined periodically, including the testing of knee and ankle reflexes, to detect any evidence of muscular weakness. If weakness occurs, discontinue the drug.

In the treatment of rheumatoid arthritis, if objective improvement (such as reduced joint swelling, increased mobility, lines not

within 4 months the drug should be discontinued. Safe use of the drug in the treatment of juvenile arthritis has not been established.

**CAUTIONS**

Allergic reactions to PLAQUENIL sulfate may occur and proper care should be exercised when it is administered to any patient receiving a drug with a significant tendency to dermatitis.

The methods recommended for early diagnosis of "chloroquine retinopathy" consist of (1) funduscopic examination of the macula for pigmentary disturbances or loss of the foveal reflex and examination of the central visual field with a small red test target for pericentral or paracentral scotoma or determination of visual thresholds to red. Any unexplained visual symptoms, such as light flashes or streaks, should also be regarded with suspicion as possible manifestations of retinopathy.

Serious toxic symptoms occur from overdose or sensitivity, it has been suggested that ammonium chloride (8 g daily in divided doses for adults) be administered orally three or four days a week for several months after therapy has been stopped, as acidification of the urine increases renal excretion of the 4-aminoquinoline compounds by 20 to 90 percent. However, caution must be exercised in patients with impaired renal function and/or metabolic acidosis.

**ADVERSE REACTIONS**

Not all of the following reactions have been observed with every 4-aminoquinoline compound during long-term therapy, but they have been reported with one or more and should be borne in mind when drugs of this class are administered. Adverse effects with different compounds vary in type and frequency.

**CNS Reactions:** Irritability, nervousness, emotional changes, nightmares, psychosis, headache, dizziness, vertigo, tinnitus, nystagmus, nerve deafness, convulsions, ataxia.

**Neuromuscular Reactions:** Extraocular muscle palsies, skeletal muscle weakness, absent or hypocoactive deep tendon reflexes.

**Ocular Reactions:**

**A. Ocular Irritation:** Disturbance of accommodation with symptoms of blurred vision. This reaction is dose-related and reversible with cessation of therapy.

**B. Cornea:** Transient edema, punctate to lineal opacities, decreased corneal sensitivity. The corneal changes, with or without accompanying symptoms (blurred vision, halos around lights, photophobia), are fairly common, but reversible. Corneal deposits may appear as early as three weeks following initiation of therapy.

The incidence of corneal changes and visual side effects appears to be considerably lower with hydroxychloroquine than with chloroquine.

**C. Retina: Macula:** Edema, atrophy, abnormal pigmentation (mild pigment stippling to a "bull's-eye" appearance), loss of foveal reflex, increased macular recovery time following exposure to a bright light (photo-stress test), elevated retinal threshold to red light in macular, paramacular and peripheral retinal areas.

**Other fundus changes:** include optic disc pallor and atrophy, attenuation of retinal arterioles, fine granular pigmentary disturbances in the peripheral retina and prominent choroidal patterns in advanced stage.

**D. Peripheral Fields:** Pericentral or paracentral scotoma, central scotoma with decreased visual acuity, rarely field constriction.

The most common visual symptoms attributed to the retinopathy are reading and seeing difficulties (words, letters, or parts of objects missing), photophobia, blurred distance vision, missing or blacked out areas in the central or peripheral visual field, light flashes and streaks.

Retinopathy appears to be dose related and has occurred within several months (rarely) to several years of daily therapy, a small number of cases have been reported several years after antimalarial drug therapy was discontinued. It has not been noted during prolonged use of weekly doses of the 4-aminoquinoline compounds for suppression of malaria.

Patients with retinal changes may have visual symptoms or may be asymptomatic (with or without visual field changes). Rarely scotomatous vision or field defects may occur without obvious retinal change.

Retinopathy may progress even after the drug is discontinued. In a number of patients, early retinopathy (macular pigmentation sometimes with central field defects) diminished or regressed completely after therapy was discontinued. Paracentral scotoma to red targets (sometimes called "premaculopathy") is indicative of early retinal dysfunction which is usually reversible with cessation of therapy.

A small number of cases of retinal changes have been reported as occurring in patients who received only hydroxychloroquine. These usually consisted of alteration in retinal pigmentation which was detected on periodic ophthalmologic examination, visual field defects were also present in some instances. A case of delayed retinopathy has been reported with loss of vision starting one year after administration of hydroxychloroquine had been discontinued.

**Dermatologic Reactions:** Bleaching of hair, alopecia, pruritus, skin and mucosal pigmentation, skin eruptions (urticarial, morbilliform, lichenoid, maculopapular, purpuric, erythema annulare centrifugum and exfoliative dermatitis).

**Hematologic Reactions:** Various blood dyscrasias such as aplastic anemia, agranulocytosis, leukopenia, thrombocytopenia (hemolysis in individuals with glucose-6-phosphate dehydrogenase (G-6-PD) deficiency).

**Gastrointestinal Reactions:** Anorexia, nausea, vomiting, diarrhea, and abdominal cramps.

**Miscellaneous Reactions:** Weight loss, lassitude, exacerbation or precipitation of porphyria and nonlight-sensitive psoriasis.

Cardiomyopathy has been rarely reported and the relationship to hydroxychloroquine is unclear.

Revised November 1992 PSW-5

Sanofi Winthrop  
Distributed by Sanofi Winthrop Pharmaceuticals  
New York, NY 10016  
Manufactured by Sterling Pharmaceuticals Inc  
Barceloneta, Puerto Rico 00617

Certain manufacturing operations have been performed by other firms.

**Arthritis:**  
*"I Thought I Was Too Young To Worry"* continued

joint pain, but these drugs don't treat the disease. If you suspect that you have rheumatoid arthritis, the most important step you can take is to make an appointment with your doctor. A proper diagnosis from your doctor can help ensure that you'll receive proper therapy. Your doctor can also help determine whether you need to see a rheumatologist, a doctor who specializes in treating rheumatoid arthritis.

**What treatment can my doctor prescribe?**

Your doctor may start treatment with a prescription anti-inflammatory drug. However, many doctors feel that anti-inflammatory agents alone aren't enough because they don't treat the disease itself. For this reason, your doctor may also prescribe one of the disease-modifying anti-rheumatic drugs (DMARDs), a class of drugs that includes Plaqueuilsulfate (hydroxychloroquine sulfate). Prominent researchers believe that these drugs specifically target the disease and that they may slow the mechanisms involved in rheumatoid arthritis. Doctors often use DMARDs early in therapy to help limit damage to your joints and ensure that you maintain as much joint function as possible.

Like any drug, PLAQUENIL may cause side effects, and should be used with caution in people with glucose-6-phosphate dehydrogenase deficiency. If your doctor prescribes prolonged treatment with PLAQUENIL, periodic eye examinations are recommended. Please see the brief summary of prescribing information on PLAQUENIL at left, and discuss it with your doctor.

**Breakthroughs Put You In Charge** continued

ing better access to medical information. ADVANCES IN WOMEN'S HEALTH was created to meet that demand. Here you'll find empowering knowledge on the prevention and treatment of medical conditions common in women, as well as toll-free numbers to call for more information. We urge you to use these numbers in your quest for good health.

ADVANCES IN WOMEN'S HEALTH is produced by Dowden Publishing Company, Montvale, NJ, and BH Reps, Haworth, NJ. Copyright © 1994.



# Endometriosis:

## What Women Should Know

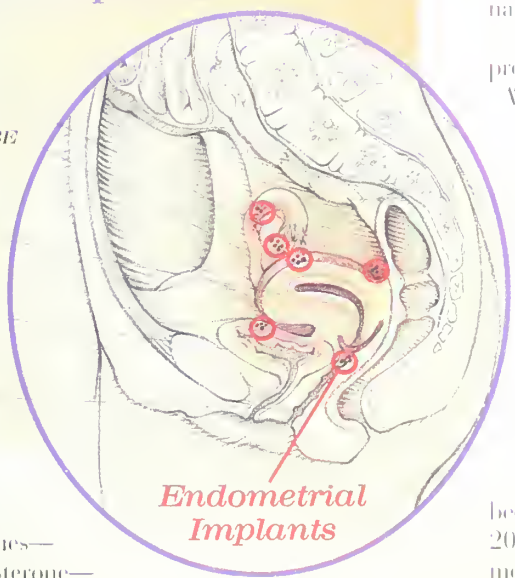
**E**ndometriosis takes its name from the endometrium, the layer of cells that line the uterus. Endometriosis is a disorder in which endometrial tissue is present *outside* the uterus. Until recently, endometriosis seemed fairly uncommon. However, with improved diagnostic techniques, we now know that it afflicts one in 20 American women. Consequently, doctors now regard endometriosis as one of the most impor-

tant structures or organs. If she has been unable to conceive, implants may be blocking her ovaries or fallopian tubes, or may be inducing a hormone imbalance that makes conception difficult. Diagnosis is made with a laparoscope, a lighted tube that allows the physician to view the entire pelvic cavity.

Precisely what gives rise to endometriosis is not known. One theory is that it is caused by an immune system disorder: In most women some menstrual flow backs up through the fallopian tubes into the abdominal cavity, where it is rejected through a built-in mechanism. But in women with endometriosis, according to the theory, a genetic flaw in the immune system allows the tissue to take hold and grow. This may explain why endometriosis tends to run in families.

**This interior view of the pelvis shows common sites of endometrial implants.**

- OVARY
- FALLOPIAN TUBE
- UTERUS
- BLADDER
- VAGINA



tant gynecological problems in the U.S. Two sex hormones—estrogen and progesterone—prompt the lining of the uterus to thicken each month in preparation for pregnancy. If conception does not occur, the uterus sheds the lining as menstrual flow; the cycle then begins again. Like endometrial tissue inside the uterus, implants outside the uterus also thicken each month, then break down and bleed. However, these breakdown products have no avenue of escape.

### Symptoms and diagnosis

Symptoms vary, but the four most common are painful periods, heavy or irregular menstrual flow, painful intercourse, and infertility.

The location and extent of endometrial implants usually determine a woman's specific symptoms. If she complains of pain, it may be that implants are crowding sensitive inter-

### Treatment

Treatment options include hormonal therapy that mimics pregnancy (birth control pills); hormonal therapy that mimics menopause; surgery; and a combination of hormonal therapy and surgery.

Birth control pills work by indirectly blocking the production of hormones that stimulate menstruation. Without monthly hormone surges, endometrial implants shrink. Side effects of birth control pills include depression, nausea, weight gain, breakthrough bleeding, and, in some cases, stroke or heart attack.

Drugs that induce a menopause-like state include Danocrine (danazol; Sanofi Winthrop), Lupron Depot (leuprolide; TAP), Synarel (nalarelin; Syntex), and Zoladex (goserelin; Zeneca).

DANOCRINE has been available for nearly 20 years to treat endometriosis. DANOCRINE prevents secretion of pituitary hormones that stimulate the ovaries to produce estrogen and progesterone; as a result, menstruation stops and endometrial implants shrink. In addition, DANOCRINE acts directly on implants, causing them to shrink.

Most women tolerate



**Over 90% of women who take DANOCRINE for endometriosis show significant improvement.**

For more information, contact:  
**THE ENDOMETRIOSIS ASSOCIATION**  
 International Headquarters  
 8585 North 76th Place  
 Milwaukee, WI 53223  
**1-800-992-3636**

treatment with DANOCRINE well. Side effects that may occur are usually manageable with the help of your doctor and reversible once treatment is discontinued. These include weight gain, edema, acne, oily skin, unwanted

*(continued on the next page)*

PLEASE READ THIS SUMMARY CAREFULLY, AND THEN ASK YOUR DOCTOR ABOUT DANOCRINE. THIS INFORMATION SHOULD NOT TAKE THE PLACE OF A FULL DISCUSSION WITH YOUR DOCTOR. ONLY YOUR DOCTOR HAS THE TRAINING TO WEIGH THE RISKS AND BENEFITS OF A PRESCRIPTION DRUG FOR YOU.

## BRIEF SUMMARY

### INDICATIONS AND USAGE

DANOCRINE is indicated for the treatment of the following conditions:

1. Symptomatic fibrocystic disease of the breasts, including symptomatic fibrocystic disease of the breasts that does not respond to simple measures (eg, cyclic progesterone therapy).

2. Pain and tenderness of the breasts associated with fibrocystic disease of the breasts that does not respond to simple measures (eg, cyclic progesterone therapy).

3. Endometriosis. DANOCRINE is usually effective in decreasing nodularity, pain, and tenderness. It should be stressed to the patient that this treatment is not innocuous in that it involves considerable alterations of hormone levels and that recurrence of symptoms is very common after cessation of therapy.

4. Hereditary Angioedema. DANOCRINE is indicated for the prevention of attacks of angioedema of all types (cutaneous, abdominal, laryngeal) in males and females.

5. Hereditary Angioedema. DANOCRINE is indicated for the prevention of attacks of angioedema of all types (cutaneous, abdominal, laryngeal) in males and females.

### CONTRAINDICATIONS

DANOCRINE should not be administered to patients with:

1. Undiagnosed abnormal genital bleeding
2. Markedly impaired hepatic, renal, or cardiac function.
3. Pregnancy (See WARNINGS)
4. Breast feeding
5. Porphyria—DANOCRINE can induce ALA synthetase activity and hence porphyrin metabolism.

### WARNINGS

Use of danazol in pregnancy is contraindicated. A sensitive test (eg, beta subunit test if available) capable of determining early pregnancy is recommended immediately prior to start of therapy. Additionally a non-hormonal method of contraception should be used during therapy. If a patient becomes pregnant while taking danazol, administration of the drug should be discontinued and the patient should be apprised of the potential risk to the fetus. Exposure to danazol in utero may result in androgenic effects on the female fetus; reports of clitoral hypertrophy, labial fusion, urogenital sinus defect, vaginal atresia, and ambiguous genitalia have been received. (See PRECAUTIONS: Pregnancy, Teratogenic Effects.)

Thromboembolism, thrombotic and thrombophlebotic events including sagittal sinus thrombosis and life-threatening or fatal strokes have been reported.

Experience with long-term therapy with danazol is limited. Peliosis hepatis and benign hepatic adenoma have been observed with long-term use. Peliosis hepatis and hepatic adenoma may be silent until complicated by acute, potentially life-threatening intraabdominal hemorrhage. The physician therefore should be alert to this possibility. Attempts should be made to determine the lowest dose that will provide adequate protection. If the drug was begun at a time of exacerbation of hereditary angioneurotic edema due to trauma, stress or other cause, periodic attempts to decrease or withdraw therapy should be considered.

Danazol has been associated with several cases of benign intracranial hypertension also known as pseudotumor cerebri. Early signs and symptoms of benign intracranial hypertension include papilledema, headache, nausea and vomiting, and visual disturbances. Patients with these symptoms should be screened for papilledema and, if present, the patients should be advised to discontinue danazol immediately and be referred to a neurologist for further diagnosis and care.

A temporary alteration of lipoproteins in the form of decreased high density lipoproteins and possibly increased low density lipoproteins has been reported during danazol therapy. These alterations may be marked, and prescribers should consider the potential impact on the risk of atherosclerosis and coronary artery disease in accordance with the potential benefit of the therapy to the patient.

Before initiating therapy of fibrocystic breast disease with DANOCRINE, carcinoma of the breast should be excluded. However, nodularity, pain, tenderness due to fibrocystic breast disease may prevent recognition of underlying carcinoma before treatment is begun. Therefore, if any nodule persists or enlarges during treatment, carcinoma should be considered and ruled out.

Patients should be watched closely for signs of androgenic effects some of which may not be reversible even when drug administration is stopped.

### PRECAUTIONS

Because DANOCRINE may cause some degree of fluid retention, conditions that might be influenced by this factor, such as epilepsy, migraine, or cardiac or renal dysfunction, require careful observation.

Since hepatic dysfunction manifested by modest increases in serum transaminase levels has been reported in patients treated with DANOCRINE, periodic liver function tests should be performed (see WARNINGS and ADVERSE REACTIONS).

Administration of danazol has been reported to cause exacerbation of the manifestations of acute intermittent porphyria. (See CONTRAINDICATIONS.)

**Drug Interactions:** Prolongation of prothrombin time occurs in patients stabilized on warfarin. Therapy with danazol may cause an increase in carbamazepine levels in patients taking both drugs.

**Laboratory Tests:** Danazol treatment may interfere with laboratory determinations of testosterone, androstenedione and dehydroepiandrosterone.

**Carcinogenesis, Mutagenesis, Impairment of Fertility:** No valid studies have been performed to assess the carcinogenicity of DANOCRINE.

**Pregnancy, Teratogenic Effects:** (See CONTRAINDICATIONS.) Pregnancy Category X. DANOCRINE administered orally to pregnant rats from the 6th through the 15th day of gestation at doses up to 250 mg/kg/day (7-15 times the human dose) did not result in drug-induced embryotoxicity or teratogenicity, nor difference in litter size, viability or weight of offspring compared to controls. In rabbits, the administration of DANOCRINE on days 6-18 of gestation at doses of 60 mg/kg/day and above (2-4 times the human dose) resulted in inhibition of fetal development.

**Nursing Mothers:** (See CONTRAINDICATIONS.)

**Pediatric Use:** Safety and effectiveness in children have not been established.

### ADVERSE REACTIONS

The following events have been reported in association with the use of DANOCRINE:

Androgen-like effects include weight gain, acne and seborrhea. Mild hirsutism, edema, hair loss, voice change, which may take the form of hoarseness, sore throat or of instability or deepening of pitch, may occur and may persist after cessation of therapy. Hypertrophy of the clitoris is rare.

Other possible endocrine effects include menstrual disturbances in the form of spotting, alteration of the timing of the cycle and amenorrhea. Although cyclical bleeding and ovulation usually return within 60-90 days after discontinuation of therapy with DANOCRINE, persistent amenorrhea has occasionally been reported.

Flushing, sweating, vaginal dryness and irritation and reduction in breast size, may reflect lowering of estrogen. Nervousness and emotional lability have been reported. In the male a modest reduction in spermatogenesis may be evident during treatment. Abnormalities in semen volume, viscosity, sperm count, and motility may occur in patients receiving long-term therapy.

Hepatic dysfunction, as evidenced by reversible elevated serum enzymes and/or jaundice, has been reported in patients receiving a daily dosage of DANOCRINE of 400 mg or more. It is recommended that patients receiving DANOCRINE be monitored for hepatic dysfunction by laboratory tests and clinical observation. Serious hepatic toxicity including cholestatic jaundice, peliosis hepatis, and hepatic adenoma have been reported. (See WARNINGS and PRECAUTIONS.)

Abnormalities in laboratory tests may occur during therapy with DANOCRINE including CPK, glucose tolerance, glucagon, thyroid binding globulin, sex hormone binding globulin, other plasma proteins, lipids and lipoproteins.

The following reactions have been reported, a causal relationship to the administration of DANOCRINE has neither been confirmed nor refuted; *allergic:* urticaria, pruritus and rarely, nasal congestion; *CNS effects:* headache, nervousness and emotional lability, dizziness and fainting, depression, fatigue, sleep disorders, tremor, paresthesias, weakness, visual disturbances, and rarely, benign intracranial hypertension, anxiety, changes in appetite, chills, and rarely convulsions, Guillain-Barré syndrome, *gastrointestinal:* gastroenteritis, nausea, vomiting, constipation, and rarely, pancreatitis; *musculoskeletal:* muscle cramps or spasms, or pains, joint pain, joint lockup, joint swelling, pain in back, neck, or extremities, and rarely, carpal tunnel syndrome which may be secondary to fluid retention; *genitourinary:* hematuria, prolonged posttherapy amenorrhea; *hematologic:* an increase in red cell and platelet count. Reversible erythrocytosis, leukocytosis or polycythemia may be provoked. Eosinophilia, leukopenia and thrombocytopenia have also been noted. *Skin:* rashes (maculopapular, vesicular, papular, purpuric, petechial), and rarely, sun sensitivity, Stevens-Johnson syndrome; *other:* increased insulin requirements in diabetic patients, change in libido, elevation in blood pressure, and rarely, cataracts, bleeding gums, fever, pelvic pain, nipple discharge. Malignant liver tumors have been reported in rare instances, after long-term use.

Revised January 1993

DSW-5(0)

SANOI WINTHROP

Distributed by Sanofi Winthrop Pharmaceuticals  
New York, NY 10016  
Manufactured by Sterling Pharmaceuticals Inc  
Barceloneta, Puerto Rico 00617

## Endometriosis: What Women Should Know *continued*

ed hair, and muscle aches. Temporary marked increases in LDL (the so-called "bad" cholesterol) and decreases in HDL (the "good" cholesterol) may also occur, as may changes in liver enzyme levels. Consequently, it is recommended that liver enzymes be monitored.

There are other possible side effects with DANOCRINE. *Be sure to read the brief summary of prescribing information that appears at left, and then ask your doctor about DANOCRINE.*

Lupron Depot, Synarel, and Zoladex are drugs known as GnRH agonists that are as effective as DANOCRINE in treating endometriosis. They work by suppressing gonadotropin-releasing hormone (GnRH), a chemical that stimulates the ovaries to produce estrogen and progesterone, thereby greatly reducing levels of these hormones. Lupron Depot is given intramuscular injection once a month. Synarel by daily nasal spray, and Zoladex by implanting a tiny pellet under the skin once a month.

Side effects with GnRH agonists include vaginal dryness, hot flashes, headache, acne, muscle aches, decreased sex drive, and bone mass loss.

As with any hormonal therapy, DANOCRINE and the GnRH agonists should not be used by women who are pregnant or breast feeding. All women should use a non-hormonal contraceptive, such as the diaphragm, while on any of these medications.

Surgery may also be used to remove endometrial implants. Conservative surgery does not involve removal of the reproductive organs. It is often used in combination with the drugs discussed above. Radical surgery involves removal of the uterus and ovaries, the organ most closely linked to endometriosis. It is the only true cure.

The chances of a recurrence of endometriosis are about the same whether you are treated with conservative surgery or medication. About 50 percent of women experience a recurrence, most often within a year after initial treatment is complete. Because the safety of GnRH agonists beyond the recommended six months has not been established, these drugs are not recommended for retreatment. DANOCRINE, however, may be reintroduced if endometriosis recurs.

Introducing

**My First  
Tiger**

Electronic  
Learning  
Games that  
let little kids  
feel like big  
shots.



**I can do it!"**



My First Tiger Electronic Learning Games offer kids a real sense of achievement. Designed to meet the educational and emotional needs of preschoolers, each game teaches different skills with different characters kids love.

Watch your child's excitement grow as the voice of his favorite character cheers him on. He'll love learning his letters with Ronald McDonald™ or numbers with Babar™. And he'll be thrilled to help Kermit™ play a matching game with Miss Piggy™ or match parts with Mr. Potato Head™.

At home or on the go you'll be surprised at what your preschooler can do, when learning is this much fun!

**TIGER** ELECTRONICS  
INC.®

© 1994 Tiger Electronics

© 1994 Jim Henson Productions, Inc. © 1994 McDonald's Corporation  
© 1994 PLAYSchool. © Laurent de Brunhoff. Babar. © 1994

## How to strengthen your marriage

By David Reardon, p. 168

...ing time. You can break the im-  
... only when both partners stop  
...ding to be right or acting like a  
... martyr, and learn to acknowledge  
... their part in triggering or sustaining  
... the difficulty.

■ Even if your control has been poor  
... of the past, you can get a grip on  
... your anger. Monitor your behavior  
... for one week, writing down every  
... time you got angry, whom your  
... anger was directed at and why, as  
... well as what results your anger pro-  
... duced. Make a point of learning your  
... body's reactions to anger: a racing  
... pulse, a knot in your stomach, a  
... tightening in your temples or your  
... neck. (Sometimes we are angry long  
... before we recognize that feeling.)  
... Learn to state what you feel when  
... you feel it, instead of letting it build  
... to an explosive level.

■ When your spouse is angry, learn  
... to listen. Resolve not to react with  
... your own angry accusations. Validate  
... his feelings: Instead of telling some-  
... one he has no right to be angry by  
... saying something like "You shouldn't

feel that way," try responding with,  
..."I can see how that would upset  
... you." You're not agreeing with him,  
... you're simply saying that you ac-  
... knowledge his right to an opinion.

■ Unspoken expectations, usually  
... rooted in childhood ideals or your  
... experience of your parents' mar-  
... riage, are often at the root of an on-  
... going power struggle. Just because  
... your father always handled the bills  
... doesn't mean your husband is obli-  
... gated to. The fact that your mother  
... stayed home with the children  
... doesn't mean that you have to follow  
... suit. You and your partner should  
... become aware of your expectations  
... about who makes decisions about  
... child rearing or how money is spent  
... so you can work out compromises  
... when problems occur.

■ All couples fight, but there are cer-  
... tain things you must avoid saying,  
... even in the heat of battle, such as  
..."This is just like the time you . . ."  
... Fighting fair means you don't get  
... hysterical—or historical. Forget past  
... transgressions.

"I want a divorce." Threatening  
... abandonment tells your mate that  
... you don't value him or the marriage.

Why should he try to resolve an ar-  
... gument?

"And you're a lousy lover, too." D  
... meaning remarks that are complete  
... off the point linger long after the ar-  
... gument winds down.

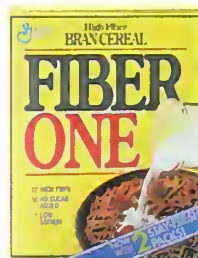
"My mother always said you'd need  
... amount to anything." Third-par-  
... criticism is destructive and inflar-  
... matory. He married you, not your  
... mother.

■ Stick to "I" messages when deal-  
... ing with volatile matters. For exam-  
... ple, "When you criticize my cookin-  
... I feel you're not paying attention to  
... what's important in our marriage.  
... love you, but I can't put out  
... gourmet meal every night." Bewar-  
... of false "I" messages: "I think you'  
... a jerk" doesn't qualify.

■ Money is perhaps the most com-  
... mon point of disagreement in  
... marriage. Instead of assuming that  
... your spouse's financial goals are  
... the same as your own, sit down and  
... really discuss the role that money  
... plays in your lives. What are your  
... attitudes and beliefs about it? Is  
... one of you a risk-taker, the other  
... intent on building security? Do you  
... feel money should be spent at

There's something  
extra in your high fiber cereal.  
(And we're not  
talking about bananas)

More  
sodium\*



Artificial  
sweetener

\*Compared to NABISCO 100% BRAN

© 1994 Kraft General Foods, Inc. NABISCO and CORNER TRIANGLE logo are registered trademarks of Nabisco, Inc. KELLOGG'S and ALL-BRAN are registered trademarks of Kellogg's Company. FIBER ONE is a registered trademark of General Mills, Inc.

or squirreled away for emer-  
 Only when you know the  
 f disagreement can you find a  
 nise.  
 ncial managers recommend  
 ples have monthly meetings,  
 rgue about who spends what,  
 r to focus on how to make  
 t of what you have: Does our  
 need revision? How shall we  
 a big repair we know is com-  
 Is our money invested wisely,  
 ie present economy? Are we  
 ore credit than we could han-  
 e of us lost his job? If you hold  
 eetings on a regular basis, you  
 h less likely to be blindsided  
 a ncial crisis.  
 N matter how tight money is, re-  
 small amount for pleasure.  
 er you only go out once a week  
 r to a movie, you'll feel bet-  
 at the relationship when you in-  
 lg yourselves once in a while. And  
 nber that spending time on the  
 ship is the surest way to let  
 rner know that you value him  
 marriage.  
 It hard to believe that sex is still  
 difficult subject that couples  
 nearly impossible to talk about.

No matter how much your partner  
 loves you, he can't guess what feels  
 good to you. It's your responsibility  
 to tell him what you like. Never simply  
 banish feelings of dissatisfaction or  
 frustration because you're afraid dis-  
 cussing them will hurt your spouse.

- The stress of balancing work and family obligations can be exhausting, and a couple's sex life often reflects this strain. Make a pact that if more than a week goes by without sex, you and your mate will sit down and examine the reasons. Speak honestly and openly, without criticizing or judging each other.
- Don't use your spouse as a go-between with your in-laws. Maintain direct contact and establish a relationship as you would with any person you meet. Get to know them apart from the role they play in your life: What are their interests and strengths? Get them to talk about themselves.
- Couples must strike a balance between themselves and their children. Kids need the reassurance that they are loved and cared for, but parents need to set rules for the children's behavior and especially for privacy and time for themselves. Parents also have to pre-

sent a united front. Differences of opinion regarding discipline should always be discussed privately, not in front of the children.

- Intimacy isn't limited to sexual intimacy. Think of how close you feel to a dear friend. Talking is the key. Call each other on the telephone, make a date for lunch, or turn off the TV and share a glass of wine after the kids are in bed. Make a point of sharing some private time every day.

*Mary Rosen is a contributing editor of Ladies' Home Journal.*

### WE WANT TO HEAR FROM YOU

We know you read "Can this marriage be saved?" Do you remember a favorite column or advice that you took to heart? Or do you have a favorite tip for making a marriage strong? Write and tell us: Ladies' Home Journal, Box CTMBS, 100 Park Avenue, New York, NY 10017.

# Only 100% Bran™ has 1/2 the sodium of All-Bran® Original without the artificial sweetener of Fiber One®.



**NABISCO 100% BRAN.**  
 It's just everything you ever wanted in a high fiber cereal.

With Nabisco 100% Bran, you get the natural, crunchy goodness of wholesome bran with 11 vitamins and minerals. And there's one little extra that makes it an even better choice — Nabisco 100% Bran is surprisingly delicious, too.

MANUFACTURER'S COUPON		EXPIRATION DATE 1 31 95	
<b>RETAILER</b> Kraft General Foods, or an authorized retailer, will reimburse the face value of this coupon plus handling if submitted in compliance with its coupon redemption policy, previously provided to you and available upon request. Cash value 1.00¢. Coupon can only be distributed by KGF or its agent. Mail to: Kraft General Foods, Inc., CMS Dept. # 300, 1 Fawcett Dr., De Rio, TX 78840. Offer expires 3/31/95. One coupon valid for item(s) indicated. Any other use constitutes fraud.		<b>Save 50¢</b> ON <b>NABISCO®</b> <b>100% Bran Cereal</b> LJLBPMC410	
KRAFT GENERAL FOODS, INC.		5	13130 12250 9

# The kindness of **STRANGERS**

It doesn't take grand gestures to make a difference in other people's lives. In fact, simple acts of generosity and compassion are often the greatest gifts of all

**E**leven years ago, an artist who lived near San Francisco decided that doing unexpected favors for complete strangers would make the world a kinder, gentler place. Her call to commit such "random acts of kindness" quickly caught on, and soon people across the country were talking about the considerate things



others had done for them. In fact, so strong was the power of kindness that even the most simple acts—such as stopping to help someone whose car had broken down or paying for a stranger's cup of coffee—seemed to make a profound impact on people. (The movement inspired a book, *Random Acts of Kindness* [Conari Press, 1993], that now has

425,000 copies in print.)

Why do such little actions make such a big difference? At the foundation of every act of kindness is a simple and compassionate connection between strangers who, for a moment, aren't strangers anymore. Generous gestures are powerful because they affirm our connection to those around us.

Kindness, it seems, has the capacity to return us to the very core of our humanity.

Here, then, from the sequel to *Random Acts of Kindness*, are some special stories of kind deeds that changed people's lives—in big and small ways. Perhaps these tales will inspire you to make someone else's day a little brighter, too!

## Lesson from a child

A number of years back, my six-year-old son and I had gone shopping at one of those giant discount toy stores. We had just come around the corner of an aisle when I saw a young, long-haired, bearded man in a wheelchair. He must have been in a terrible accident because both his legs were missing and his face

was badly scarred. Just then my son saw him, too, and said in a loud voice, "Look at that man, Momma!"

I did the normal mother thing and tried to shush my son, telling him it was not polite to point, but before I could stop him, he ran down the aisle to the man in the wheelchair. He stood right in front of him and said, "What a cool earring, man! Where did

you get such a neat earring?"

The young man broke into a grin that lit up his face. He was so taken aback by the compliment that he just glowed with happiness. The two of them stood there talking for a while about his earring and other "cool stuff." It made a lifelong impression on me. Where I had seen only a horribly scarred man in a wheelchair, my six-year-old saw a man with a cool earring.

**BET** you didn't think  
a **homebaked** cookie  
this **chocolatey & chewy**  
could be this **easy**.



READY TO  
BAKE IN **7 MINUTES**

*Duncan Hines Chocolate Chip Cookies give you real chocolate chips and an irresistibly moist, chewy homebaked taste. With no softening, no sifting, no beating, no blending. Thus, no turning your kitchen into a war zone. You'll wish everything that tasted this good was this easy.*



©1994 The Procter & Gamble Company

**Duncan  
Hines**

**THE TASTE**  
*that brings it all*  
**HOME**

## Brother spin

My brother is a teacher who doubles as the golf coach for an inner-city high school. When his first "team" showed up, he had four excited boys—and no equipment. Doing what he could, he scrounged up some old clubs and managed to put together three mismatched sets the boys could share.

One day he was playing golf with

some people he didn't know, and mentioned his golf team and their unusual equipment. The next Monday morning he was called down to the school office. One of the men he'd played golf with had shown up at the school with four complete sets of golf clubs, golf bags and dozens of new golf balls.

My brother wanted to thank the



man, but he didn't remember his name. He wrote a letter to the local newspaper and it ran on the sports page of the section. Within two weeks the school received much golf equipment able to donate some to other inner-city schools for their fledgling golf team.

## The hundred-dollar hero

I arrived at the airport in Pullman, Washington, excited about my approaching interview for admission to Washington State University's veterinary school. I went directly to the rental-car agency to pick up my car only to find, to my disbelief and horror, that

my credit card had been refused and I had no other means of payment.

I ran to the pay

phone and called my

roommate back in California. Between hysterical sobs, I was trying to explain what had happened, when a man walked up to me, tapped me on the shoulder, handed me a hundred-dollar bill and walked away. Thanks to the generous compassion of a total stranger, I made the interview on time and was accepted into the school.



## The greatest gift

For several years I suffered from a failing heart. Last summer, as its strength waned dangerously toward complete failure, I was finally put on a list of patients waiting for heart transplants. By then my health was so precarious I was unable to do even the simplest chore. The daily walk to the mailbox left me winded and weak. If I

were to list all the acts of kindness that were shown to me during that time, it would fill an entire page in a newspaper. But one act stands out—that of the parents who saved their teenager in a horrible accident. In the midst of their agonizing and indescribable grief, they gave me the gift of life: their child's heart. From the very depths of my heart—my heart—flow gratitude, sympathy and prayers.

## Good neighbors

Twelve years ago I came home from a grocery shopping to a message that my husband had been killed in a freak auto accident. Totally aside from the devastating emotional trauma that took an axe to me, I was completely unprepared to cope with the many things that needed to be done. Without asking, my neighbors spontaneously extended their circle of cares to encompass my small farm.

One day my cornfield was harvested; repairs to my roof and car just happened. My vegetable garden was not only weeded, but was suddenly more productive than it had ever been—vegetables I don't remember planting soon ripened. I would come home to see a pile of wood, cut and stacked and ready to get me through the winter. Pie breads, jams and cases of canned tomatoes appeared at my door.

It all seems so unreal now: Whatever was needed simply showed up. When it was no longer needed, it no longer appeared. It was the same beautiful, self-correcting dance of kindness. I will be forever grateful to all these wonderful people.

## Anonymous angel

My marriage had come apart in a dramatic and violent fashion that left me shaking and scared to death. I escaped with two small children, a broken-down car and \$423 in cash. I was so terrified that I drove aimlessly for hundreds of miles, determined to get so completely lost that I could not be found. After sleeping in the car for a couple of days, I found a run-down old house outside a small town and used up almost the last of my money on the rent. I was frightened and broke, but at least we had a place to start over. I spent the next day looking for work, and came home to our sad and virtually empty nest on the verge of tears, not at all sure we would make it.

There, sitting on the sagging front porch, were five bags of groceries, a large box of pots, pans and kitchen utensils, and a vase of the most beautiful irises I had ever seen. I had to have cried for ten minutes before I could pull myself together to unpack our miraculous gifts. No note, no explanation. I could not imagine who could have done this. I could not possibly have known how desperate we were.

That was many years ago. I'm now sitting on top of my stove in my beautiful, modern kitchen. An old, blue whistling teapot, reminding me to boil water for my morning coffee, is the beautiful gift of kindness that waited for me in my hour of greatest need.







## Geometry Lesson.

Jamie's learning geometry, spatial relationships, problem solving, and a lot more.

He's also developing real self-confidence.

K'NEX — the color-coded construction set — lets youngsters build what they can imagine, and learn while they build.

But don't ever tell them. They think they're just having fun.

**To bring out their imaginations, bring out K'NEX.**

# K'NEX



## The case of the PECULIAR PIMPLES



A healthy young woman mysteriously developed unexplainable blemishes all over her body. Doctors were baffled—until they learned more about a very routine part of her day. By Jonathan A. Edlow, M.D.

Josephine Limone had just returned from a relaxing trip to California with her husband when she suddenly developed a series of strange symptoms. She noticed the first one while en route to her job as assistant administrator for the clinical laboratory at Mount Sinai Medical Center, in New York City. "I took the subway to work, and when I reached up to grab the handrail on the train, my arm really hurt," recalls Limone, who was twenty-five at the time. She also began experiencing soreness in

her underarms: first on the right side, then on the left. Before she knew it, both armpits were hurting whenever she moved.

At home that night, she noticed some swelling under her arms and near her breast. She asked her husband, who is a dentist, to take a look. He discovered that her lymph nodes were swollen—a sign that she had some sort of infection.

But the next day, as she was dressing for work, Limone detected the strangest symptom of all: Small blemishes had appeared on various

parts of her body. "At first, I thought it was just acne," she recalls, "but they were in unusual locations: on my stomach, on my thighs, one on my knee." She applied witch hazel to the pimples, hoping that they would dry up within a day or so. But when they didn't, and when she began experiencing dull headaches and a low fever, she knew it was time to see a doctor.

"I asked Dr. Neville Colman, the medical director of the lab where I worked at the time, to take a look at the blemishes," Limone recalls. "He knew that I'd had chicken pox about a year before, and thought it might be a recurrence." So Colman referred her to Edward J. Bottone, Ph.D., a professor of medicine and microbiology at Mount Sinai.

As part of his examination, Bottone carefully opened up one of Limone's whiteheads—tiny raised lesions filled with pus—and took a sample to check for bacteria. Looking at the sample with a microscope, he was able to rule out chicken pox. But further tests were needed to determine what kind of bacteria, if any, were present. In the meantime, he told Limone to call him right away if she developed any new blemishes.

A few days later, Limone did return, with a new pimple on her upper right arm. "I did two things," recalls Bottone. "I asked her to see an infectious-diseases specialist who ruled out the possibility that this was something she may have contracted from an insect bite. Then I referred her to a dermatologist, Dr. Marsha Gordon."

### LOOKING FOR CLUES

Gordon, who had seen Limone a few times in the past for minor problems including her recent case of chicken pox, brought in a second dermatologist to examine the patient. "They asked me all the usual questions about whether I had used any new soaps, new detergents, that sort of thing," says Limone. The doctors told her that they thought she had some sort of viral infection of the skin, meaning that she had a *(continue)*



You didn't buy a Pine-Sol<sup>®</sup> floor, did you?

Armstrong<sup>®</sup> Floor Cleaner is specially made to beautifully clean your no-wax floor. Unlike many other cleaners, it's oil free. So it won't leave a dulling or damaging residue. Can your cleaner say that?



Armstrong keeps it beautiful.

\*Pine Sol is a registered trademark of the FMC Company

## Case of the peculiar pimples

...body that was showing itself  
...of skin lesions. But they  
...do more tests before they  
...definitively if that was the  
...this point, Limone re-  
...that she began to grow more  
... She had never imagined  
...her condition was anything out of  
...ordinary. "Physically, I didn't feel  
...sick," she says. "But I was really  
...worried that no one could tell me what  
...was causing my symptoms."

Gordon admits she was stumped. Based upon Limone's medical history and the fact that her lesions did not fit the patterns of various other infections, the dermatologist was able to rule out the most common causes of such symptoms: shingles, herpes simplex (the virus that causes cold sores, which can sometimes spread throughout the body) and contact dermatitis—a rash or other allergic reaction that occurs when the skin touches an irritant.

So Gordon was relieved when the lab report showed a crucial piece of information that would help narrow the search: The tests that Bottone had

done on samples from Limone's lesions turned out to be positive for a very unusual bacterium called *Pseudomonas aeruginosa*, or PA. At least now the doctors knew what was causing Limone's symptoms.

PA is an extremely hardy bacterium that can grow almost anywhere, as



**As Josephine Limone discovered, even ordinary household items can be health hazards**

long as there's moisture. It especially loves swimming pools, whirlpools and hot tubs that have not been properly disinfected with chlorine. Healthy people don't usually get PA infections; it's more common in people whose

immune systems have been weakened by chemotherapy or a serious illness or infection. But, though rare, PA can occasionally cause skin infections in healthy people and lead to fever and swollen lymph glands.

"When the culture turned positive for PA, Dr. Bottone asked me a series of questions," Limone recalls. "Because of my California trip, he had retracing my steps, verifying that I hadn't gone into a sauna or a hot tub. Then he asked me to think about my daily routine; he really got into the nitty-gritty. How many showers did I take? When did I shave? What lotions and creams did I use? I had to bring my toiletries to the lab. He took pictures of my soap, baby lotion, moisturizing cream and shaving cream, thinking that one of them might be contaminated with the bacteria."

But they weren't.

Still, Bottone was convinced Limone had come in contact with something harboring PA. "Knowing the habitat [moist conditions] of the organism, I persisted," Bottone says. "I asked her how she took showers. Did she use a washcloth? She said, 'No, I use a loofah sponge.'"

## HOW IT WORKS.

Just fill with tap water. The Brita® Water Filtering Pitcher does the rest.

The tap water enters the patented, replaceable Brita filter. It's certified by NSF, the nation's leading testing authority for water filtration products.

Here's where the magic happens. 93% of the lead and copper is removed. Sediment, water hardness, chlorine taste and odor are all dramatically reduced.

Brita works so well, it's the nation's best-selling portable water filter system.

In just minutes, you get a half gallon of great tasting water at a fraction of the cost of bottled water. Cheers.



had no idea what a loofah was, so I asked to see it." Something clicked when Bottone saw the loofah. "Josephine put this big sponge in," he recalls. "It was still a little wet, and when you squeezed it, a small bit of water with a faint tint dripped out." Figuring it was the kind of bacteria, he had the sponge tested. It was loaded with PA. Although they look like something that might come out of the sea, loofahs are actually made from vegetables. Dry, they look like pieces of shredded-wheat cereal. We use them because they help slough away dead skin cells in the shower or bath, leaving behind smoother skin.) But because they are made from a living organism, loofahs can hold bacteria more easily than synthetic fibers. Now, Bottone wondered, did the bacteria get there in the first place? Unfortunately, he wasn't able to come up with any definitive explanation. The theory is that the PA, which can sometimes be found in trace amounts in ordinary tap water, contaminated the sponge and then grew freely on it. The sponge was kept wet.

Though the small amount of PA that is occasionally found in water supplies is not harmful (even if we drink the water, the small amount of bacteria is killed by our body defenses before it can hurt us), it can, as demonstrated by Limone's story, lead to problems if it's allowed to grow. Since Limone took two showers daily, and her husband (who didn't use the sponge) took

one every day, the loofah, which Limone kept hanging on the shower faucet, never dried out enough for the bacteria to die.

Doctors say that any sponge—or even a washcloth—that remains wet all the time is prone to harbor bacteria. But since people tend not to launder sponges, as they do washcloths, sponges are a more likely culprit. Sponges made from natural materials (such as loofah or sea sponges) are most susceptible to contamination.

### SAFE SPONGES

Because they are made from living organisms, loofah and sea sponges can sometimes harvest bacteria. After solving Josephine Limone's medical mystery, Edward Bottone went in search of ways to make natural sponges safer for use. He found that soaking the sponge in a 10 percent solution of household bleach (one part bleach, nine parts water) for about five minutes, then thoroughly rinsing, was very effective against bacteria. The sponge should be soaked at least once a week.

### JUST SOAP, THANKS

Once Bottone had figured out the cause of Limone's strange malady, curing it was simple. Limone took an antibiotic, and within a couple of weeks she was fully recovered. Even the pimples disappeared completely. Still, the experience changed at least one aspect of Limone's life: She's sworn off loofah sponges forever. "I never use them anymore at all," she says. "In fact, I'm even cautious about using a washcloth." ■

*Jonathan A. Edlow practices emergency medicine in Cambridge, Massachusetts, and writes fiction and health articles.*

## HOW IT TASTES.



Find Brita at: Bed Bath & Beyond, The Bon Marche, Burdines, Dillard's, Elder-Beerman, Famaus-Barr, Foley's, Hecht's, Kaufmann's, Lazarus, Lechter's, Linens 'n Things, Macy's, Rich's, The Broadway, Williams-Sonoma, better health food stores and other fine retailers.

For the retailer nearest you, call 1-800-44-BRITA.

 **BRITA**

**Makes tap water taste great.**

→ latest health research and the best wellness techniques

## LHJ-TESTED

*Be sure to read this issue, as it contains some of the latest health news you can't find elsewhere, as well as a number of new ideas. This month we've got one of the most basic strategies of all.*

# "I DRANK EIGHT GLASSES OF WATER A DAY"

After repeatedly hearing about the health and beauty benefits of water, I recently decided to give it a try. But, after guzzling a



whopping sixty-four ounces a day for one week—that's 448 ounces total, enough to fill a small fish tank—I can tell you it's harder than it sounds.

To prepare for my experiment, I put a pitcher of water in the fridge to chill overnight. But when I stumbled into the kitchen the next morning, the last thing I wanted was a jumbo glass of icy H<sub>2</sub>O. In fact, I craved the complete

opposite—a jolt of hot coffee, as usual.

I had my first glass at eleven A.M. and sipped for about twenty minutes. The next glass took a little longer to finish, but before I knew it, I was back in the kitchen again for a refill. In fact, I ran back and forth so many times that I decided to carry a bottle-full around with me. But that meant I was drinking lukewarm water. Ugh.

It got easier as the days wore on, but there were still problems. First, the entire time, I was running to the bathroom as often as I'd been running to the kitchen that first day. Then, there was the issue of accuracy. Sure, it was easy to drink the prescribed amount of water when I was dealing with a standard eight-ounce glass. But how much did I slurp up while hovering over the fountain at the gym? Or at the watercooler at my husband's office? Finally, I sometimes forgot about water for hours at a time, then had to guzzle a couple of glasses in one sitting—something that can make you feel pretty bloated.

The bottom line: This prescription for health takes time and effort. Yet, despite the difficulties, I'm continuing my watery ways. It keeps me from snacking and somehow makes me feel cleaner, more pure. My skin isn't radiant yet, but it's only been a week.

Now, if you'll excuse me, I need a drink—of water, of course.

—CHRISTINA FRANK

## The F-spot

Do you ever find yourself lusting for a large order of fries? Or maybe your weakness is a hot-fudge sundae or a generous slice of cheesecake. There may be more behind those cravings than you think.

Scientists believe they have identified a brain chemical that causes a strong desire for fatty foods. Known as galanin, the substance is found throughout the brain and the pancreas. In an experiment at Rockefeller University, in New York City, galanin injected into the brains of rats caused the animals to eat more high-fat foods and gain more weight than was normal, reports Sarah F. Leibowitz, Ph.D., lead researcher on the project.

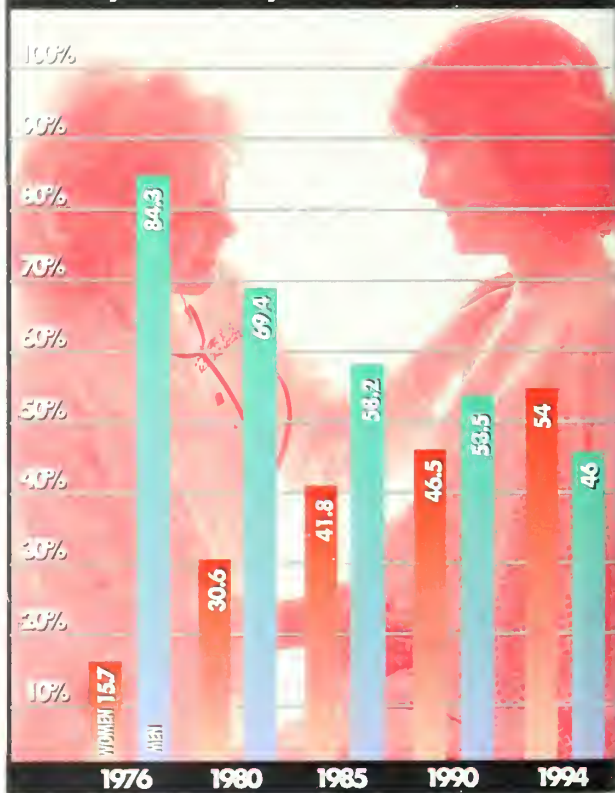
Leibowitz says the discovery lays the foundation for developing new drugs that would vary or block the effects of galanin, thus controlling appetite and overeating.

—SALLY SQUIRE



## A WOMEN'S SPECIALTY

The number of women residents in obstetrics and gynecology has been climbing steadily. Now they outnumber men.



our stomach knows  
the difference between  
these pain relievers...



And this one.



The pain relievers doctors call NSAIDs — aspirin, the latest drug with naproxen sodium, and even ibuprofen — have a number of similarities.

An important one has to do with your stomach. To varying degrees, every NSAID brand can sometimes irritate your stomach. That's because NSAIDs may reduce your stomach's natural ability to protect itself.

But TYLENOL<sup>®</sup> is different. It won't irritate your stomach. You know how well TYLENOL works. And now you know it's definitely gentler to your stomach.

The choice is clear. The choice is yours.

**Tylenol. The pain reliever  
hospitals use most.**

# The healing power of laughter

**L**aughter may turn out to be the best medicine after all. Recent research has shown that in addition to lifting one's spirits, letting out a good guff-

aw actually helps boost the cardiovascular, muscular, respiratory and immune systems.

According to William Fry, M.D., an emeritus associate clinical professor of psychiatry at Stanford University Medical School, in California, hearty laughing is a type of light aerobic exercise—it increases a person's breathing rate, which increases the oxygen in the blood and stimulates muscles throughout the body.



In one of Fry's studies, laughter temporarily raised participants' blood pressure—beneficial because it increases circulation and, consequently, the distribution of nutrients to body tissues. In another study, laughter was found to boost the immune system: An analysis of participants' blood showed increased activity of white blood cells, which fight disease.

Fry says everyone can benefit from a hearty laugh. He suggests that people identify what best tickles their funny bone and actively seek it out.

Now, that's a doctor's order that's easy to take. —C.F.

## FLU ALERT

First, the bad news: The flu season is about to begin.

Now the good news: This year, experts predict the season will be a mild one.

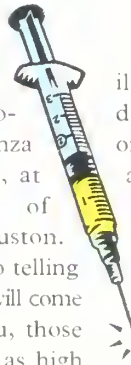
Influenza tends to run in cycles, with strain A and strain B striking on alternate years. Influenza A, which is the more virulent virus, hit during the 1993-94 season. This year, the more moderate Influenza B "should be the predominant strain," says

W. Paul Glezen, M.D., epidemiologist at the Influenza Research Center, at Baylor College of Medicine, in Houston. Though there's no telling how many people will come down with the flu, those who do aren't at as high a risk of serious complications as they would have been last year.

So, should you get a flu shot? Yes, if you're among the millions of Americans with a chronic

illness, such as asthma, diabetes, or kidney, lung or heart disease. Doctors also advise annual shots for the elderly, who are susceptible to flu complications, and for health-care workers, family members of people in nursing homes and others in regular contact with people at high risk for flu.

Best time for the shot: now (before Thanksgiving), to boost immunity before the season begins. —S.S.



# ASK THE DOCTOR

**Q: I often notice dark specks or lines floating in front of my eyes when I look up at the sky or at a blank wall. Should I be worried?**

**A:** Those specks—called floaters—are tiny clumps of cells. Although they appear to be in front of your eyes, they are actually floating in the vitreous, the clear, jellylike fluid that fills the eyeball. They can appear in different shapes: tiny dots, circles, lines, clouds or cobwebs.

Floaters are quite common when people reach middle age, and, unfortunately, there's nothing to make them go away. For the most part, though, they're harmless. And they may fade over time or become less bothersome.

Still, you should consult with an ophthalmologist if you haven't had your eyes examined within the past year since floaters can sometimes signal something more serious, such as damage to the retina. If you notice a sudden increase in floaters, or see a reddish film before your eyes, see your doctor immediately.

—Raymond Margherio, M.D., clinical professor of Oakland University Eye Research Institute in Rochester, Michigan

## STRESSBUSTER OF THE MONTH

**Do you get anxious while standing in line at the department store or supermarket? Try this technique, recommended by Herbert Benson, M.D., co-author of *The Relaxation Response* (Avon, 1976) and president of the Mind/Body Medical Institute at Deaconess Hospital and Harvard Medical School, in Boston:**

Close your eyes and breathe easily and naturally. On each exhale, concentrate on a word, prayer or phrase that makes you feel comfortable. As other thoughts come to mind, focus on disregarding them and return to the repetition.





# NO APPOINTMENT NEEDED



For advice on dealing with cholesterol, make an appointment with your doctor. To simply know your cholesterol number, there's no appointment needed. Introducing the Johnson & Johnson ADVANCED CARE™ Cholesterol Test. Each test can be used once to measure your cholesterol. And in about 15 minutes at home you'll get results as accurate as tests used by doctors and laboratories. There's no easier way to know your number.

**THE CHOLESTEROL TEST AS ACCURATE AS THOSE  
USED BY DOCTORS AND LABORATORIES.**

# Are you a TELL-TALE WIFE?

Do you tell friends about your husband's flaws? Share things he wouldn't want anyone to know? Although they may seem harmless, such revelations can hurt your marriage. Here's why keeping quiet can be the smartest strategy. By Joanne Kaufman

A friend just informed me, in strictest confidence, of course, that her husband has a low sperm count. I really wish she hadn't told me that, and I certainly wish she hadn't appended the news about how unsatisfying their sex life is. I can keep a secret as well as the next woman—and twice as well as the next man—but I'm just terrified that the next time I see Mr. Trying-to-Reproduce I'm going to use the words "low," "sperm" and "count" in the same sentence.

This is just one of the reasons I work very hard to keep mum about my husband's deficiencies. I've been married for six years, certainly long enough to compile a substantial list of things my husband should have done or said, but didn't; shouldn't have done or said, but did. Yet except for the most trivial flaws (his bewildering inability to hear me when I ask him to empty the dishwasher, for instance, or his keen interest in hardware stores, Monday Night Football and Michelle Pfeiffer), you won't learn about his failings from me.

Part of my reticence can be put down simply to the do-unto-others philosophy: I know that my husband doesn't talk about me to other people, and if only because of his cast-iron gallantry, I feel emboldened to live by the same standard. And part of it can be put down to pride: I don't

want other people to know about my marital problems—to know, in fact, that I *have* marital problems.

But there are more practical matters to consider, not the least of which is the fear that if my friends knew the full story, rather than just my hysterical half of it, they might conclude that I, *not* my husband, Michael, was the jackass.

Before I go any further, let me go

from speaking about such a desperate deed is a fear of "institutionalizing" it; in other words, making it—in terms of public perception—part of our marriage's essential portrait.

A couple of months ago, my husband called from work—just for the record, he'd been due home half an hour before—to say he was going out for a drink with some colleagues and was that all right with me. Well, it

wasn't exactly all right with me—I had just had periodontal surgery, our two-year-old was on a rampage and our four-week-old was on a crying jag—but since it was presented as a fait accompli, I didn't have much choice. Just then, a not-especially-close friend called and I let loose with a diatribe about the thoughtlessness of men in general, and my man in particular.

When Michael came home (within the hour, as a matter of fact), he apologized and took full charge of the children for the rest of the night. But the next



time the friend called, she wanted to know if Michael was starting to shoulder his share of the family responsibility. What, in fact, was anomalous "bad" behavior on Michael's part—I challenge anyone to find a more involved father—this friend, because of my sounding off, assumed was typical of him and will forevermore assume is typical. Her portrait of my marriage, however inaccurate, features an uncooperative husband. (continued)

# A Powerful New World of Cleaning and Caring.

World Vac  
Home Cleaning  
System™  
5.0 Horsepower  
Model 6865

Now there's World Vac®. With Hot Looks and Hotter Performance. Uprights at 12 amps and the Home Cleaning System™ at 5.0 Horsepower.

## World-class features:

- On-board tools included for easy above-the-floor cleaning.
- Hose is permanently attached for automatic conversion to above-the-floor cleaning.
- Superb Eureka Filteraire® bag system retains 99.9% of particles—all the way down to 1-micron in size—reducing many allergens in the home.



## Eureka helping our world.


The Eureka Company will contribute a portion of the purchase price of each World Vac sold in the US to the National Park Foundation for preservation of national parks, and to programs of the American Heart Association directed against heart disease and stroke.\*

Call 1-800-282-2886 for the name of your nearest Eureka dealer.

**World-Class Floor Care  
From The People Who  
Care About Your World™**

**EUREKA®**  
VACUUM CLEANERS

World Vac  
Hard Box  
12 Amps  
Model 9875



*For some,  
,  
it's not a matter  
of how far  
they've come,  
but how far  
they're going.*



## Are you a tell-tale wife?

*continued*

But it isn't just outsiders who "institutionalize" a problem. Because of my outburst, I was also to blame for my friend's reaction. Frequently, nothing is bad, but talking about it makes it so. If you say it out loud, it somehow becomes more real. If you keep it to yourself, maybe, just maybe, it will go away. And if it won't, the person you should be discussing it with is your husband.

### WATCH WHAT YOU SAY

I've been married long enough to understand that most spousal anger is transitory, and threats of permanent flight and/or divorce should be taken with a large grain of salt. And just because I'm not totally comfortable talking about my husband doesn't mean I look askance at others' need to. But there are limits.

My friend, Sara, complains to me incessantly about her husband. She may be utterly justified in her distress about Richard, she may be completely off base, but from my point of view, nothing good is going on here. With this dossier of sins forced on me—Richard isn't making enough money, Richard often takes that extra glass of wine, Richard forgets to take phone messages, Richard can't be trusted to do the grocery shopping—I'm torn between annoyance at Richard (what's so tricky about buying orange juice anyway?), extreme awkwardness (I know all these things about him that he doesn't know I know) and anger at Sara for her constant negativity and for the uncomfortable position she's put me in.

I think there is something to be said for putting out what I call good marital public relations. I think my husband is wonderful and I say it fairly loudly and fairly often, not so often to make other people nauseated, I hope, and not so often as to make people doubt my sincerity, but enough to get the point across. The fact is, I like being seen as part of a happy couple partly because I think it becomes a self-fulfilling prophecy.

Similarly, if you complain about your husband, I think it changes how other couples view you, how eager they are to make plans with you. You start to be perceived as part of a troubled couple, and I think that, too, becomes a self-fulfilling prophecy.

### A VOW OF SILENCE?

Clearly, I think it's unrealistic to expect anyone to keep *all* marital frustrations

locked inside. But, of course, you've got to be careful whom you talk to. Under no circumstances should you tell family members, because by definition, they are on your side, and may well hold on to your spouse's transgression a great deal longer than you do. While you will have forgiven and forgotten two days later, they'll still be seething on your twenty-fifth wedding anniversary.

It's also a bad idea to talk to single friends because they don't understand—how could they?—the vicissitudes of marriage, and tend to think that any bit of marital dissatisfaction is a step on the short road to divorce court.

Even with married friends, you have to pick and choose carefully—selecting those who share your value system, who know your husband well, who like him, and who, as a consequence, can put your complaints into proper perspective. My closest friend is married to a man who—to put it as kindly as possible—is a crank. And while he is utterly and absolutely devoted to Susan, constantly demonstrating his ardor in big ways and small, he is equally at home demonstrating his annoyance about her messy closet, her love affair with the telephone and her inability to comprehend computer vagaries. But Susan feels perfectly comfortable complaining to me because I do know how her husband feels about her and can remind her of that fact all the while I'm commiserating with her.

What you don't want is someone who will take your side too enthusiastically, who may even fan the fires. You may be a little hurt that your husband didn't treat your birthday like a national holiday; your confidante, perhaps out of a simple, human need to hear bad news, will be outraged on your behalf, which doesn't exactly help the situation. Far more useful is to talk to someone who will say, "Yes, that may have been annoying, but don't forget that this is the same guy who took you on that surprise trip for your anniversary."

There are countless marital molehills that might have become mountains had I broadcast them. Likewise, some big problems might have gotten bigger had I put them out on the wire. Keeping quiet is never easy—especially when you like to talk as much as I do. But though a vow of silence isn't part of the wedding ceremony, maybe it ought to be. ■

*Joanne Kaufman, a writer in New York City, is proud not to be a tell-tale wife.*

In our continuing efforts to support the achievements of women in athletics, State Farm is proud to sponsor these exciting events throughout the year.

### GOLF

- ▶ State Farm LPGA Rail Classic (airing Labor Day weekend, on Prime Network)
- ▶ Women's College Golf Championships
- ▶ LPGA Skins Game
- ▶ McCall's LPGA Classic at Stratton Mountain
- ▶ U.S. Women's Open

### BASKETBALL

- ▶ State Farm Women's Basketball Hall of Fame Tip-Off Classic (airing November 19-20, on ESPN)
- ▶ Women's College Regional Basketball Conferences

### OTHER WOMEN'S ATHLETIC SPONSORSHIPS

- ▶ Family Circle Tennis Cup
- ▶ College Women's Volleyball Championships
- ▶ Women's Figure Skating
- ▶ Women's Gymnastics

# Boning up on osteoporosis

## WHAT WOMEN NEED TO KNOW

You may think you don't need to worry about this illness until you're old. But by then, it's often too late. How can you avoid this surprisingly common condition?

By Catherine Winters

**S**tanding in the grocery-store line, Nancy Miller Friesen, forty, shifted her weight and felt her hip about to give way. "I felt a searing pain down my leg, like my hip had come out of its socket," she recalls. It wasn't the first sign that something was wrong. As an avid ballroom dancer, she had begun to feel back and foot pain doing simple moves on the dance floor. Miller Friesen, a computer-systems specialist in Arlington, Texas, went

to her physician and was surprised to learn she had fractured several vertebrae in her spine and had a high risk of fracturing her hip. She was also diagnosed with osteoporosis, a potentially debilitating disease in which bones become weakened and prone to breaking. Miller Friesen never considered herself at risk for osteoporosis because, like many women, she believed it was a disease of old age.

An estimated twenty-five million Americans—80 percent of them women—suffer from osteoporosis. One of two women will have an osteoporosis-related bone fracture

at some point in her life. But despite the frightening numbers, scientists are now convinced that osteoporosis is not an inevitable part of aging and, in fact, is largely preventable. The secret, however, is to start fighting it at a young age. The lifestyle choices—diet, exercise, smoking and others—a woman makes in her twenties, thirties and forties may reduce her risk of hip fractures by as much as 50 percent. Likewise, women who are aware of their personal

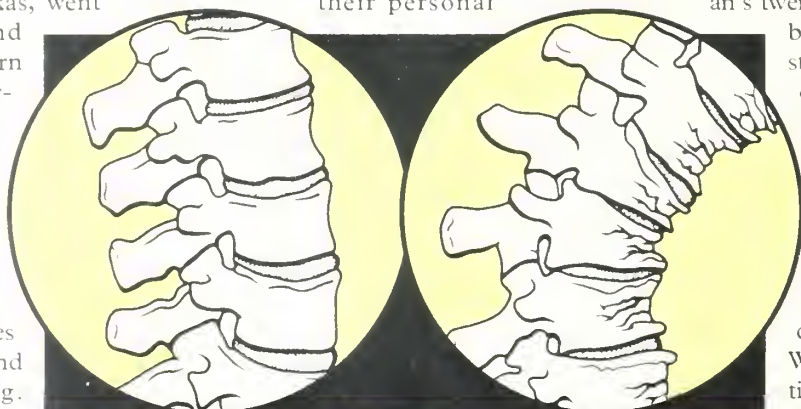
as an adolescent she had dieted to stay thin, which hurt her calcium intake; and she had a family history of the disease. Here's what you can do during each stage of life to make your bones osteoporosis-proof.

### AGES TWENTY TO THIRTY-FIVE: BUILD STRONG BONES

Though seemingly as inert as stone, bone is actually living tissue that continues to grow long after a woman reaches her peak height. In a woman's twenties and early thirties,

bone gains mass and strength, and throughout life, old bone cells die and new ones replace them. Large cells called osteoclasts routinely break down and digest old bone cells, while osteoblasts lay down new bone tissue. With age, the balance tips as the bone-digesting cells outpace the builders, making bones fragile and susceptible to fractures. "During the teens and twenties,

you need to reach the best peak bone mass—the point of greatest density—in order to withstand the gradual loss that begins in the late thirties," explains Laura L. Tosi, M.D., orthopedic surgeon (continued on page 194)



**When the vertebrae of a healthy spine (left) lose bone density, they become prone to minuscule fractures. With so many fractures, the backbone compresses (right), causing loss of height, stooped posture and pain**

risk factors for the disease can take preventive measures. Only after Miller Friesen was diagnosed did she learn that several factors put her in the high-risk group—she had early menopause due to a hysterectomy;



*Ian shown smaller  
than actual size of  
approximately 14" tall.*

## Beating up on osteoporosis

(from page 190)

Children's National Medical Center in Washington, D.C. The more bone a woman accumulates now, the lower her chances of having fractures later in life.

But to build bones to their peak, your body needs a continual supply of calcium, which mineralizes or hardens (strengthens) and other vitamins and hormones, including vitamin D (which aids calcium absorption), estrogen and calcitonin. To reach your personal peak, take these important steps now:

- **Increase calcium.** It's well known that children need calcium to build strong bones, but few women realize calcium remains critical for bones well into their twenties, thirties and beyond. Studies show that with adequate calcium supplies, a woman can still build bone mass up until her mid-thirties. Experts convened at the National Institutes of Health (NIH) last June and developed a new guideline called optimal calcium intake (see chart, right) for the prevention of osteoporosis and other disorders, including colon cancer and high blood pressure. They advise

women to consume more calcium than the current recommended dietary allowances (RDA).

- **Don't cut out dairy foods when dieting.** Beginning at adolescence—the very age when women need to raise their daily intake of calcium by about 400 mg—most begin to replace milk with diet soft drinks and shun other dairy products because of their high fat content. According to one survey, half of all women aged twenty to thirty-nine consume less than 645 mg of calcium each day, while the optimal calcium intake

for this group is 1,000 mg. “For those who are dieting and avoiding dairy products are definitely hurting their bone density,” says B. Lawrence Roberts, M.D., Tabor Professor of Medical Research at the Mayo Clinic and Foundation, in Rochester, Minnesota. Anorexia has long been linked to osteoporosis. To increase your calcium when dieting, choose non-fat and low-fat yogurt, cheeses and skim milk. Try to eat calcium-rich foods such as broccoli, collard greens, tofu, almonds, sardines and canned salmon.

- **Get active.** Exercising is the essential component to building strong bones. A study at the University of North Carolina at Chapel Hill found that among teenage girls, those who had a high daily calcium intake (1,000 to 1,200 mg) and who participated in team sports had 12.3 percent more bone density than girls who consumed only 600 to 800 mg of calcium each day and were sedentary.

How does exercise strengthen bones? Osteoblasts build more bone in response to the stresses exerted on the body, explains Robert M. M.D., professor of internal medicine at Creighton University, in Omaha.

### Optimal daily calcium intake for women

AGE	MG
11-24 (pregnant and lactating)	1,200-1,500
25-49 (pregnant and lactating)	1,000
50-64 (taking estrogen) (not on estrogen)	1,200-1,500
65 and older	1,000



This really is Praline & Caramel. So rich and creamy, just like our twelve other indulgent flavors. And believe it or not, they're all low-fat ice cream.

## Pinch yourself

With Healthy Choice® foods, there is just one rule. Eat what you like.





stantly adjusts its mass on of what it experiences," he or instance, there's no stress. ase of astronauts in space, or o are bedridden, the skeleton ontains too much bone, and breaks it down.

re recommend exercising for o sixty minutes, three times a l gradually increasing to five ord of caution: If you exercise

so excessively that your period stops, this creates a deficiency in estrogen, which leads to bone *loss* instead of gain.

### AGES THIRTY-FIVE TO FIFTY: KEEP BONES STRONG

When a woman reaches thirty-five, the slow decline begins. Most women lose a small percentage of their bone mass by their late forties. While it's too late to add bone now, the focus should be

## A VITAL MEASUREMENT

ests are commonly used to determine bone density. The radia-  
e is measured in mrem (a single chest X ray delivers 10 to 30  
a single dental X ray, 100 mrem):

### energy X ray absorptiometry

Cost: \$50 to \$75

#### ● Quantitative computed tomography (QCT)

Measures: spine

Time: ten minutes

Radiation: 200 to 1,000 mrem

Cost: \$300 to \$400

### energy photon absorptiometry (DPA)

#### ● Single-photon absorptiometry (SPA)

Measures: forearm, wrist and heel

Time: fifteen minutes

Radiation: 5 to 10 mrem

Cost: \$50 to \$75

es: spine, hip, forearm and  
bones  
e to six minutes  
n: 2 to 4 mrem  
50 to \$200  
es: spine, hip and total body  
ree to five minutes  
n: 2 mrem

on protecting whatever you have. These strategies can slow bone loss.

● *Kick the habit.* A recent study found that women who smoke one pack of cigarettes a day have 5 to 10 percent less bone density by menopause than nonsmokers. Why? Smoking is believed to cause a reduction in estrogen and resultant bone loss. It may also inhibit the absorption of calcium from foods.

● *Take calcium supplements.* While it's best to obtain calcium from food, some women need a supplement to reach their optimal daily intake (see "Optimal daily calcium intake for women," page 194). Read the labels for the supplement's level of *elemental calcium*—the actual amount the body will absorb.

● *Do weight-bearing exercise.* Increase activities such as walking, hiking, jogging and aerobic dance. Because your body supports your weight during these exercises, bones get enough stress to keep the bone-building cells active. Biking and swimming exert less stress on bones because your weight is being supported. Experts also recommend resistance training to strengthen your upper body. Using one- to five-pound handheld weights, *(continued)*



And this is our

fat-free cheddar, mozzarella, American  
and cream cheese. With the delicious,  
creamy taste you can layer,  
spread, sprinkle and slice  
to your heart's  
content.

HEALTHY CHOICE

EAT what  
you LIKE

## Limning up on osteoporosis

back, chest, shoulders, arms and wrists (see "Exercise your way to healthy bones," page 198). Try to squeeze weight-bearing activity into your daily life as well: Climb the stairs instead of taking the elevator; take a long walk during your lunch break; carry bags of groceries to your car.

● **Don't drink too.** Excessive drinking is linked to osteoporosis. Limit alcohol to no more than two drinks a day.

### AGE FIFTY AND BEYOND: AVOID BONE FRACTURES

At menopause, estrogen levels dip and bone loss accelerates. A woman can lose from 3 to 7 percent of her skeleton each year, particularly in the first three to five years of menopause. Yet osteoporosis creeps up without any symptoms, until one day a woman's bones have become so weakened that a minor slip fractures a hip or a strong hug breaks a rib. Many women discover they have the disease only when they consult their doctor for back pain or loss of height. It's then that they learn they have fractures of the vertebrae, a

common result of the disease. Today there are effective preventive therapies, the most common being estrogen-replacement therapy, that can halt bone loss before it's too late:

● **Get a bone-density test.** If you're at risk for osteoporosis, your physician may recommend a bone-density test (see "A vital measurement," page 195), which can identify whether you need to take more aggressive preventive steps. An ordinary X ray can't detect osteoporosis until a woman has lost 25 to 30 percent of her bone. Unfortunately, bone-density tests are costly, ranging from \$50 to \$400, and most insurance companies do not cover routine screenings. The National Osteoporosis Foundation reports that about half the states offer Medicare for high-risk women and that California alone requires private insurers to cover bone-density testing for these women.

● **Take estrogen.** Estrogen-replacement therapy (ERT) is the only FDA-approved treatment for the *prevention* of osteoporosis. While the role of estrogen is not entirely clear, one theory is that the hormone inhibits the osteoclasts that break down bone. When estrogen levels drop with

menopause, these cells become active, making it difficult for the bone builders to keep up. Studies show ERT can completely halt bone loss, but it works only as long as a woman takes estrogen. Yet ERT does have risks. It can increase the odds of developing endometrial cancer, though some have found that giving women progesterone for ten to fourteen days a month lowers that risk. More worrisome to most women is the growing body of evidence that ERT may increase the risk of breast cancer. Women with a family or personal history of breast cancer may be advised not to take ERT.

● **Look into calcitonin.** High-risk women who can't take estrogen may want to consider taking calcitonin, which is FDA-approved for the *treatment* of osteoporosis and is currently being studied as a preventive therapy. Unlike estrogen, calcitonin slows the breakdown of bone, explains Riggs. However, it's only given by injection (the form is in trials), and it's expensive, costing up to \$3,000 a year, compared to \$200 to \$300 for ERT.

● **Increase calcium.** Postmenopausal women who are not taking estrogen should up their intake of calcium



It's all there. Delicious honey ham, roasted turkey breast and bologna in deli-thin and regular slices. And favorite deli meats sliced fresh at your deli counter.

EAT what  
you LIKE

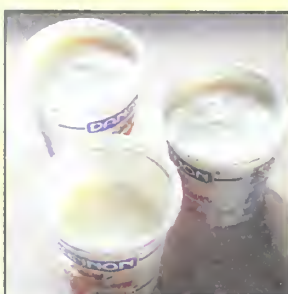
HEALTHY CHOICE

## TOP SOURCES OF CALCIUM

According to the National Institutes of Health, women aged 25 to 49 should get 1,000 mg of calcium each day to safeguard against osteoporosis. Below, the top six sources of calcium, and how much you need to eat of each one to reach 1,000 mg. You can also combine them to reach your daily quota



**SARDINES** (Atlantic, canned in oil) 22 sardines



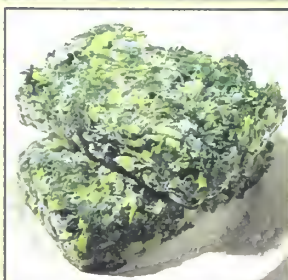
**LOW-FAT YOGURT** (8-oz. containers) 2½



**BROCCOLI** 14 spears



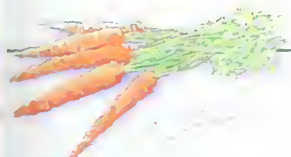
**CALCIUM CARBONATE SUPPLEMENTS (TUMS)** 4 to 5 tablets



**COLLARD GREENS** (frozen, chopped) 3 cups



**SKIM MILK** 3⅓ cups



Count them. Seventeen delectable soups with ladles of flavor, hearty noodles and big, chunky vegetables in every bowlful. What more could you want



# See? You're not dreaming.

You can bite into a juicy hot dog anytime  
They're made with fine, lean meat  
but only one-fifth the fat. To top it off,  
we even supply the tangy ketchup.  
Go ahead. Eat what you like  
The Healthy Choice way.



## Poring up on osteoporosis

... sunscreen, can satisfy the vitamin D needs of most people as well.

● **Maintain your weight.** Weight puts additional stress on the skeleton, and this stress helps build bones. Postmenopausal women who lose weight also lose bone mass. In fact, women who are very thin may be advised to gain weight in order to put extra stress on bones. ■

*Catherine Winters is a freelance journalist based in New York City who specializes in writing about health.*

### For more information

■ *The American Academy of Orthopaedic Surgeons offers a free brochure. Write to "Osteoporosis," AAOS, P.O. Box 2058, Des Plaines, IL 60017. Send a stamped, self-addressed business-size envelope.*

■ *The National Osteoporosis Foundation offers a free brochure entitled "Stand Up To Osteoporosis." Send your request on a postcard to: The National Osteoporosis Foundation, Dept. LHJ, P.O. Box 96173, Washington, DC 20077-7456.*

## EXERCISE YOUR WAY TO HEALTHY BONES

FOLLOW THIS UPPER-BODY ROUTINE, RECOMMENDED BY SYLVE LOU BONNICK, M.D., DIRECTOR OF OSTEOPOROSIS SERVICES AT TEXAS WOMEN'S UNIVERSITY, IN DENTON, TEXAS

### Back extension

Lie face down on the floor, hands at sides. Arch your back, raising your upper body as high as possible off the floor without using your arms, keeping your feet stationary. Do ten repetitions.

### Bent-over row for back and arms

Place right hand on a chair or low table and bend over at the waist with right foot in front, both knees bent. Hold a three- to five-pound weight in your left hand and raise it up toward your armpit, keeping elbow pointed up. Return to starting position. Do six to ten repetitions, then switch sides.

### Biceps curl for upper arms

Stand with feet shoulder width apart, arms resting at your sides. Hold a three- to five-pound weight in each hand, palms facing forward. Slowly curl weights toward shoulders, then lower arms. Do six to ten repetitions.

### Wrist curl/extension

Sitting down, bend forward slightly and lay the back of your arm on your thigh, allowing your hand to hang over your knee. Holding a one- to two-pound weight with palm face up, allow your hand to drop down over your knee, then curl it up. Do six to ten repetitions, then turn arm over so palm faces down. Raise the hand up and lower the weight back down. Do six to ten repetitions, then switch wrists.

*See your physician before starting strength-training exercises, especially if you're postmenopausal and not taking estrogen.*



Imagine. Tender turkey, mushrooms and rich, brown gravy on a bed of rice pilaf.

Our luscious Country Roast Turkey and Mushrooms is just one of many favorite meals that will indulge your tastes.

# You really can

Believe it. Spaghetti is even better when made with our rich Pasta Sauce.

Now with a tastier new blend of garlic and special herbs.



## mistakes women make

Continued from page 83

t a computer search of on-line sites and provide you with information from the financial press that disparticular stock or mutual. The more you know, the more content you will feel about your to make an intelligent and indecision.

**Women are too quick to trust the men.** Financial advisers can be extremely helpful. But just as some women are quick to hand off financial matters to their husbands, they're sometimes too eager to hand those decisions in the lap of their husbands. Often, such women are seeking emotional support as much as financial support. "Men tend to trust advisers who make money," says Berger. "In contrast, some women seek trust and understanding from advisers. They want someone who will take care of them and listen to them."

no matter how sympathetic an adviser may seem, no one cares about your money as much as you do. "You need someone to handle your money, but make sure you remain in charge of the process," says Kathleen Gurney.

That means you must understand the basis of the advice you receive. If something seems wrong, raise the issue in forceful terms. "A woman may doubt the credibility of a financial expert," says Ellen Rogin, "but because she feels inadequate in her understanding, she won't pursue the matter."

Jackie Field-Olson, forty-seven, a homemaker in Laguna Miguel, California, received a substantial amount of money from her ex-husband in 1987 for her share in their community-property division. "I had always assumed what society taught me: That men had a financial gene and women had the maternal gene," she says. "When I received the money, I looked for a financial Big Daddy to take care of it for me."

Jackie turned most of the money over to a bank money manager—and made no profit in three years.

If an adviser leads you astray, you may have some recourse. Brokers generally ask clients to sign an agreement that requires them to submit disputes to an independent arbitrator who settles the case. If you have a problem with a broker or an adviser, you may also want to contact a lawyer.

Of course, you're better off choosing

a competent adviser in the first place. Ask people you know who work in business or the financial-services industry—for example, an accountant or insurance agent—for referrals. Interview two or three potential advisers and ask them each to provide you with three or four references. "A good broker will respect you for your caution," says Ellen Rogin. "If they're quick to dismiss your questions about them, they'll probably be terse when you ask questions later about your account."

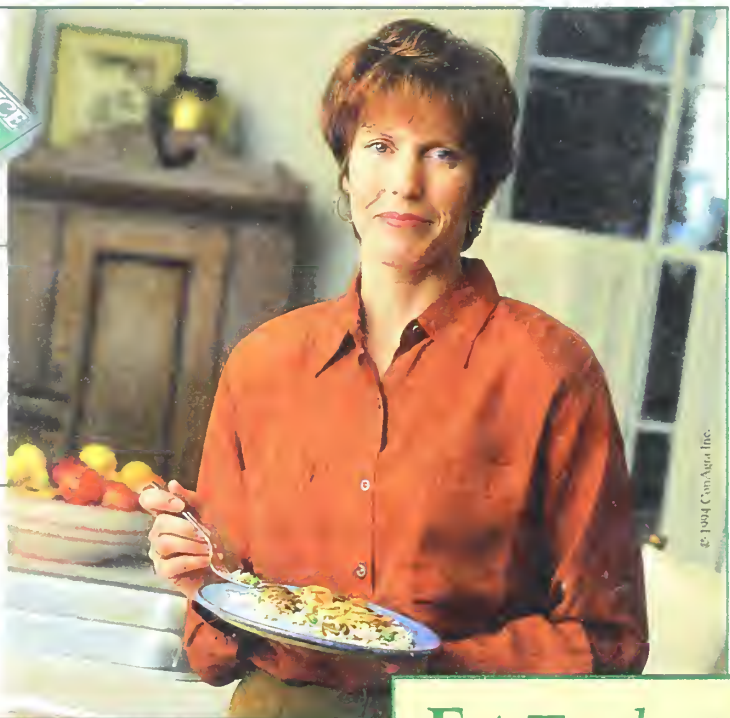
And don't make the mistake of losing heart when a misstep costs you money. Jackie Field-Olson eventually took her money away from the bank's investment manager and interviewed a series of advisers, settling on one who helped her design a sensible, long-term investment plan. "I don't like reading financial articles, but I recognize that it's a necessary thing—like cooking, or filling the car with gas," she says. "Now I set aside [time] to read, go over my financial reports and handle my banking. I force myself to do it because it's necessary for my survival." ■

*Clint Willis, a writer in Portland, Maine, specializes in financial issues.*



# eat what you like.

Healthy Choice® means you'll never again have to sacrifice to eat what you really want.



## HEALTHY CHOICE

**EAT what you LIKE**

© 1994 ComAgri, Inc.

Consumed with dread, the forty-year-old woman reclines in the dental hygienist's chair with all the reluctance of a naughty little girl. Her arms cross over the slight midriff bulge that peeps out between her exercise bra and her Lycra bike shorts. Her skinny black braids hang over the back of the chair like stiff silk ropes. Nervously, she bursts into song as the hygienist pauses to change cleaning instruments. After a good twenty-five minutes of poking and scraping, the patient shoos the looming technician away, as if her guilty conscience can't stand the silent treatment a second longer. She places a hand on hip and demands, "Where's

however, has occurred on the *inside*. The daily challenge of the runs, which range from five to fifteen miles, has, she says, resulted in a new clarity about her purpose in life. Now Oprah Winfrey, as she enters the ninth nationally syndicated season of her ever-popular show, isn't going to spend her time talking about *problems* with her audience. She's going to focus on *solutions*.

"The time has come for this genre of talk shows to move on from dysfunctional whining and complaining and blaming," says Winfrey with the weariness of one who's heard it all. "I have had enough of people's dysfunction. I don't want to spend an hour listening to somebody blaming their mother. So to say that I am tired—yes, I am. I'm tired of it. I think it's completely unnecessary. We're all aware that we do have some problems and we need to work on them. What are you willing to *do* about

# WHAT MAKES

SHE'S RESHAPED HER BODY, HER SHOW AND HER SOUL. IN THIS AMAZINGLY CANDID INTERVIEW, AMERICA'S MOST SUCCESSFUL WOMAN

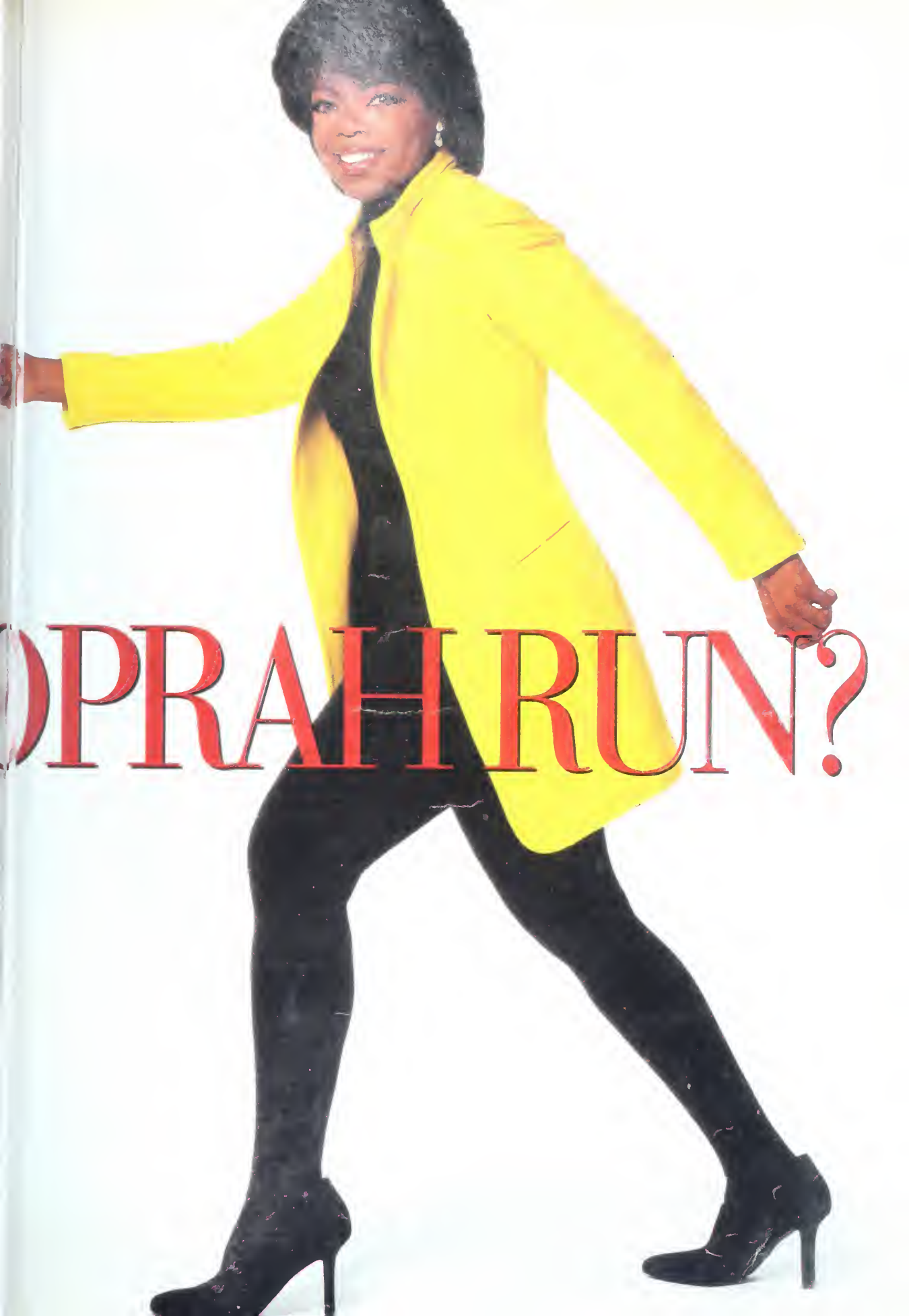
TALKS ABOUT THE FORCE THAT DRIVES HER. BY MELINA GEROSA

my lecture?" Pulling back, the hygienist surveys her patient's ensemble and says, "Well, Oprah, flossing is like exercise. It's an important habit you've just got to get into."

Winfrey may resist flossing, but exercise is another story. In fact, an intensive regimen of running has changed Winfrey's life. She's re-shed nearly 80 pounds since she started running in March 1993, and she obviously feels proud enough of her considerably toned 158-pound body to bare it for a visit to her dentist. The real switch,

it? And that's what our shows are going to be about."

Wait a minute. Isn't listening to people's troubles precisely how Winfrey found fame—and made millions—in the first place? Why fiddle with a formula that has been so successful? But Winfrey has never paid attention to the rules. After all, this is the woman who achieved the most stunning kind of success despite the overwhelming odds of being born black and poor, and having suffered childhood abuse. And now that she's feeling (*continued on page 278*)



# OPRAH RUN?

LADIES' HOME JOURNAL VISITS

# THE WHITE HOUSE





IN 1989, *LADIES' HOME JOURNAL* BEGAN A SEARCH FOR WOMEN WHOSE LIVES WE WOULD FOLLOW THROUGHOUT THE 1990S AS PART OF AN INNOVATIVE ORAL-HISTORY PROJECT KNOWN AS VOICES OF THE DECADE. THOUSANDS OF READERS RESPONDED, AND WE SELECTED FIVE WHO WE FELT REPRESENTED A CROSS SECTION OF AMERICAN WOMEN. THEY ARE: DIANE BISHOP, THIRTY-SIX, OF MALVERN, PENNSYLVANIA; DANA CRONE, THIRTY-FIVE, OF EMINENCE, INDIANA; MOLLY MINNICK, THIRTY-FIVE, OF ST. JOHNS, MICHIGAN; PAULETTE POLLEY, FORTY-FIVE, OF AKRON, OHIO; AND ANNE WEATHERILL, FORTY-NINE, OF CORPUS CHRISTI, TEXAS. IN THE YEARS THE *JOURNAL* HAS CHRONICLED THEIR LIVES, THESE WOMEN HAVE GONE THROUGH EXPERIENCES, BOTH JOYFUL AND PAINFUL, THAT ARE SIMILAR TO THOSE OF MILLIONS OF AMERICAN WOMEN. MARRIAGE, DIVORCE, LOSS OF A JOB, STARTING A NEW BUSINESS, MOVING TO A NEW COUNTRY, DISCOVERING A FAMILY SECRET, DECIDING WHETHER TO HAVE ANOTHER CHILD. (FOR MORE ABOUT EACH WOMAN, SEE PAGE 274.)

THIS YEAR, IN ADDITION TO THE ANNUAL INTERVIEW WITH EACH WOMAN, EDITOR-IN-CHIEF MYRNA BLYTH DECIDED TO ARRANGE A VISIT TO THE WHITE HOUSE SO THE GROUP COULD MEET WITH THE MOST INFLUENTIAL, AND POWERFUL, AMERICAN WOMAN OF THE 1990S: HILLARY RODHAM CLINTON. HERE, EXCERPTS FROM THEIR INTERVIEW, SURPRISINGLY INTIMATE AND CASUAL, CONDUCTED IN THE WHITE HOUSE'S HISTORIC MAP ROOM.



from and good times with my husband and daughter. We do a lot together: We play cards together. We watch a lot of sporting events together. That's a real release, especially for my husband. Also, we watch a lot of movies. Probably the best thing about living in the White House is we have a movie theater! That is terrific. Then, on my own, I read a lot. I pray a lot; sometimes I go for a long walk or a bicycle ride. Sometimes I just call up a friend of mine, somebody I trust and can just talk to and know that she's there for me.

I try to be there for my friends, too. I've had so many of my friends come to visit me here. That's another benefit—you've got a lot of space for guests. I've had friends from high school, college and Arkansas. And they come and we stay up late.

**Dana:** Is it like slumber parties?

**Hillary:** Yeah, it is kind of like slumber parties.

[Laughter]

**Paulette:** I imagine that maintaining this contact with your *(continued)*

**me:** What is the best thing about being First Lady—and what has been your biggest disappointment?

**Hillary:** The best thing about being able to feel that I'm trying to help my husband. It's really exciting to meet people and share their experiences in a way that I could not have if I were doing anything else. And then to see the way you actually *can* do things that change people's lives—I mean, everything from responding to mail to working on projects that make the student-exchange system in our country more accessible

to people. Probably the most disappointing thing is how much attention is given to things that don't make any difference—and how easy it is today in our country for people to lie about you. I don't know how else to say it. You find yourself being characterized in ways that are totally untrue and there's no way to really get ahead of it. So that has been very disappointing, because I feel that it's such a privilege to be in public life and I'm so proud of my husband, and it's so difficult to live day after day with

the kinds of attacks that he is subjected to. But, unfortunately, it goes with the position.

**Paulette:** How do you cope with the stress?

**Hillary:** I find a great deal of support





*continued:* friends is what's helped you to stay in touch with ordinary women and what their concerns are.

**Hillary:** You know all the years my husband was governor, people didn't drive me around, people didn't guard me. I'd get in my car, go to work, and maybe I'd go downtown for lunch or run over to my daughter's school for something. Or I'd run errands and then on Saturday I'd load her in the car and we'd make the rounds that you have to make, because we did

shopping now?

**Hillary:** I can go shopping, but it is a *really* big burden. And my husband cannot do *anything*. He has to take an entourage of people with him, and it is very hard on him, because he is a real people person and he loves talking to people.

But now he's always surrounded. I



a lot of our shopping ourselves. I had no idea what it would be like coming here.

**Diane:** You mean you never get to go

don't have quite that kind of burden, thank goodness.

**Dana:** Do you and your husband ever get away—the two of you, without

the press following you?

**Hillary:** Only at Camp David. For reasons I really don't fully understand, the press feels it has to go everywhere.

**Dana:** How does that affect your marriage?

**Hillary:** Well, it doesn't affect our marriage so much, because it is something that together we are able to talk about and share our feelings about. But it affects our ability to have our relationships with other people be as normal as possible. That's what's

there are some highs and lows to raising a young woman. I've often wondered what that's like for you here in the White House.

**Hillary:** That is probably the question I have worried over more than anything else. Both my husband and I made the decision early on that since he was going to be in public life, even back in Arkansas, we would do everything we could to keep her life as normal as possible. That meant saying no to a lot of things. It meant

hard. We have good friends here in town, and we occasionally have tried to spontaneously go see them. [But] it just turns into this huge ordeal. By the time you get all the cars lined up and the press is ready to go, what had been a great idea turns into just another event.

**Molly:** You've mentioned Chelsea. I have a fourteen-year-old daughter who will turn fifteen soon, and of course I adore her, but

protecting her and not subjecting her to the kind of interest the press has.

I've worked very hard on that. Now, there are some people who will say, "Well, you never hear or see her; they must not care about her. . . ." You can never please people and you've got to keep doing what you think is right, and what we know is right is protecting her so she can have her own life.

I had an experience last spring that brought



that home. One of the networks was doing an interview with my husband, and they were relentless in requesting some kind of film footage around Chelsea. And we kept saying, "No, no, no." So, after we said no about a million times, they finally accepted it. Then the interviewer said

to me, "Well, you made the right decision. I wouldn't let my daughter be interviewed either."

I said to him, "Why did you put me into such a position where I had to keep saying no?" He said, "Well, because we thought maybe you would give in. And it would make for good

television." I said, "But not for good parenting." He said, "That's right."

**Diane:** How do you stop from losing your temper when you encounter things like that?

**Hillary:** It's hard. . . . What I've unfortunately learned is that it's very hard in the public eye to act in a way that you

would act normally in your personal life, because people then draw all sorts of conclusions from it. So maintaining a calm appearance is very important. And I work on that all the time—it's not easy, I have to tell you.

**Dana:** Since I own a hair salon, I've noticed

*(continued on page 272)*



*Is it best to brush one hundred strokes a day? Can hair turn gray overnight? We asked the experts at Clairol to separate the myths from the facts behind these and other hair stories.*

*By Lois Joy Johnson, Beauty and Fashion Director*

# HAIR

## all about it

### *Cutting your hair makes it thicker*

Depending on the style, hair often looks thicker after a cut. As hair grows, the ends become broken and damaged from brushing, shampooing and blow-drying. So, once you cut the ends off, what's left seems bulkier because you've removed the most damaged portion. The very best way to boost volume? Color your hair—the dye beefs up the hair shaft. Also helpful: body-building shampoos and conditioners.

### *Red hair is the most difficult to color successfully*

*Red hair contains pheomelanin, a type of melanin that is resistant to peroxide bleaching. Red hair cannot be easily lightened. For redheads to change their natural color it is best to go darker or much brighter. Brownish-red hair can go more vibrantly carrot-red or go to a deeper rich auburn, but it is difficult (chemically) to make it a light strawberry blond.*

### *All shampoos are the same*

Even though two different shampoos may list the same ingredients, they are not necessarily the same product. It's not just the ingredients but the quality, quantity and proportion of the ingredients that differentiate shampoos—no matter what the price or function of the shampoo.

### *Stress can make hair turn gray*

*Hair doesn't go gray overnight, but it's true that an extremely stressful situation can trigger the graying process (it will take six months for the gray to be noticeable). Just how does stress induce graying? Scientists are currently researching the link between stress and the melanin system. Some experts believe that when a person is under stress, the neuromelanin system in the brain is altered, which leads to a change in the melanin, the pigment responsible for color, in the hair.*

## **Brushing is bad for your hair**

Daily brushing and combing causes damage. So forget the one hundred strokes a day that your mother taught you would distribute oil to the ends and make your hair silky and shiny. Most women wash their hair at least every two days, and because shampooing removes the oil, there's not enough left to redistribute. Massaging the scalp for thirty seconds while shampooing is the best thing you can do to improve the health of your hair.

## **Dandruff is a seasonal condition**

*Real dandruff is a problem that occurs all year long. It's a clinical condition caused by bacteria in the scalp that causes flaking, and may also make the scalp red and itchy. It can be cured in three to four weeks with an over-the-counter dandruff shampoo containing salicylic acid, zinc omandine or selenium sulfide. Dry scalp, commonly perceived to be dandruff, is a seasonal condition that tends to occur in the winter when indoor heat is turned on and outside humidity is low.*

## **It's safe to color and perm your hair**

True, as long as your hair is in good condition to begin with and you don't do both procedures on the same day—a double dose of chemicals from the two processes can damage the outer layer of the hair shaft. Also, it's best to have a professional salon do the procedures, especially the perm. Have the perm done first, then wait a week before coloring (if you reverse the processes, the perming chemicals will remove the newly applied color).

## **An opaque hat that completely covers your hair prevents fading**

*Believe it or not, a close-fitting, opaque hat—like a baseball cap—is the worst protection against the sun for color-treated hair. A tight hat will trap moisture from sweat, which will react chemically with the artificial color and lead to fading. What to wear? A loose-fitting hat made from a breathable material. A large woven straw hat is ideal.*

## **Conditioners work where your hair needs it**

There's no need to apply conditioner only to damaged ends—all conditioners self-adjust and work only where your hair needs it—so you can apply all over. All damaged hair is negatively charged. All conditioners are positively charged and, therefore, are attracted to the damaged hair. Women who blow-dry their hair should always apply conditioner all over to smooth and moisturize the outer layer, which tends to be dry.

## **Lemon juice will lighten hair naturally in the sun**

*It can't hurt, but lemon juice won't substantially lighten your hair either. It's the sun that's causing your hair to lighten. Lemon juice—and white vinegar, another popular option—acts as a very weak acid. It closes the cuticle (the outer layer of the hair shaft that protects the hair from chemicals) and may make hair look slightly shinier. Conditioners act in the same way, however, and they enhance the health of the hair because of their moisturizing properties.*







**WHAT  
I'VE  
LEARNED**

**AS A**

**SEX  
THERAPIST**

By Judy  
Kuriansky, Ph.D.

In twenty years of counseling couples, I've learned some surprising—and provocative—things. These are the lessons every husband and wife should know, too, to enrich their love life



**LOUISE GERSEN,**  
41, writer, 5'

"I've been wearing very short skirts since the sixties—long looks dowdy. Also, since I run every day, my legs are in show-off shape. Short skirts make me more body-conscious—I automatically tuck in my tummy." Skirt, DKNY.

**CYNTHIA PASSMORE,**  
31, marketing executive, 5'8"

"Short wraps are flattering and easy to sit in for long stretches. My husband likes short skirts, too. But when I wear one that's real short, he says, 'Don't bend over; dip!'" Skirt, DKNY at Saks Fifth Avenue.

**DALIA GOLAN,**  
35, new mom, 5'6"

"I'm still trying to get my figure back after giving birth seven months ago. Wearing a short skirt helps me feel like my old self, and topping it with a long, fluid jacket or tunic helps hide the extra fifteen pounds." Skirt, The Works at Saks Fifth Avenue.

**DONNA MARKMAN,** 30  
travel agent, 5'3"

"I have short legs, and short skirts make them look much longer. I wear short skirts several times a week, alternating with trousers, and wear opaque tights year-round, even in summer." Skirt, Byblos.



# Skirting the issue

**T**he hottest fashion trend right now is short—very short—skirts.

Are they a designer fantasy that looks great on models but ridiculous on real women—or can they flatter everyone? To find out, we asked six women to try on dozens of the new skirts in lengths that ranged from fourteen to nineteen inches. On these pages, our skirt workshop winners plus tips on how to wear short with style.

**CHRISTINE LINBERG, 32,**  
consulting-firm  
assistant, 5'8"

I've long legs, and I like to show them off in a short skirt and heels. But I always pair it with a crisp white shirt and a blazer or jacket to keep the look tailored, not trendy." Skirt, Adrienne Vittadini.

**LESLIE LISBONA, 31,**  
bank credit  
analyst, 5'4"

"Navy—what could be more classic? A wrap worn with a toned hose dilutes the trendiness. I'd wear this on Fridays and with a jacket during the week, when the dress code is more formal." Skirt, DKNY at Lord & Taylor.

Short skirts are a very hot trend that women have enthusiastically blended into their wardrobes.

Women associate short skirts with a younger, sexier, more confident image."

—Valerie Steele, professor of fashion history at the Fashion Institute of Technology, New York City

## How to wear a short skirt

- Keep things sleek and simple on top—a solid-color sweater or bodysuit looks best. Avoid fussy necklines, especially scarves and bulky, padded shoulders, which make the upper torso look top-heavy.
- Wear opaque hose in the same shade or darker than the skirt (you can go lighter if the skirt is pale).
- Opt for shoes the same shade or darker than the skirt. The styles that work best: loafers, lace-up oxfords, high-vamped heels or chunky pumps with substantial heels.
- Avoid belts—they cut the body in half and ruin the proportion of the skirt.

## PLEATS ARE A KICK!

Pleats were the most popular among our group—and for a good reason: They're young and flirty, they disguise any hip/thigh bulges, and they're the easiest to move in. In short versions, pleats look sexy, not schoolgirlish. Perfect pleats, from left: black and white plaid, TJ Maxx; blue plaid, CK Calvin Klein; red plaid, Target; black pleated, Target; multicolor plaid, ABS; gray pleated, J. Crew.

"We're emphasizing the importance of the short skirt and shoes. The kilt, flip skirt and A-line wrap are our



## A-LINE VERSUS WRAP SIT TEST

ed Cynthia to try on a in both skirts—until she sat  
 r black slim skirt and a down. "I feel very self-conscious  
 r black wrap skirt to evalu in the slim skirt—too much  
 : comfort of each style. thigh is showing," she said.  
 u the wrap was easier to The wrap, on the other hand,  
 k), Cynthia felt confident didn't ride up the thighs.



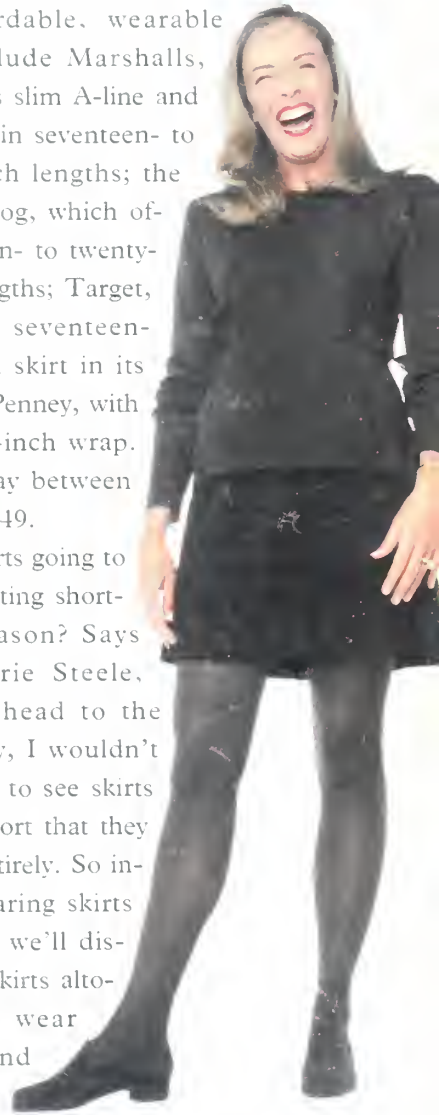
## FITTING-ROOM smarts

- *Sample the skirt with several tops to check its versatility. Try a cardigan instead of a jacket for a newer, more casual look.*
- *Bend, squat, stride, sit and cross your legs—does the skirt cover all the bases? Check the hem all around to make sure the back isn't shorter than the front.*
- *Bring along the right shoes.*

# The short of it

ust how short is considered short these days? Put it this way: A twenty-one-inch skirt is now a classic length—it hits the top of the knee on a woman who is five feet seven. A twenty-three-inch skirt is super conservative. This season, designers are urging women to try seventeen and eighteen-inch skirts—and some have created skirts as skimpy as fourteen and a half inches! We think a length somewhere between seventeen and nineteen inches looks new now. Sources for great, affordable, wearable lengths include Marshalls, which carries slim A-line and flippy styles in seventeen- to nineteen-inch lengths; the Spiegel catalog, which offers seventeen- to twenty-one-inch lengths; Target, which has a seventeen-inch pleated skirt in its line; and JCPenney, with its nineteen-inch wrap. Expect to pay between \$14.99 and \$49.

So, are skirts going to just keep getting shorter every season? Says FIT's Valerie Steele, "Looking ahead to the next century, I wouldn't be surprised to see skirts getting so short that they disappear entirely. So instead of wearing skirts and jackets, we'll dispense with skirts altogether and wear leggings and jackets."



part of a total look, along with the right hose and  
 rent best-sellers." —Nicole Fischelis, fashion director and vice president, Saks Fifth Avenue

**THE NURSE:** *Ann Forsman*

**THE PLACE:** *The Children's Hospital of Philadelphia*

**THE BABY:** *Angela Lakeberg*, the conjoined twin who made headlines last year when she was separated from her sister in a controversial operation. Here, how this young nurse and this tiny baby forged a relationship based on need and love.

By Deborah Diamond

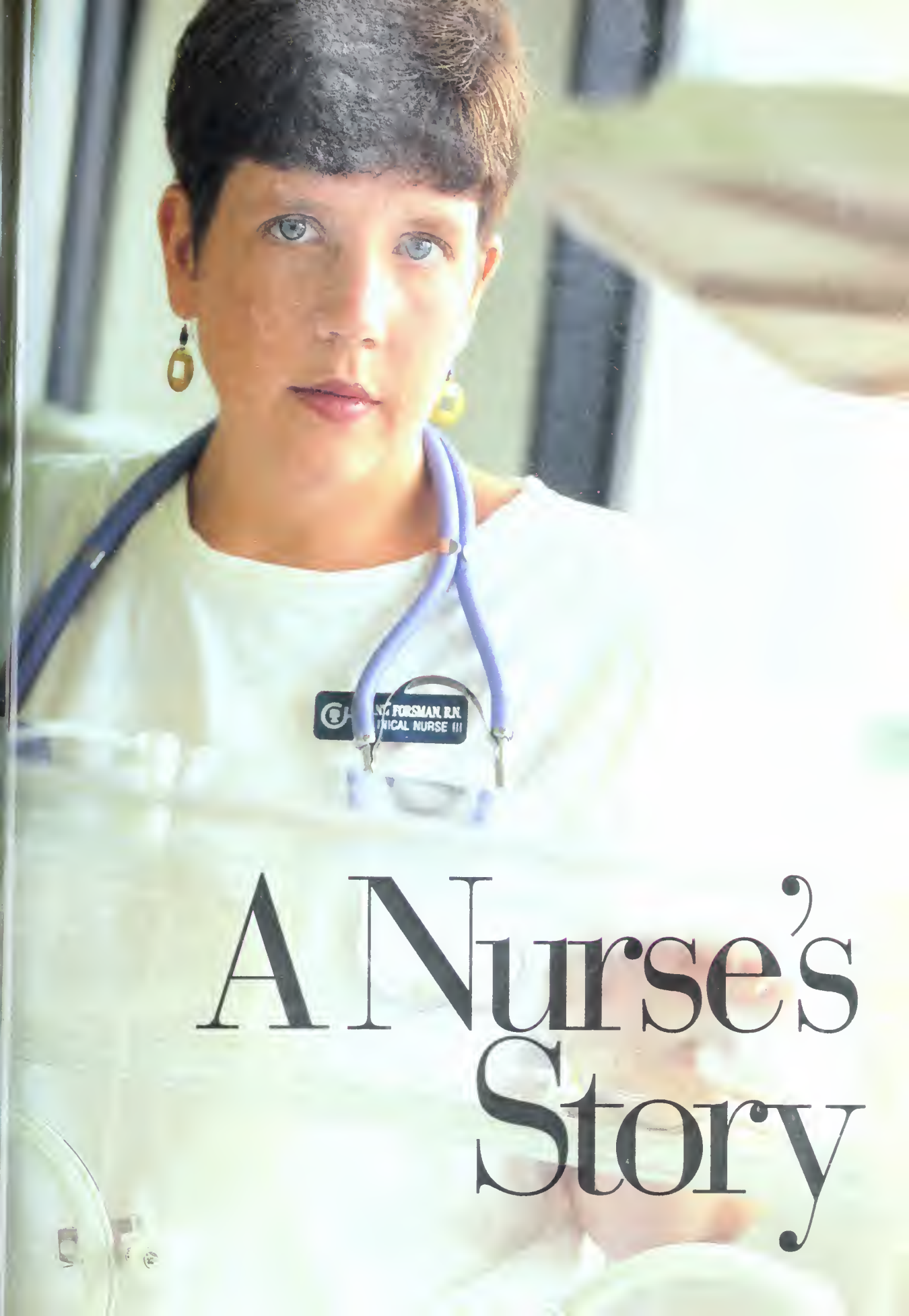
**F**irst-time visitors are often a bit taken aback by what they see in this place. Stainless-steel cribs and plastic isolettes hold babies with malformed hearts that, were it not for the wizardry of open-heart surgery, would mean certain death. The infants lie on their backs

under warming lights, embraced by tangles of tubes and wires. Many are waiting for their turn in the operating room; those who have already had surgery sport a tell-tale incision down their tiny middles.

A practiced ear can pick out the voices of Barney, Aladdin and Ariel coming from the TVs and VCRs, and the music of a windup mobile provides counterpoint to the beeping of eighteen sets of monitors. Animals are painted on the walls. The cardiothoracic intensive-care unit at The Children's Hospital of Philadelphia is as cheerful as a place can be that contains so many trappings of high-tech medicine, so many gravely ill children.

For most of Angela Lakeberg's brief life, this was home. And, for all practical purposes, the people here who took care of her were her family. The child with the sunny disposition and gregarious nature won the hearts not only of her doctors and nurses, but also of employees throughout the hospital. When she died unexpectedly this past June, just short of her first birthday, she left behind many who loved her. Among those was the person who probably spent more time with her than anyone *(continued)*





ANG FORSMAN, R.N.  
CLINICAL NURSE III

# A Nurse's Story



(continued) else: her primary nurse, Ann Farsman.

Tall, with dark brown hair and full, pink cheeks, Ann is a quiet person who prefers to go about her job with little fanfare. At twenty-nine, she has witnessed more pain, sadness and death than most people see in a lifetime. But, like most of the nurses who work in this unit, she chooses to focus on the positives: the youngsters who leave here with bright futures, the small ways in which she can make a difference in the lives of her diminutive patients.

Though Angela wasn't one of those who got to leave the hospital, Ann did everything she could to make the little girl's fleeting existence a happy one. She ricked her, she read to her, she did silly things to make her laugh.

"I don't think people realize what a personality she had," Ann says, smiling wistfully. "She loved attention, and she was always happy. Angelo smiled all the time."

The child's parents, who live in Indiana, were unable to be with her much, given financial constraints, their obligations

to their five-year-old daughter and a multitude of other factors.

"I was the only consistent person in her life," Ann admits. "She probably thought I was her mother."

What she doesn't say out loud is that in some ways Angelo probably did feel like her own.

It's hard to imagine there's a person in America who didn't see or read a news report last year about Angela and her sister, Amy. Due to an embryo that failed to split completely after conception, the sisters, born June 29, 1993, at Loyola Medical Center in Chicago, were connected from collarbone to belly button, sharing a malformed heart, a liver and a chest cavity. (To describe such twins, medical professionals prefer the term "conjoined" to "Siamese," which is a slang term that dates back to the days of P.T. Barnum and smacks of circus sideshows.)

Doctors concluded that, without medical intervention, the tiny duo would perish within a few weeks. But even with surgery to separate the infants and repair the abnormal heart,

one would surely die and the other would be left with an infinitesimal chance of survival. The physicians at Loyola were unwilling to try the highly risky procedure. Neonatologist Jonathan Muraskas, M.D., tried to persuade Reitha Lakeberg—known as "Joey"—and her husband, Kenneth, to let nature take its course. "Let's put them in God's hands," he suggested.

But the Lakebergs opted for surgery in hopes of saving at least one of their babies. Specialists at Loyola recommended the twins be transferred to The Children's Hospital of Philadelphia, which had done a dozen such operations. So, on August 17, the seven-week-old infants were flown to Philadelphia. After evaluation, the surgeons at Children's agreed to attempt the delicate operation.

And so it was that the paths of Angela Lakeberg and Ann Farsman converged. The nurse first saw the fused baby girls about half an hour before they were taken to the operating room. Joey and Ken Lakeberg were, with the twins, wishing them a tearful



# On days when Angela was doing well, Ann would scoop her up and waltz her around. The frail tyke would smile, reveling in a few moments of sheer bliss

...d-bye. "Sometimes you even worse for the family," Ann says. "You know their lives are going to be changed forever."

It was distressing to realize one of the babies was slated for certain death, Ann says, adding that she had no idea what she would do if, as a parent, she were presented with the agonizing choice. "I can understand why they wanted to try—it was their only chance."

The girls were wheeled into the operating room at about seven A.M., and an hour later, after they'd been anesthetized and the eighteen-member surgical team deemed ready, the procedure officially began. To make it easier to distinguish the two babies during surgery, Angela's nails had been painted bright pink. Because the portions of the heart that were in Angela's chest were more functional than those in Amy's, the doctors decided Angela had a better shot of survival. She was the one they would try to save.

One of the surgeons began by splitting the liver, giving Angela the portion of the organ already connected to her blood supply. Then, another surgeon began to work on the severely malformed heart the twins shared.

A normal heart has four chambers. The girls' heart had roughly six chambers and a dangerously abnormal blood flow. The surgeon fashioned a five-chamber heart that was still deformed, but functional.

Eventually, the surgeon cut off Amy's blood supply, and the infant died on the operating table. Some of Amy's organs and tissue were used to close Angela's chest over the improvised heart that now belonged to her alone.

The nurses who had been caring for the pair for the few days they'd been in Philadelphia had been betting Amy would be the one to make it, because she seemed to be the spunky one. But an hour and a half after the surgery had begun, it was Angelo who emerged from the operating room alive.

And it was Ann who was chosen as primary nurse for Angelo. She began to lavish attentive care on her tiny patient: watching her blood pressure, keeping an eye on all the manitars, drawing blood for tests, making sure

she was as comfortable as possible—barely leaving her side for hours.

In the meantime, Angelo had become a celebrity. News organizations swarmed all over the story; the twins were the lead story on the networks; they made headlines around the world.

In the intensive-care unit, however, it was business as usual. Ann and the doctors were pleased with Angelo's condition. "Even right out of surgery she was doing really well," Ann recalls, adding that Angelo soon opened her eyes and sucked on a pacifier, and that her color was "nice and pink." True, her heart was a far cry from what you'd find in an anatomy textbook. The important thing was that it appeared to be doing its job.

While medical experts and ethicists debated the wisdom of trying to save

her life, Angela breezed through the last seventy-two hours—the most critical period for a heart-surgery patient—and her doctors expressed cautious optimism.

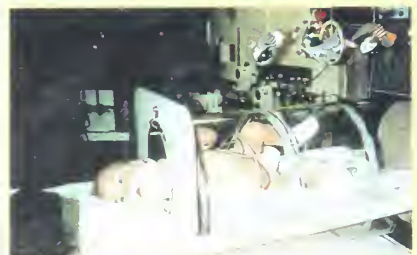
About a week later, she was taken off the respirator she'd been on and was moved to a negative-pressure ventilator—a clear cylinder that encloses the body from the neck down in a vacuum. This moved air through Angela's nose and mouth and into her lungs and spared her from having a breathing tube in her nose.

Over the next months, Angela spent a lot of time in the ventilator, or "her bottle," as Ann and her colleagues refer to it. As she continued to heal and grow, the baby made the most of what little freedom of movement the apparatus allowed. "She loved to thump her fists and toys against the inside of the bottle," says Mory Gallagher, one of the other nurses who cared for Angela in the unit.

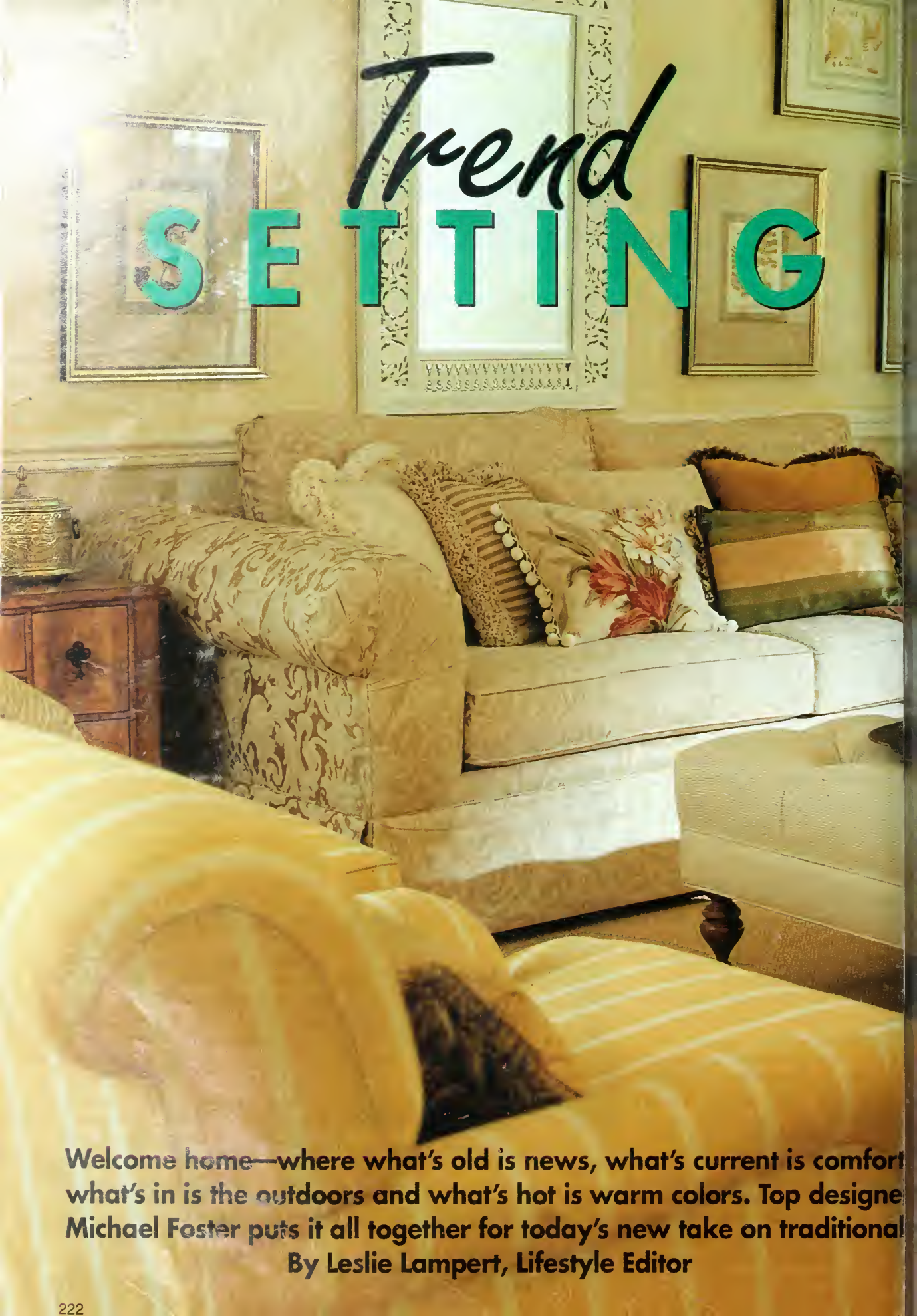
The baby's head would swivel in all directions as she took in everything around her. "Angela had these beautiful little blue eyes that said everything," recalls nurse Lynn Dempsey.

Angela's location by a sink and next to a side entrance to the unit meant there was a fair amount of traffic in her vicinity. "She loved that," Ann says fondly. Suzanne Murray, another nurse in the unit, says whenever two nurses would discuss something, they'd stand near the sociable infant. "She liked to hang out with the girls," Murray says.

Ann looks sad as she recalls what Angela, or "Angie," as she often called her, would do when someone approached her corner of the unit. "She'd smile and start kicking her hands and feet and get really excited," she says. "Nobody walked by her bed without stopping and saying hello and playing with her. If you'd blow kisses, she liked to try to imitate." (continued on page 281)



**Of Angela, nurse Ann Forsman (opposite page) says, "I'll never forget her." Above: Angela and Amy before the surgery that separated them. At age ten months, Angela watched a video from her respirator**



# Trend

# SETTING

Welcome home—where what's old is news, what's current is comfort, what's in is the outdoors and what's hot is warm colors. Top designer Michael Foster puts it all together for today's new take on traditional.

By Leslie Lampert, Lifestyle Editor





"The new nineties look is all about the mix," says New York designer Michael Foster. "It's about blending cultures, colors, styles and textures." Foreign accents like the Moroccan vases, left, lend a touch of the exotic to a traditional setting.



## ELEMENTS

### *of style*

To make the most of corner space, Foster placed a hand-painted screen behind a woven-leather chair. The result: an inviting spot for reading or joining the conversation. "Don't underestimate nooks and crannies as useful decorating areas," he says.

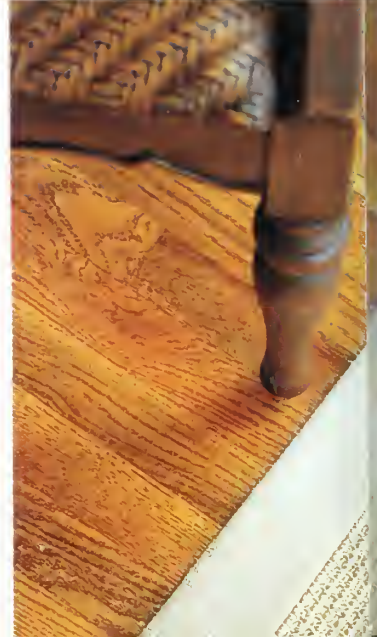


"Today's rooms are sophisticated yet relaxed," says Foster, who designed this luxurious livable room for LHJ. At right, a marriage of metal and wood takes the formality out of a traditional cherry end table. A wrought-iron lamp took off the textured look.



Table dressing allows you to invent interesting vignettes within a larger space. At left, a mahogany table inspired by British Colonial style displays favorite finds.

All photos: Jeff McNamara, designer; Michael Foster; all upholstery pieces, Norwalk Furniture; all case goods, Miling Road, a division of Baker Furniture; woven-leather chairs, Harden Furniture; drapery fabric, fabric by Richloom Fabric Group, available at Calico Corners. Details, page 253.



ame mirrors, left,  
 l panache to any  
 —and open up a  
 w room. A hand-  
 d fireplace screen is  
 whimsical way to  
 d rate an otherwise  
 space. The latest in  
 coffee tables—an  
 pstered ottoman that  
 les as tray holder.



Unmatched throw  
 pillows—needlepoints,  
 satins, velvets, stripes and  
 patterns—combine  
 comfortably on a creamy  
 damask sofa. A white,  
 hand-carved wood mirror  
 in British Raj style echoes  
 the lacy look of the sofa  
 and creates a focal point  
 on the wall above.



Wonderful fabrics, tassels,  
 tiebacks and trims turn  
 ordinary draperies into  
 dramatic statements.  
 Another trick to make any  
 room cozy: Add an  
 architectural chair rail or  
 crown molding, then  
 sponge-paint walls a subtle  
 moss green on the bottom,  
 mellow gold on top.



eat look underfoot:  
 stained wood flooring  
 highlights the natural  
 , layered with a linen-  
 order sisal rug for an  
 doorsy feel (the rug's  
 snap to maintain).



A tray table—especially  
 one in wicker and metal—  
 is the perfect solution for  
 casual entertaining. The  
 tray is removable so you  
 can load it with goodies  
 in the kitchen, then return  
 it to its stand.

s treated with 3M Scotchgard fab  
 ctor. Sisal flooring, Merida Meridi-  
 air rail and crown molding,  
 ng "Finishing Touches", "Wood  
 d Fast-Drying Polyurethane." Min-  
 nished by Pat McCarney Wood  
 Co.; decorative painting, Gail Leddy

Accessories: Sam's Snak, William  
 Wayne Co., Soicher-Marin Fine Art, The  
 Bombay Co., Katie Ridder Home Fur-  
 nishings, Ballard Designs, Kentucky,  
 Rue de France, Maddix DeLuxe, Car-  
 ver's Guild, Timeless Design's, Mander-  
 ley Pillows

# decorator's NOTEBOOK



TODAY'S DESIGN TRENDS ARE TWISTS ON THE TRADITIONAL—CLASSIC LOOKS THAT WON'T GO OUT OF STYLE AND THAT CAN BE ADAPTED TO DIFFERENT SETTINGS AND LIFESTYLES. BELOW, MICHAEL FOSTER'S LESSONS ON ADAPTING THESE DECORATING DETAILS TO SUIT YOUR HOME. BY LINDA FEARS

**Curtain call** Tiebacks, like the tassels above, are a great way to make any window treatment more elegant. If you like a simpler look than the one we chose, place tieback brackets at upper corners of window, select a length of lightweight fabric and swag the fabric loosely around the brackets, allowing excess fabric to puddle casually on the floor on either side of the window. Place tiebacks at upper corners, or at either side of window.

**Floor show** "For a long time the look for wood flooring was natural, bleached or pickled. Today, floors are stained a dark, rich color, such as pecan, to highlight the wood grain," says Foster. If you don't have a wood floor in your living room or don't want

to spend the money to refinish a worn wood floor, Foster suggests wall-to-wall sisal. "High-grade sisal isn't scratchy or prickly—you can walk barefoot on it. If you want an even softer carpet, there are many wool-blend sisals on the market now in a variety of natural tones. If you want more color, place a bright area rug over the sisal."

**Table talk** "A coffee table is a natural focal point for a living room, especially if the room doesn't have a fireplace," says Foster. We decorated our room with the trendiest coffee table—an ottoman—but there are plenty of other options that look new. "A simple, rectangular dining table with the legs trimmed down to size makes a

dramatic statement," says Foster. "I also like two rectangular tables side-by-side to create one big square." If your living room is small, Michael suggests round coffee table: "Not having to negotiate corners when you sit offers more room for easy movement."

**Color code** "There are two hot color groups right now," says Foster. "Soft tones such as parchment, yellow cream, rose and sage green, and spice tones, including gold, cinnamon and rust. You can pair many colors successfully, as long as they're in the same tonal family. For example, if you want to use royal blue or crimson red they work with the spice tones. Pale blue, on the other hand, works with the soft-tone group."

# PRESENTING SOMETHING NEW IN VEGETABLE SOUP.

## MORE VEGETABLES.

Now with 20%  
more vegetables.



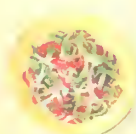
Now with bigger  
chunks of vegetables.

**IF YOU GET A FULL SERVING OF VEGETABLES IN EVERY BOWL.**

**NEVER  
UNDERESTIMATE  
THE POWER OF**  
*Campbell's*



# ***From 0 to fajitas in 8 minutes flat.***



Now you can make great tasting fajitas at home in just

minutes. That's because we've done all the work. Tyson Fajita Kits have everything you'll need. Fully cooked strips of



tender white meat chicken, crisp garden vegetables and Mexican Original® soft flour tortillas.



Whip up a fiesta tonight. It takes only minutes, with Tyson Chicken or Beef Fajita Kits.

**FAJITA KITS FROM** 

Feeding you like fami.



# Food Journal

A large, succulent roasted turkey is the central focus, presented on a white platter. The turkey is surrounded by clusters of dark purple grapes and green leaves, likely grape leaves. The background is softly blurred, showing hints of other autumnal items like pumpkins and more grapes, creating a warm, festive atmosphere.

## **AND ALL THE TRIMMINGS**

You asked for it: a deliciously different Thanksgiving menu that makes the most of fall's bounty—and keeps fat in check

## **OUR BEST DESSERTS**

A sweet selection of holiday cakes and pies from our new dessert cookbook

## **50 WAYS TO GO LOW-FAT**

Easiest-ever tips and tricks for staying slim

## **SUPPERTIME: FAMILY-TESTED RECIPES**

To find dinners that please both parents and kids of varying ages, we asked four families to rate our recipes

## **THE LATEST DISH**

The facts about food allergies, the new rage for mushrooms, and more

LADIES' HOME JOURNAL

Our

best

desserts

WE'VE CREATED SOME DIVINE DESSERTS OVER THE YEARS—IF WE DO SAY SO OURSELVES. THESE ELEGANT ENDINGS COME FROM *LADIES' HOME JOURNAL'S* NEW COOKBOOK, *100 GREAT DESSERT RECIPES*. ENJOY!



**Hazelnut-Truffle  
Cheesecake**

You'll be proud to  
serve desserts that  
are among the finest  
we've ever made





**Left, Mulled Cider Sorbet. Above, Espresso Pecan Tart**

## Our best desserts

continued

- Easy ● Challenging ▼ Low-fat  
 ● Moderate ⊕ Microwave □ Low-calorie  
 \* Can be frozen up to 1, 3, 6 or 9 months

### TOFFEE ICE-CREAM LAYER CAKE

A perfect choice for the holiday dessert table, this tall and handsome cake is do-ahead and easy to assemble. Serve alone or with Heavenly Hot Fudge Sauce.

Prep time: 15 minutes plus chilling and freezing

Baking time: 10 minutes

#### Crust

- 1 cup (20 cookies) chocolate-wafer crumbs
- ½ teaspoon cinnamon
- 2 tablespoons butter or margarine, melted

- 1 quart premium coffee ice cream
- 3 bars (1.4 oz.) chocolate-covered toffee candy, crushed, or 1 bag (6 oz.) chocolate-covered toffee candy bits, divided

- 1 quart premium chocolate ice cream
- 12 chocolate-wafer cookies, broken up
- 1 quart premium vanilla ice cream
- Heavenly Hot Fudge Sauce (recipe follows)

1. **Make crust:** Preheat oven to 350°F. Combine cookie crumbs and cinnamon in bowl. Stir in butter until crumbs are moistened. Press into the bottom of 9-inch springform pan. Bake 10 minutes. Cool.
2. Refrigerate coffee ice cream to soften slightly, 30 minutes. Quickly spread onto cooled crust and sprinkle with ⅓ cup toffee candy. Freeze until firm, 1 hour.
3. Refrigerate chocolate ice cream to soften slightly, 30 minutes. Quickly spread onto coffee layer and sprinkle top with broken chocolate wafers. Freeze 1 hour. Repeat, softening vanilla ice cream; spread on top of chocolate layer and sprinkle with remaining toffee candy. Cover and freeze overnight. (Can be made ahead. Wrap and freeze up to 1 week.)
4. To serve, unwrap cake and refrigerate 20 minutes. Run a small, sharp knife around edge of pan. Loosen side of pan and transfer cake to platter. Serve with Heavenly Hot Fudge Sauce. Makes 12 servings.

Per serving		Daily goal
Calories	505	2,000 (F), 2,500 (M)
Total fat	34 g	60 g or less (F), 70 g or less (M)
Saturated fat	16 g	20 g or less (F), 23 g or less (M)
Cholesterol	93 mg	300 mg or less
Sodium	262 mg	2,400 mg or less
Carbohydrates	47 g	250 g or more
Protein	5 g	55 g to 90 g

### HEAVENLY HOT FUDGE SAUCE

Prep time: 5 minutes  
 Microwave time: 2½ minutes

- 8 squares (8 oz.) unsweetened chocolate, coarsely chopped

- 1⅓ cups heavy or whipping cream
- 1⅓ cups sugar
- ¼ cup butter
- 2 teaspoons vanilla extract

1. Combine chocolate and cream in medium microwaveproof bowl. Microwave on High (100%) 1½ minutes until chocolate is completely melted.
2. Stir in sugar. Microwave 1 minute. Stir to dissolve sugar, then stir in butter and vanilla until smooth. Serve warm. (Can be made ahead. Cool. Cover and refrigerate up to 1 week. Microwave on High 2 to 2 minutes, stirring after 1 minute until warm and smooth.) Makes 3 cups.

Per tablespoon		Daily goal
Calories	70	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F), 70 g or less (M)
Saturated fat	3 g	20 g or less (F), 23 g or less (M)
Cholesterol	11 mg	300 mg or less
Sodium	12 mg	2,400 mg or less
Carbohydrates	7 g	250 g or more
Protein	1 g	55 g to 90 g

### CRÈME BRÛLÉE

**FOOD EDITOR'S CHOICE** This silky, egg custard with a crackly caramel top is the ultimate in French desserts.

Prep time: 20 minutes plus standing and chilling  
 Baking time: 25 to 30 minutes

- 2 cups heavy or whipping cream
- 1 cup half-and-half cream
- 1 vanilla bean or 1 tablespoon vanilla extract
- 6 large egg yolks
- ¾ cup sugar, divided

1. Preheat oven to 300°F. Combine heavy cream and half-and-half cream in medium saucepan. If using vanilla bean, split lengthwise and scrape out seeds. Add bean and seeds to cream mixture. Bring just to boil over medium heat. Cover and let stand 15 minutes.
2. Whisk egg yolks and ½ cup sugar in medium bowl until light. Gradually whisk in ½ cup warm cream. Gradually whisk remaining cream; continue whisking until smooth. (Stir in vanilla extract, if using.)
3. Strain custard through a fine sieve into shallow 1-quart baking or gratin dish. Discard vanilla bean. Skim any foam from top of custard. Place dish in large roasting pan. Carefully pour enough hot water into roasting pan to come halfway up side of dish. Bake 25 to 30 minutes until custard is barely set in center. Do not overbake. Custard will seem soft. Let stand in water bath 1 hour to cool. Carefully transfer to wire rack. Cool completely. Cover and refrigerate 2 hours or overnight.
4. Preheat broiler. Sprinkle top of custard with remaining ¼ cup sugar. Place dish in roasting pan. Carefully pour ice water into roasting pan to come halfway up side of dish. Broil 3 inches from broiler. Tasting pan if necessary. (continued)



Toffee Ice-Cream Layer Cake



Crème Brûlée



Apple-Pear Brown Betty



Classic Pumpkin Pie

# Remembered for a long time.



This delicious One Bowl™ Holiday Fudge will really make a lasting impression when you make it with Baker's® Chocolate and Diamond® Walnuts.

Simply melt squares of real Baker's Chocolate in your microwave and you can do your melting and mixing in one bowl. Then add plenty of crunchy Diamond Walnuts for a truly memorable Holiday gift.

## ONE BOWL™ HOLIDAY FUDGE

- 2 packages (8 squares each) **BAKER'S®** Semi-Sweet Chocolate
- 1 can (14 ounces) sweetened condensed milk
- 2 teaspoons vanilla
- 1 1/2 cups chopped **DIAMOND®** Walnuts

Makes 4 dozen.

**MICROWAVE** chocolate and milk in large microwavable bowl on HIGH 2 to 3 minutes, or until chocolate is almost melted, stirring halfway through heating time. Remove from microwave. *Stir until chocolate is completely melted.*

**STIR** in vanilla and walnuts. Spread in greased 8-inch square pan. Refrigerate until firm. Cut into squares.

*To obtain high-quality results, be sure to use only Baker's® and Diamond® products.*



# Jingle Bears, Jingle Bears, Cool Whip All The Way



Top off the holidays with Cool Whip by collecting these charming reusable decorator bowls.

AVAILABLE  
WHOLE  
SUPPLIES  
LAST  
1994  
KRAFT  
GENERAL  
FOODS  
INC.



## Our best desserts

*continued*

2 to 3 minutes, until sugar is melted and a dark amber color. Cool in ice water 5 minutes. Remove from roasting pan and refrigerate 15 to 20 minutes or up to 2 hours before serving. Makes 6 servings.

Per serving		Daily goal
Calories	365	2,000 (F), 2,500 (M)
Total fat	29 g	60 g or less (F), 70 g or less (M)
Saturated fat	17 g	20 g or less (F), 23 g or less (M)
Cholesterol	252 mg	300 mg or less
Sodium	40 mg	2,400 mg or less
Carbohydrates	22 g	250 g or more
Protein	4 g	55 g to 90 g

### APPLE-PEAR BROWN BETTY

Our baked pudding of spiced fruit and buttery bread, served warm with a velvety custard sauce, is pure heaven.

*Prep time: 25 minutes*

*Baking time: 1 hour*

2 Granny Smith apples, peeled and sliced thin

3 ripe pears, peeled and sliced thin

1 tablespoon fresh lemon juice

5 slices white or whole wheat bread

1/4 cup butter or margarine, melted

1 tablespoon granulated sugar

2/3 cup firmly packed brown sugar

1/2 teaspoon grated lemon peel

1/4 teaspoon cinnamon

1/8 teaspoon nutmeg

Cinnamon-Vanilla Custard Sauce  
(recipe follows)

1. Preheat oven to 375°F. Butter 9-inch square baking dish. Toss apples and pears with lemon juice in large bowl. Cut bread into cubes; toss with butter and granulated sugar in medium bowl. Combine brown sugar, lemon peel, cinnamon and nutmeg in cup.

2. Spread half the fruit in prepared dish. Sprinkle with half the bread, then half the sugar mixture; repeat. Cover and bake 30 minutes. Bake uncovered 30 minutes more or until top is golden and bubbly. Serve with Cinnamon-Vanilla Custard Sauce. Makes 6 servings.

Per serving with 3 T. custard sauce		Daily goal
Calories	405	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F), 70 g or less (M)
Saturated fat	7 g	20 g or less (F), 23 g or less (M)
Cholesterol	134 mg	300 mg or less
Sodium	228 mg	2,400 mg or less
Carbohydrates	70 g	250 g or more
Protein	5 g	55 g to 90 g

### CINNAMON-VANILLA CUSTARD SAUCE

*Prep time: 10 minutes plus chilling*

1 vanilla bean, split lengthwise, or  
1 teaspoon vanilla extract

1 1/4 cups milk

1 cinnamon stick

3 large egg yolks

1/4 cup sugar

1. Scrape seeds from vanilla bean and seeds, milk and cinnamon, boiling in small saucepan.

2. Whisk yolks and sugar in bowl. Gradually whisk in hot milk. Return to saucepan and cook, stirring over medium heat until mixture is thick and coats back of spoon, about 10 minutes (do not boil). Strain into clean bowl; discard vanilla bean and cinnamon stick. (Stir in vanilla extract if using.) Refrigerate until cold, 2 hours. Makes 1 1/3 cups.

### CLASSIC PUMPKIN PIE

How could we improve upon even our favorite holiday pie? By adding a touch of spice to the pastry and filling.

*Prep time: 15 minutes plus chilling*

*Baking time: 60 to 65 minutes*

#### Spice Pastry

1 1/2 cups all-purpose flour

1/8 teaspoon mace or nutmeg

1/2 cup cold butter or margarine, cut up

2 tablespoons vegetable shortening

1/2 teaspoon vanilla extract

3 to 5 tablespoons ice water

#### Filling

1 can (16 oz.) solid-pack pumpkin

1 cup half-and-half cream

3 large eggs

2/3 cup firmly packed brown sugar

1 tablespoon brandy

1 teaspoon cinnamon

1/2 teaspoon ginger

1/2 teaspoon salt

1/4 teaspoon ground white pepper

Pinch cloves

1. *Prepare pastry:* Combine flour and mace in medium bowl. With a blender or 2 knives, cut in butter and shortening until mixture resembles coarse crumbs. Combine vanilla, ice water, tossing with fork and adding 1/2 water, 1 tablespoon at a time, until dough holds together. Shape into ball; flatten into disk. Wrap and refrigerate 1 hour or overnight.

2. Adjust oven rack to lowest position. Preheat oven to 425°F. Between sheets of wax paper, roll pastry into 11-inch circle. Fit into 9-inch pie pan; trim and edge. Freeze 15 minutes.

3. Line pie shell with foil; fill with beans. Bake 10 minutes. Remove foil and beans; bake 5 to 10 minutes more, until golden. Cool on wire rack. Reduce oven temperature to 350°F.

4. *Prepare filling:* Stir all ingredients in bowl until combined. Pour into pastry shell. Bake 45 to 50 minutes, until knife inserted in center comes out clean. Cool on wire rack. Makes 8 servings. (continued)



Every year, the Cosby family  
gives thanks for Grandma's delicious  
Double Layer Pumpkin Pie.



And every year, the Cosby kids  
give thanks you didn't eat  
the whole thing yourself.



## DOUBLE LAYER PUMPKIN PIE

- 1 1/2 cups Raisin Bran cereal, crushed
- 1/2 cup brown sugar
- 1/2 cup butter
- 1/2 cup Jell-O® Brand Instant Pudding & Pie Filling
- 1/2 cup Jell-O® Brand Instant Pudding & Pie Filling
- 1/2 cup Jell-O® Brand Instant Pudding & Pie Filling
- 1/2 cup Jell-O® Brand Instant Pudding & Pie Filling
- 1/2 cup Jell-O® Brand Instant Pudding & Pie Filling
- 1/2 cup Jell-O® Brand Instant Pudding & Pie Filling
- 1/2 cup Jell-O® Brand Instant Pudding & Pie Filling
- 2 packages, 4-serving size, Jell-O® Brand Instant Pudding & Pie Filling
- 1 can, 16 oz. pumpkin
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves

**MIX** Heat oven to 350°F. In a large bowl, mix Raisin Bran, brown sugar, butter, and Jell-O® Brand Instant Pudding & Pie Filling until smooth. Gently stir in pumpkin topping. Spread in pie shell.

**POUR** Pour pudding mix over pie shell. Beat with wire whisk if mixture is thick. Stir in pumpkin and spices until well mixed. Spread over cream cheese layer.

**REFRIGERATE** 4 hours or until set. Garnish with additional prepared topping if desired. Store leftover pie in refrigerator. Makes 8 servings.



**Make a Thanksgiving Classic.**

## Our best desserts

continued

Per serving

Calories  
Total fat  
Saturated fat  
Cholesterol  
Sodium  
Carbohydrates  
Protein

Daily goal

2,000 (F), 2,500 (M)  
60 g or less (F), 70 g or less (M)  
20 g or less (F), 23 g or less (M)  
300 mg or less  
240 mg or less  
250 g or more  
55 g to 90 g

### HAZELNUT-TRUFFLE CHEESECAKE

**INDULGENT BUT WORTH IT** Each luscious bite packs such fabulous flavor that a small slice is all it takes to satisfy the most die-hard chocolate lover.

*Prep time: 50 minutes plus chilling* ●❄️  
*Baking time: 60 to 70 minutes*

#### Crust

- ½ cup hazelnuts, toasted and skinned
- 2 tablespoons sugar
- ½ cup all-purpose flour
- Pinch salt
- ¼ cup cold unsalted butter, cut up (no substitutions)

#### Filling

- 3 packages (8 oz. each) cream cheese or Neufchâtel cheese, at room temperature
  - 1¼ cups sugar
  - 12 squares (12 oz.) semisweet chocolate, melted and cooled
  - 2 teaspoons vanilla extract
  - Pinch salt
  - 4 large eggs, at room temperature
  - ¾ cup heavy or whipping cream
  - 2 tablespoons unsweetened cocoa
- 20 whole hazelnuts, toasted and skinned
- 2 squares (2 oz.) semisweet chocolate, melted

1. *Prepare crust:* Preheat oven to 350°F. Butter 9-inch springform pan. Combine nuts and sugar in food processor; process until ground fine. Add flour and salt; pulse to blend. Add butter and pulse until mixture just begins to hold together. Pat onto bottom of prepared pan. Bake 20 to 25 minutes, until golden. Cool on wire rack. Keep oven on. Cover bottom and outside of pan with heavy-duty foil.

2. *Make filling:* Beat cream cheese in mixer bowl at medium-high speed until light and fluffy, 2 minutes. Gradually beat in sugar, scraping sides of bowl, until mixture is smooth, 3 minutes. Reduce speed to medium. Beat in melted chocolate, the vanilla and salt. Add eggs, one at a time, beating just until blended after each addition. Add cream, then cocoa, and beat until blended.

3. Pour filling over crust; place in roasting pan. Place pan on oven rack. Pour enough hot water into roasting pan to come 1 inch up side of springform pan. Bake

60 to 70 minutes, until center is just set.

4. Remove cheesecake from water bath. Cool completely on wire rack. Remove foil. Cover cheesecake and refrigerate overnight or up to 2 days.

5. To serve, run small, sharp knife around edge of pan; remove side. Dip each whole nut halfway into melted chocolate and arrange around edge of cake. Drizzle or pipe remaining chocolate over cake. Makes 20 servings.

#### Per serving

Calories  
Total fat  
Saturated fat  
Cholesterol  
Sodium  
Carbohydrates  
Protein

#### Daily goal

2,000 (F), 2,500 (M)  
60 g or less (F), 70 g or less (M)  
20 g or less (F), 23 g or less (M)  
300 mg or less  
2,400 mg or less  
250 g or more  
55 g to 90 g

### MULLED CIDER SORBET

Spice-infused frozen apple cider with a splash of sweet port wine makes a most unusual and refreshing seasonal sorbet.

*Prep time: 10 minutes plus standing and freezing* ▼○

- 1 cup port wine
- ¾ cup sugar
- 3 strips (3 inches each) orange peel
- 2 cinnamon sticks (3 inches each)
- 5 whole cloves
- 4 cups apple cider

1. Combine port, sugar, orange peel, cinnamon and cloves in small saucepan. Bring to boil over high heat, stirring, 3 minutes. Cool to room temperature.

2. Strain port mixture through fine sieve into bowl. Stir in cider. Transfer to ice-cream maker and freeze according to manufacturer's directions. (Can be made ahead. Transfer to a freezerproof container and freeze up to 3 days.) Makes 5½ cups.

#### Per ½ cup

Calories  
Total fat  
Saturated fat  
Cholesterol  
Sodium  
Carbohydrates  
Protein

#### Daily goal

2,000 (F), 2,500 (M)  
60 g or less (F), 70 g or less (M)  
20 g or less (F), 23 g or less (M)  
300 mg or less  
2,400 mg or less  
250 g or more  
55 g to 90 g

### ESPRESSO PECAN TART

The sophisticated taste of espresso with coffee liqueur enhances the rich flavor of this pecan tart.

*Prep time: 45 minutes plus chilling* ●❄️

### Own a copy of LHJ's new cookbook

100 Great Dessert Recipes is available wherever books are sold and by calling 800-678-2665 to order. Priced at \$14.95 each, the book is available for \$12.95 per copy if you order two, and \$10.95 per copy for three or more! For each order, add \$2.95 shipping and handling.

*Baking time: 48 to 56 minutes*

#### Pastry

- 2 cups all-purpose flour
- 3 tablespoons granulated sugar
- ¼ teaspoon salt
- ¼ cup cold, unsalted butter, cut up
- 2 large egg yolks
- 5 tablespoons ice water

#### Filling

- 1 teaspoon instant espresso powder
- 1 tablespoon boiling water
- 2 large eggs, lightly beaten
- ⅔ cup firmly packed brown sugar
- ⅔ cup light corn syrup
- 2 tablespoons butter, melted
- 2 tablespoons coffee-flavored liqueur
- ½ teaspoon vanilla extract
- 2 cups pecan halves, toasted

#### Coffee Whipped Cream

- 1 cup heavy or whipping cream
- 2 tablespoons confectioners' sugar
- 2 tablespoons coffee-flavored liqueur

#### Chocolate-covered coffee beans

1. *Prepare pastry:* Combine flour and salt in a medium bowl. With a blender, cut in butter until mixture resembles coarse crumbs. Blend egg yolks and ice water in a bowl. Add yolk mixture to dry ingredients and toss just to hold together. Shape pastry into a disk and kneading lightly. Flatten into disk and refrigerate 1 hour or overnight.

2. Preheat oven to 425°F. On a floured surface, roll pastry to 14-inch circle and fit into 12-inch tart pan with removable bottom. Trim pastry to above edge; fold excess inward and press edge up to extend ¼ inch to side of pan. Freeze 15 minutes.

3. Line frozen pastry shell with foil and with dried beans or uncooked rice for 10 minutes. Remove foil and beans; reserve for another use. Bake 35 minutes more or until golden. Cool on wire rack. Reduce oven temperature to 300°F.

4. *Prepare filling:* Dissolve espresso powder in boiling water in bowl. Whisk in eggs, sugar, corn syrup, melted butter, liqueur and vanilla until combined. Stir in pecan halves.

5. Spoon filling into tart shell. Bake 35 minutes, until filling is just set. Cool on wire rack, then remove from pan. (Can be made ahead. Wrap and freeze up to 3 weeks. Thaw at room temperature 1 hour.) Serve tart with Coffee Whipped Cream and garnish with chocolate-covered coffee beans. Makes 12 servings.

6. *Make Coffee Whipped Cream:* Beat ingredients in mixer bowl to soft peaks.

#### Per serving with cream

Calories  
Total fat  
Saturated fat  
Cholesterol  
Sodium  
Carbohydrates  
Protein

#### Daily goal

2,000 (F), 2,500 (M)  
60 g or less (F), 70 g or less (M)  
20 g or less (F), 23 g or less (M)  
300 mg or less  
2,400 mg or less  
250 g or more  
55 g to 90 g

Now you can have a sliver this big.



New Philly<sup>®</sup> Free<sup>®</sup>



Introducing Philly<sup>®</sup> Free<sup>®</sup> fat free cream cheese.

great new way to make delicious cheesecake. Look for recipe on back of each package.

Cheesecake contains two grams of fat per serving. Two servings shown

© 1994 Kraft Foods

# Little Women

by Award-Winning Artist Wendy Lawton!

Bright and imaginative, passionate and independent, Jo is one of the most memorable young women in American literature — heroine of Louisa May Alcott's *Little Women*, the first American children's story to become an all-

time classic. Now doll artist Wendy Lawton brings you "Jo," first issue in the *Little Women* collection of fine-porcelain dolls based on Louisa May Alcott's immortal story.

## Quality Craftsmanship in Every Detail

"Jo" is exquisitely handcrafted and hand-painted to capture the personality of the original character. She has long, beautiful hair and eyes that sparkle with the zest, courage, and eagerness for adventure that she finds in the book she comes with: *Pilgrim's Progress*. Her authentic, hand-knit Civil War era-style costuming includes hair snood, cotton blouse, plaid jacket with black braiding trim, and black, high-button boots.



Wendy Lawton's complete *Little Women* collection includes "Beth," "Meg," "Amy," and "Jo."

Evaluating against *Uniform Grading Standards*, the dolls developed by the Ashton-Drake Galleries "Jo" has earned the *Standard* highest rating for outstanding artistry and craftsmanship in fine porcelain dolls — Premier Grade.

## Order "Jo" ... and You Are Guaranteed a Complete Collection

Acquire "Jo" now for only \$59.95, payable in three convenient monthly installments and *unconditionally guaranteed*. Once you acquire "Jo" we will notify you of the opportunity to complete your *Little Women* doll collection with the other March sisters "Beth," "Meg," and "Amy."

"Jo" is issued in a hand-numbered edition and may not be available for long. This opportunity to acquire this classic character doll for only *only \$59.95, a remarkable value for a porcelain doll of this quality by Wendy Lawton!* To order, complete and return the attached Reservation Certificate today.



**THE ASHTON-DRAKE GALLERIES**

*Bringing You Dolls of Irresistible Value*

Introducing "Jo" —  
beloved heroine of Louisa  
May Alcott's *Little Women*!

"Jo"

Only 3 payments of \$19.98\*

THAT'S ASHTON-DRAKE VALUE!



THE ASHTON-DRAKE GALLERIES  
9200 North Maryland Avenue  
Niles, Illinois 60714-1397

PLEASE RESPOND BY:  
November 30, 1994

YES, please reserve "Jo." Limit one. I understand the first  
installment will be billed before doll shipment.

- 3 EASY PAYMENTS OF \$19.98\*
- ONE-YEAR, RISK-FREE GUARANTEE
- SEND NO MONEY NOW

X  
Signature \_\_\_\_\_ Date \_\_\_\_\_

Name (please print clearly) \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\*Plus \$4.94 home delivery fee and applicable taxes. Delivery in 4 to 6  
weeks. Canadian price: \$79.95 plus postage and handling and any applica-  
ble sales taxes. 96251-1088000

Complete with book shown. Actual size is 16 inches tall



...rought a festive  
...v-Raspberry-  
...Punch; below,  
...Mixed Greens with  
...Apples and Fat-Free  
...Raspberry Vinaigrette



# And all the



WE ASKED READERS AND LHJ STAFFERS WHAT NEW DISHES THEY'D LIKE TO SEE ON THEIR THANKSGIVING TABLE THIS YEAR. WHEN THE REQUESTS WERE IN, WE COOKED UP THE MOST TEMPTING TURKEY GO-WITHS EVER! FROM DO-AHEAD SALADS TO LOW-FAT STUFFING, THESE ARE TRIMMINGS TO BE THANKFUL FOR



Left, clockwise from left: Snow Peas with Lemon-Ginger Butter, Cranberry-Beet Relish, Mashed Potatoes and Turnips; above, Wild Rice Medley

A classic with a twist,  
right: Our Vegetarian  
Succotash is a quartet of  
veggies to make ahead  
and reheat in the  
microwave



# rimmings

Below, Sweet Potato and  
Caramelized Onion  
Gratin; right, basket of  
Refrigerator Rolls and  
Jalapeño Corn Bread



Right, Pumpkin Chiffon  
Pie, in a low-fat, phyllo  
crust, brings the feast to  
an elegant finale



Easy ● Challenging ▼ Low-fat  
 Moderate Ⓜ Microwave □ Low-calorie

### CRANBERRY-RASPBERRY-PINEAPPLE PUNCH

Start your party with a festive punch made with seltzer or champagne.

100 calories 5 minutes ○ ▼

- 1 can (48 oz.) pineapple juice, chilled
- 1 container (8.5 oz.) cranberry-raspberry juice concentrate
- 1 liter seltzer water or 1 bottle champagne, chilled

Combine all ingredients in 3-quart pitcher or punch bowl. Serve over ice. Makes 11 cups.

Per 6-ounce serving	Daily goal
Calories	95
Total fat	0 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	2 mg
Carbohydrates	23 g
Protein	0 g

### GREEN PEA DIP

A dip that is so vibrantly green will intrigue your guests. The secret: frozen peas that are thawed but not cooked.

Prep time: 10 minutes ○

Cooking time: 5 minutes

- 4 tablespoons olive oil, divided
- 2 ounces pancetta or 2 slices bacon, chopped (1/3 cup)
- 2 tablespoons water
- 1/2 teaspoon minced garlic
- 1 package (10 oz.) frozen peas, thawed
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

1. For pancetta, heat 1 tablespoon oil in small skillet over medium high heat; add pancetta and cook 4 to 5 minutes. For bacon, omit the 1 tablespoon oil; cook until tender-crisp. Discard drippings from pan. Add water and garlic; cook 1 minute more.  
 2. Combine peas, salt, pepper, pancetta mixture and remaining 3 tablespoons oil in food processor; puree until smooth. (Can be made ahead. Transfer to a bowl; cover and refrigerate overnight.) Serve with assorted raw vegetables and crusty bread slices. Makes 1 1/2 cups.

Per tablespoon	Daily goal
Calories	100 (F), 2,500 (M)
Total fat	6 g or less (F), 70 g or less (M)
Saturated fat	2 g or less (F), 23 g or less (M)
Cholesterol	30 mg or less
Sodium	2,400 mg or less
Carbohydrates	25 g or more
Protein	5 g to 9 g

### REFRIGERATOR ROLLS

Want fresh-baked rolls for dinner without a fuss? Let the dough rise in the fridge overnight and shape it into rolls the next day, then bake right after the turkey comes out of the oven.



Green Pea Dip

Prep time: 25 minutes plus rising and chilling

Baking time: 15 to 20 minutes ○

- 2 packages active dry yeast
- 3 tablespoons sugar, divided
- 1 1/2 cups plus 1 tablespoon warm water (105°F.-115°F.)
- 1/4 cup plus 1 tablespoon olive oil, divided
- 2 large eggs, divided
- 6 cups flour, divided
- 2 teaspoons salt
- Sesame, poppy, dill and caraway seeds (optional)

1. Combine yeast, 1 tablespoon sugar and 1 1/2 cups water in large mixer bowl. Let stand until bubbly, 5 minutes. At low speed, beat in remaining sugar, 1/4 cup olive oil and 1 egg.  
 2. Gradually add 3 cups flour and beat until smooth. Add remaining flour and the salt; beat 1 minute.  
 3. On lightly floured surface, knead dough 2 minutes. Lightly oil large bowl with remaining 1 tablespoon oil. Add dough, turning to coat well. Cover and refrigerate overnight.

### THANKSGIVING MENU FOR TWELVE

- Cranberry-Raspberry-Pineapple Punch
  - Green Pea Dip with assorted vegetables and sliced crusty bread
  - Refrigerator Rolls
  - Jalapeño Corn Bread
- Roasted Turkey with Low-Fat Traditional Stuffing
- Cranberry-Beet Relish
- Mashed Potatoes and Turnips
- Sweet Potato and Caramelized Onion Gratin
- Snow Peas with Lemon-Ginger Butter
  - Wild Rice Medley
  - Vegetarian Succotash
- Mixed Greens with Apples and Fat-Free Raspberry Vinaigrette
- Pumpkin Chiffon Pie
  - Coffee, tea

4. The next morning, grease 2 sheets. Remove dough from refrigerator and divide into quarters. Cut each into 12 pieces and shape into rolls. Place on prepared cookie sheet. Beat remaining egg with remaining 1/2 spoon water, brush on rolls and sprinkle with desired seeds. Cut an X in the top of each roll with scissors or sharp knife. Cover and let rise at room temperature until double in bulk, 30 to 45 minutes.  
 5. Preheat oven to 400°F. Bake for 20 minutes, rotating sheets halfway through, until golden. Makes 4 dozen.

Per serving	Daily goal
Calories	80
Total fat	2 g
Saturated fat	0 g
Cholesterol	9 mg
Sodium	95 mg
Carbohydrates	13 g
Protein	2 g

### JALAPEÑO CORN BREAD

A reader asked us to create a spicy bread recipe for her holiday bread.

Prep time: 15 minutes

Baking time: 15 to 20 minutes

- 1/4 cup butter or margarine
- 1 large egg, lightly beaten
- 1 cup milk
- 2 tablespoons minced jalapeño peppers, seeded and stems removed
- 1 cup all-purpose flour
- 1 cup cornmeal
- 2 to 4 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1/8 teaspoon ground red pepper

1. Preheat oven to 400°F.  
 2. Melt butter in 10-inch cast-iron skillet over medium-low heat or grease cornstick pans, if using.  
 3. Meanwhile, whisk egg, milk and jalapeños together in medium bowl. Pour into melted butter.  
 4. Combine remaining ingredients in large bowl. Stir in egg mixture just before moistening. Pour batter into skillet and bake 20 minutes until just golden. Pour batter into 12 cornstick pans and bake 15 to 18 minutes. Cool completely. (Can be made ahead. Wrap well and freeze up to 2 weeks.) Cut into wedges. Makes 12 servings.

Per serving	Daily goal
Calories	145
Total fat	5 g
Saturated fat	3 g
Cholesterol	31 mg
Sodium	227 mg
Carbohydrates	21 g
Protein	3 g

### ROASTED TURKEY

pictured on page 229  
 This is the easiest method we've found for roasting a turkey. As requested, we've come up with a reduced-fat turkey that's full of flavor (we took advantage of the browned bits from the bottom of the pan).





REVISIT AN OLD FRIEND AND  
SEE HOW MUCH IT'S CHANGED.

Try our new Chicken Pies and you'll find a lot has changed from the pot pies you probably remember. That's because Tyson Chicken Pies are made with only the best ingredients. We use hearty chunks of tender white meat chicken, crisp garden vegetables and a rich, creamy sauce. And all surrounded by a flaky pastry crust. So try an old-time favorite again. You'll be surprised just how good it is today.



FEEDING YOU LIKE FAMILY.



## And all the trimmings

2 1/2 hours

4 x 4 x 4 inches

1 whole turkey (18–20 lb.), thawed if frozen

Low-Fat Traditional Stuffing (recipe follows)

2 tablespoons butter, melted

### Gravy

2 cans reduced-sodium chicken broth (14 1/2 oz. each), defatted

1 cup dry white wine

3 tablespoons cornstarch

1. Preheat oven to 325°F. Remove all giblets from interior cavity of turkey; reserve neck and gizzard. Rinse and pat dry with paper towels. Loosely fill neck and body cavities of turkey with stuffing. Fold neck skin over back of turkey and fasten with skewers or toothpicks. Tie legs together with string.

2. Place turkey, breast side up, in shallow roasting pan. Brush with melted butter. Roast 4 to 4 1/2 hours, until meat thermometer inserted in inner thigh reaches 180°F. (12 to 14 minutes per pound for fresh turkey, 15 to 18 for thawed frozen turkey). Transfer turkey to platter. Let stand 15 minutes before carving.

3. *Prepare gravy:* Meanwhile, combine reserved turkey neck and gizzard and the chicken broth in saucepan. Bring to boil; reduce heat and simmer 1 hour. Strain and reserve broth.

4. After removing turkey from roasting pan, pour pan juices into saucepan and remove fat. Pour wine into roasting pan and heat over high heat 3 minutes. With wooden spoon, scrape up all browned bits from pan. Transfer wine to saucepan with pan juices; bring to boil, reduce heat and simmer 5 minutes. Add reserved broth and return to boil. Dissolve cornstarch in 2 tablespoons water and whisk into boiling broth; boil 1 minute. Strain into gravy boat. Makes 4 1/4 cups.

Per 3-oz. serving with 2 T. gravy	Daily goal	
Calories	125	2,000 (F), 2,500 (M)
Total fat	7 g	60 g or less (F), 70 g or less (M)
Saturated fat	4 g	20 g or less (F), 23 g or less (M)
Cholesterol	23 mg	300 mg or less
Sodium	167 mg	2,400 mg or less
Carbohydrates	15 g	250 g or more
Protein	2 g	55 g to 90 g

## LOW-FAT TRADITIONAL STUFFING

To keep the calories really low, bake the stuffing in a baking dish, not in the turkey. If you like it really moist and dense, bake it covered; if you prefer it dry, uncover it.

Prep time: 30 minutes

Baking time: 45 minutes

2 teaspoons vegetable oil

3 cups chopped onions

2 cups diced celery

1 pound white mushrooms, quartered

1 bag (15 oz.) unseasoned stuffing

bread cubes (9–10 cups)

1 teaspoon freshly ground pepper

1/2 teaspoon salt

1 tablespoon chopped fresh thyme

2 tablespoons chopped fresh parsley

2 tablespoons chopped fresh sage or 1 teaspoon dried

2 cans (13 3/4 or 14 1/2 oz. each) chicken broth, defatted

1. Preheat oven to 325°F.

2. Heat oil in large skillet over medium-high heat. Add onions and cook 5 minutes. Add celery and cook 3 minutes more. Add mushrooms; reduce heat to medium, cover and cook 5 minutes. Cook uncovered, stirring, over high heat until all liquid is evaporated. Cool.

3. Meanwhile, combine bread cubes with pepper, salt, thyme, parsley and sage in very large bowl. Stir in cooled vegetables.

4. Lightly coat two 3-quart glass baking dishes with vegetable cooking spray and divide stuffing between them. Drizzle 1 can broth over each. Bake uncovered 45 minutes. Makes 11 cups.

Per 1/2 cup	Daily goal	
Calories	85	2,000 (F), 2,500 (M)
Total fat	2 g	60 g or less (F), 70 g or less (M)
Saturated fat	0 g	20 g or less (F), 23 g or less (M)
Cholesterol	1 mg	300 mg or less
Sodium	361 mg	2,400 mg or less
Carbohydrates	15 g	250 g or more
Protein	3 g	55 g to 90 g

## CRANBERRY-BEET RELISH

Many of you wanted a twist on the usual cranberry sauce. So we added beets and fresh ginger for deep-red color and vivid flavor.

Prep time: 50 to 70 minutes plus cooling

Cooking time: 30 minutes

12 ounces (about 2 medium) beets, greens trimmed

Half a large navel orange, diced (1/4 cup)

6 ounces (1 1/2 cups) fresh or frozen cranberries

2 slices (1/4 inch) fresh ginger

1/2 cup sugar

1/4 cup orange juice

1 piece (2 inches) cinnamon stick

1. Preheat oven to 375°F. Wrap beets tightly in foil and bake 45 to 60 minutes, until tender. Cool, peel and chop.

2. Combine orange, cranberries, ginger, sugar, orange juice and cinnamon in medium saucepan. Bring to boil over high heat; reduce heat, cover and simmer 20 minutes.

3. Add beets and simmer covered 10 minutes more. Cool. Remove cinnamon. Transfer to food processor and pulse 4 to 5 times, until chopped fine. (*Can be made ahead. Cover and refrigerate up to 3 days.*) Makes 2 cups.

Per tablespoon	Daily goal	
Calories	20	2,000 (F), 2,500 (M)
Total fat	0 g	60 g or less (F), 70 g or less (M)
Saturated fat	0 g	20 g or less (F), 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	5 mg	2,400 mg or less
Carbohydrates	5 g	250 g or more
Protein	0 g	55 g to 90 g

## MASHED POTATOES AND TURNIPS

**TEST-KITCHEN FAVORITE** Your guests love this dish—even those who think they don't like turnips. The potatoes add a mellow flavor, but there's still just a hint of that homey turnip taste.

Prep time: 20 minutes

Cooking time: 25 minutes

4 pounds baking potatoes, peeled and cut into 1-inch cubes (8 cups)

2 pounds turnips, peeled and cut into 1-inch cubes (5 cups)

Salt

1 cup heavy or whipping cream, heated

1/4 cup butter or margarine, melted

1/2 teaspoon white wine vinegar

1/2 teaspoon freshly ground pepper

1. Place potatoes in 1 large saucepan and turnips in another large saucepan. Add 1 teaspoon salt and water to cover by 2 inches. Bring to boil over medium-high heat; reduce heat to medium and simmer potatoes 15 minutes, turnips 20 to 25 minutes. Drain vegetables and pass through a food mill or potato ricer into large bowl.

2. Add cream, butter, vinegar, 1 teaspoon salt and the pepper, and mix well. *Can be made ahead. Cover and refrigerate up to 4 hours. To reheat, microwave on high 10 to 15 minutes, stirring occasionally until heated through.* Makes 10 cups.

Per 1/2 cup	Daily goal	
Calories	125	2,000 (F), 2,500 (M)
Total fat	7 g	60 g or less (F), 70 g or less (M)
Saturated fat	4 g	20 g or less (F), 23 g or less (M)
Cholesterol	23 mg	300 mg or less
Sodium	167 mg	2,400 mg or less
Carbohydrates	15 g	250 g or more
Protein	2 g	55 g to 90 g

## SWEET POTATO AND CARAMELIZED ONION GRavy

Onions cooked slowly and gently add a very sweet flavor to the sweet potato. We promise: Not even the kids will miss the marshmallows.

Prep time: 1 1/2 hours

Baking time: 30 to 50 minutes

2 tablespoons vegetable oil

3 pounds onions, halved and sliced thin (7 cups)

Salt

1/4 teaspoon nutmeg

1/4 teaspoon pepper

4 quarts water

5 pounds sweet potatoes, peeled and sliced 1/2-inch thick (12 cups)

1/4 cup chicken broth

1/4 cup apricot preserves

1. Heat oil in large skillet over medium-high heat. Add onions and cook, stirring occasionally, until soft and browned, 30 minutes. Add 2 teaspoons salt and 1/4 cup nutmeg and pepper. (*Can be*

# One-Pan Potatoes and Chicken Rosemary



1 1/2 lbs. Yukon Gold potatoes, cut into 1/4-inch slices & microwaved for 10 minutes until tender  
1/2 lb. skinless, boneless chicken breasts, cut into 1/2-inch strips  
2 cloves garlic, minced  
2 Tbsp. olive oil  
1/2 cup dried rosemary, crumbled

When potatoes cook, in large skillet toss and add chicken and garlic in oil over high heat for 5 minutes. Add potatoes and rosemary; sauté until potatoes are lightly browned. Season with salt and pepper.

20 minutes Servings: 4

THE POTATO BOARD

## Potatoes

FAVORITE

AMERICA'S

VEGETABLE



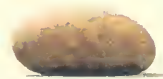
ROUND WHITE



RED



LONG WHITE



RUSSET

**VEGETARIAN SUCCOTASH**

This traditional dish of corn and beans, usually lima, is enhanced by zucchini and red pepper. Succotash is an Algonquin word; it means ear of corn.

*Prep time: 15 minutes*

*Cooking time: 17 minutes*



- 2 packages (10 oz. each) frozen baby lima beans
- 2 tablespoons butter or margarine
- 1 cup finely chopped onions
- 2 cups (10 oz.) finely diced zucchini
- 1/4 cup finely chopped red pepper
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- Pinch ground red pepper
- 1 package (10 oz.) frozen whole-kernel corn, thawed
- 1/2 cup heavy or whipping cream
- 2 tablespoons chopped fresh dill or 1/2 teaspoon dried, plus additional for garnish

1. Cook lima beans according to package directions; drain.
2. Meanwhile, melt butter in large skillet over medium heat. Add onions and cook, stirring occasionally, until tender, 10 minutes. Stir in zucchini, red pepper, salt, black and ground red peppers; cook, stirring, 5 minutes. Add lima beans, corn and cream; bring to boil. *(Can be made ahead. Transfer to shallow microwave-proof dish. Cover and refrigerate up to 4 hours. To reheat, cover and microwave on High 5 minutes or until hot.)* Stir in dill and spoon into warm serving dish. Garnish with additional dill. Makes 7 cups.

Per 1/2 cup	Daily goal
Calories 125	2,000 (F), 2,500 (M)
Total fat 5 g	60 g or less (F), 70 g or less (M)
Saturated fat 3 g	20 g or less (F), 23 g or less (M)
Cholesterol 16 mg	300 mg or less
Sodium 121 mg	2,400 mg or less
Carbohydrates 16 g	250 g or more
Protein 4 g	55 g to 90 g

**TURKEY TROUBLE?**

Here are toll-free numbers that you can call with questions about preparing your holiday turkey:

- **The Butterball Turkey Talk-Line** Call 800-323-4848, November 1 to 23; weekdays from nine A.M. to nine P.M. E.T.; November 19 to 20, nine A.M. to seven P.M.; Thanksgiving Day, seven A.M. to seven P.M.
- **The USDA's Meat and Poultry Hotline** Call 800-535-4555 (in Washington, D.C., call 202-720-3333) year-round; weekdays from ten A.M. to four P.M. E.T.; throughout November, call weekdays from nine A.M. to five P.M.; November 19 and 20, nine A.M. to five P.M.; Thanksgiving Day, eight A.M. to two P.M.

**SNOW PEAS WITH LEMON-GINGER BUTTER**

If the snow peas in your market are a little limp but otherwise unblemished, plunge them into cold water and soak thirty minutes to crisp them up.

*Prep time: 5 minutes*

*Cooking time: 7 to 12 minutes*

- 1/4 cup butter or margarine, softened
- 1 teaspoon grated fresh ginger
- 1/2 teaspoon grated lemon peel
- Salt
- 1 teaspoon freshly ground pepper
- 1 1/2 pounds snow peas or 2 pounds green beans

1. Beat butter in small bowl until creamy. Stir in ginger, lemon peel, 1/2 teaspoon salt and the pepper. Transfer to small piece of wax paper; wrap and refrigerate. *Can be made ahead. Refrigerate up to 2 days.*
2. Trim snow peas. Wrap and refrigerate unwashed up to 24 hours. Rinse before using.
3. Bring 4 quarts water to boil with 1/2 teaspoon salt in stockpot or Dutch oven. Add snow peas and cook 2 minutes for green beans, cook 5 to 7 minutes for snow peas. Transfer to warm serving dish. Cut into small pieces, add to snow pea toss to combine. Makes 16 servings.

Per serving	Daily goal
Calories 45	2,000 (F), 2,500 (M)
Total fat 3 g	60 g or less (F), 70 g or less (M)
Saturated fat 2 g	20 g or less (F), 23 g or less (M)
Cholesterol 8 mg	300 mg or less
Sodium 99 mg	2,400 mg or less
Carbohydrates 3 g	250 g or more
Protein 1 g	55 g to 90 g

**MIXED GREENS WITH APPLE AND FAT-FREE RASPBERRY VINAIGRETTE**

Our fat-free vinaigrette will dress up a salad in any season.

*Total prep time: 20 minutes*

- 1 tablespoon cornstarch
- Water
- 1 1/4 cups frozen whole raspberries (6 oz.), thawed
- 1 tablespoon minced shallot
- 1 tablespoon sugar
- 1/4 teaspoon salt
- 1/2 teaspoon Dijon mustard
- 4 cups torn radicchio
- 4 cups sliced Belgian endive leaves
- 6 cups torn romaine lettuce
- 2 large Granny Smith apples, quartered, cored and sliced (3 cups)

1. Dissolve cornstarch in 1 tablespoon water. Combine 7 tablespoons water and the raspberries in food processor; process until smooth. Pass through fine strainer into small saucepan, using a rubber spatula to push pulp through. Discard seeds.
2. Bring pulp to boil over medium heat. Whisk in cornstarch (color

1. Bring 4 cups water to boil in 8-quart saucepan over high heat. Add sweet potatoes and 2 tablespoons salt; cook 10 minutes. Drain and cool.

3. Arrange sweet potatoes in single layer in shallow 3-quart baking dish. Layer with half the onions, half the remaining potatoes, then the remaining onions and potatoes.

4. Preheat oven to 375°F. Pour chicken broth over potatoes. Heat preserves and brush on top. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* Bake 30 minutes (45 to 50 minutes if chilled). Makes 16 servings.

Per serving	Daily goal
Calories 170	2,000 (F), 2,500 (M)
Total fat 2 g	60 g or less (F), 70 g or less (M)
Saturated fat 0 g	20 g or less (F), 23 g or less (M)
Cholesterol 0 mg	300 mg or less
Sodium 173 mg	2,400 mg or less
Carbohydrates 26 g	250 g or more
Protein 4 g	55 g to 90 g

**WILD RICE MEDLEY**

We combined white rice and fennel to create a dish hearty enough to please even the vegetarians at your table. Wild rice is a native North American grain.

*Prep time: 15 minutes*

*Cooking time: 1 hour*

- 1 cup wild rice
- Salt
- 1 1/2 cups long-grain white rice
- 2 tablespoons butter or margarine
- 3 cups chopped fennel or celery
- 1 cup finely chopped onions
- 1 cup finely chopped carrots
- 1/8 teaspoon thyme
- 1/4 cup chopped fresh parsley

1. Bring 4 cups water to boil in medium saucepan. Add wild rice and 1 teaspoon salt; cover and simmer until rice is tender and grains burst open, 1 hour. Drain. Cook white rice according to package directions with 1 teaspoon salt.

2. Meanwhile, melt butter in large skillet over medium heat. Add fennel and onions; cover and cook, stirring occasionally, until soft, 15 minutes. Stir in carrots, 1 teaspoon salt and the thyme; cook uncovered until vegetables are tender and golden, 5 to 7 minutes more. Stir in wild and white rice. *(Can be made ahead. Cover and refrigerate up to 24 hours. Reheat in Dutch oven with 1 cup water over medium heat until rice is hot and water is absorbed, 10 to 15 minutes. Or microwave covered in shallow 3-quart microwaveproof casserole on High 5 to 8 minutes.)* Stir in parsley. Makes 11 cups.

Per 1/2 cup	Daily goal
Calories 96	2,000 (F), 2,500 (M)
Total fat 1 g	60 g or less (F), 70 g or less (M)
Saturated fat 0 mg	20 g or less (F), 23 g or less (M)
Cholesterol 0 mg	300 mg or less
Sodium 11 mg	2,400 mg or less
Carbohydrates 19 g	250 g or more
Protein 2 g	55 g to 90 g

Don't you think I should taste test  
Grandma's new Cranberry Mold  
before all the guests arrive?



Gee, Mr. Cosby,  
that's so thoughtful and selfless of you.



## CRANBERRY CREAM CHEESE MOLD

- 1 1/2 cups boiling water
- 1 package (8-serving size) or 2 packages (4-serving size) NEW JELL-O Brand Cranberry, Flavor Gelatin or any red flavor
- 1 1/2 cups cold water
- 1/2 teaspoon ground cinnamon
- 1 medium apple, chopped
- 1 cup OCEAN SPRAY Whole Berry Cranberry Sauce
- 1 package (8 ounces) PHILLY Brand Cream Cheese, softened\*

**STIR** boiling water into gelatin in large bowl, 2 minutes or until completely dissolved. Stir in cold water and cinnamon. Pour 2 cups of the gelatin into medium bowl. Refrigerate about 1 1/2 hours or until thickened (spoon drawn through leaves a definite impression). Reserve remaining 1 cup gelatin at room temperature.

**STIR** apple and cranberry sauce into thickened gelatin. Spoon into 6-cup mold. Refrigerate about 30 minutes or until set but not firm (should stick to finger when touched and should mound).

**STIR** reserved 1 cup gelatin gradually into cream cheese in small bowl with wire whisk until smooth. Put over gelatin layer in mold.

**REFRIGERATE** 4 hours or until firm. Unmold. **Makes 12 servings.**

**NEW**  
cranberry flavor!



**Make a JELL-O® Classic.**

©1997 J&S Confectionery, Inc. All rights reserved. J&S Confectionery, Inc., New York, NY. J&S Confectionery, Inc. is a registered trademark of J&S Confectionery, Inc.

# Perfect Holiday Dinner? It's In The Bag!



With Reynolds® Oven Bags everything cooks up deliciously tender all by itself...and in less time than other methods. Plus, with no messy pan or oven to scrub, it's the perfect end to the perfect meal.

**Reynolds**

1. Preheat oven to 350°F. Combine bread crumbs and 2 tablespoons sugar in cup. Place honey and 1 tablespoon water in microwaveproof cup and microwave on High 15 seconds.
2. Lightly coat 9-inch metal pie pan with vegetable cooking spray. Place 1 sheet phyllo in pan; spray with vegetable cooking spray and sprinkle with 2 teaspoons bread-crumbs mixture over bottom, sides and edge of phyllo. Sprinkle crust with 1 tablespoon crumbs. Top with phyllo, spray, and add crumbs. Add a third layer of phyllo, spray, honey and crumbs. Repeat entire procedure to make a total of 6 layers, ending with phyllo and coating entire crust with honey.
3. With scissors or sharp knife, trim dough to overhang 1/2 inches. Fold dough under to form rim. Bake 12 minutes until browned. Cool on wire rack.
4. Sprinkle gelatin onto 2 tablespoons cold water in cup. Combine evaporated skim milk, 1/2 cup sugar, the cinnamon and ginger in saucepan. Heat to boiling, stirring constantly over medium-high heat. Stir gelatin mixture into hot milk until completely dissolved.
5. Combine pumpkin and vanilla in large bowl; add egg whites and stir until blended. Refrigerate until mixture mound-shaped, then drop from a spoon, 30 minutes.
6. Beat egg whites and remaining 2 tablespoons sugar in mixer bowl until stiff but not dry. Fold whites into pumpkin mixture just until blended. Pour into cooled pie shell. Cover and refrigerate 3 hours or up to 24 hours. Makes 8 servings.

Per serving		Daily goal
Calories	215	2,000 (F), 2,500 (M)
Total fat	2 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	2 mg	300 mg or less
Sodium	170 mg	2,400 mg or less
Carbohydrates	42 g	250 g or more
Protein	7 g	55 g to 90 g

Recipes by Lisa Brainerd and Fraya Berg.

## And all the trimmings

*continued*

mixture, stirring constantly. Boil, stirring, 1 minute. Cool. Whisk in shallot, sugar, salt and mustard. (Can be made ahead. Cover and refrigerate up to 2 days.) Makes 1 cup.

3. Combine radicchio, endive, romaine and apples in large bowl. Add dressing and toss to coat. Makes 16 servings.

Per serving		Daily goal
Calories	35	2,000 (F), 2,500 (M)
Total fat	0 g	60 g or less (F), 70 g or less (M)
Saturated fat	0 g	20 g or less (F), 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	43 mg	2,400 mg or less
Carbohydrates	8 g	250 g or more
Protein	1 g	55 g to 90 g

## PUMPKIN CHIFFON PIE

A showstopper pie with a reduced-fat crust? No problem—we used phyllo pastry sprayed with vegetable cooking spray, not butter, to cradle a lighter-than-air chiffon filling.

Prep time: 25 minutes plus chilling

Baking time: 12 minutes

- 1/4 cup plain bread crumbs
- 1/2 cup plus 4 tablespoons sugar
- 2 tablespoons honey
- Water
- 6 sheets phyllo dough
- 1 envelope unflavored gelatin
- 1 can (12 oz.) evaporated skim milk
- 1/4 teaspoon cinnamon
- 1/8 teaspoon ginger
- 1 cup canned pumpkin
- 1 teaspoon vanilla extract
- 2 large egg whites

# Oh-So-Perfect Turkey It's In The Bag!

## Gloriously Simple Roast Turkey

Prep Time: 10 minutes    Cooking Time: 2-1/2 to 3 hours

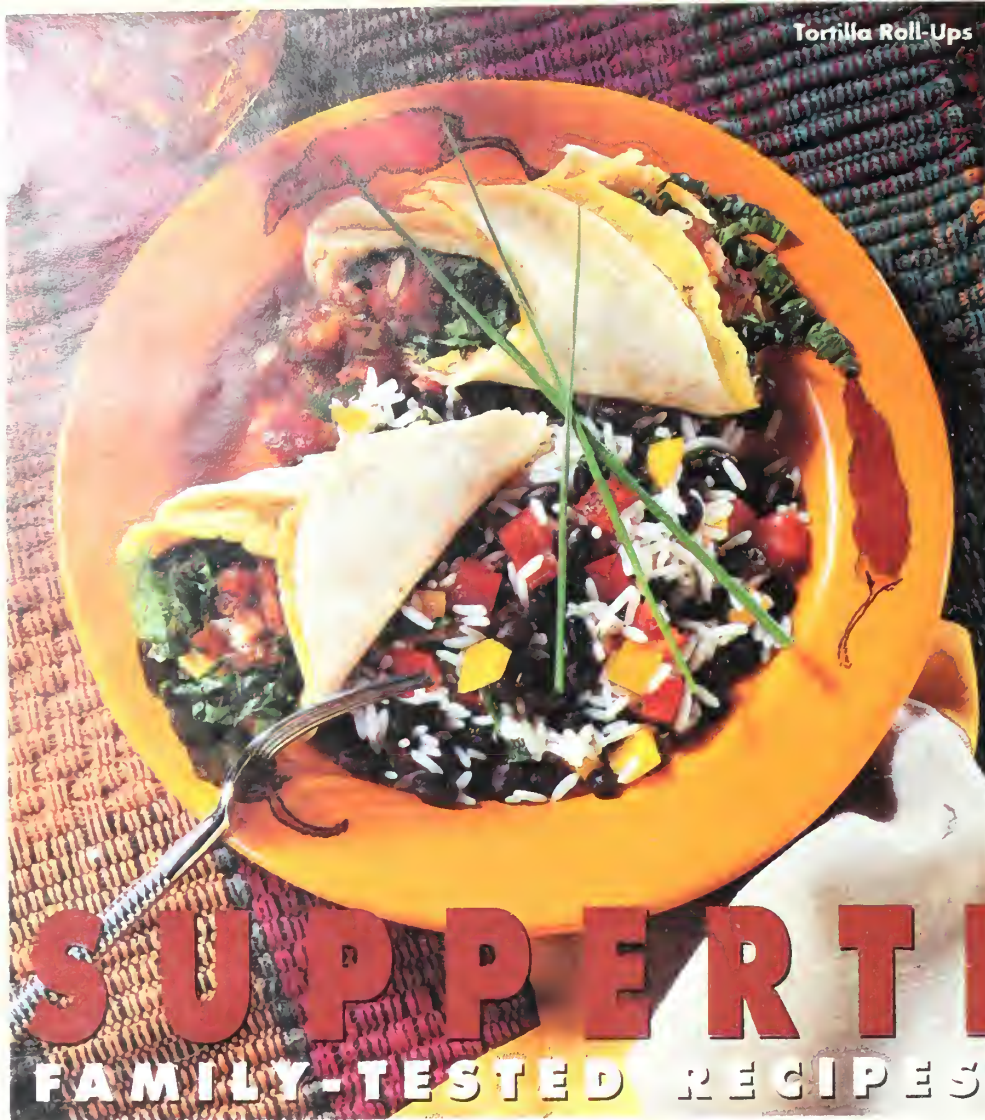
- 1 Reynolds® Oven Bag, turkey size (19" x 23-1/2")
- 1 stalk of celery, sliced
- 1 medium onion, sliced
- 1 tablespoon flour
- 16 to 20-pound turkey
- Vegetable oil

- **PREHEAT** oven to 350°F.
- **SHAKE** flour in Reynolds Oven Bag; place in large roasting pan, at least 2 inches deep. Add celery and onions to bag.
- **REMOVE** neck and giblets; rinse turkey; pat dry. Lightly oil turkey if desired. Brush turkey with oil. Place turkey in bag.
- **CLOSE** bag with nylon tie; cut six 1/2-inch slits in top. Insert thermometer through slit in bag into thickest part of inner thigh, touching bone.
- **BAKE** until meat thermometer reads 180°F, 2-1/2 to 3 hours. Let stand in bag 15 minutes. Makes 20 to 25 servings.

**Reynolds**  
**Oven Bags**







.....  
 We asked four families to try out a slew of LHI entrées. They gave the thumbs-up to their faves: Our suppers will please your gang, too!

# SUPPERTIME

## FAMILY-TESTED RECIPES

- Easy ● Challenging ▼ Low-fat
- Moderate ⊕ Microwave ⊖ Low-calorie
- \* Can be frozen up to 1, 3, 6 or 9 months

### TORTILLA ROLL-UPS

**FASTEST RECIPE OF THE MONTH** One of our families saved time by scrambling the eggs all at once, then spooning them into the heated tortillas.

Prep time: 10 minutes ○  
 Cooking time: 6 minutes per omelet

- 4 flour tortillas
- 8 large eggs
- 1/2 cup water
- 1/2 cup shredded cheddar cheese
- 2 cups shredded lettuce
- 4 tablespoons prepared salsa

1. Preheat oven to 250 F. Wrap tortillas in foil and warm in oven.
2. Whisk eggs and water with fork in large glass measure.
3. Coat 8-inch nonstick skillet with vegetable cooking spray. Heat over medium-high heat; pour in 1/4 cup egg mixture and cook, until set, 5 minutes. Slide cooked side onto plate. Invert skillet over omelet and flip over; top

with 2 tablespoons cheese and cook 1 minute.

4. Slide omelet onto warm tortilla. Top with 1/2 cup lettuce and 1 tablespoon salsa; roll up. Keep warm in oven. Repeat with remaining egg, tortillas, lettuce and salsa. Makes 4 servings.

Per serving		Daily goal
Calories	335	2,000 (F), 2,500 (M)
Total fat	18 g	60 g or less (F); 70 g or less (M)
Saturated fat	6 g	20 g or less (F); 23 g or less (M)
Cholesterol	440 mg	300 mg or less
Sodium	474 mg	2,400 mg or less
Carbohydrates	23 g	250 g or more
Protein	19 g	55 g to 90 g

### CORKSCREWS AND MEATBALLS

**BUDGET RECIPE OF THE MONTH** This recipe was a favorite. If you like your meatballs browned, cook them before adding to the tomato sauce.

Prep time: 25 minutes ○ \*3  
 Cooking time: 45 minutes

- Meatballs**
- 3 slices firm white sandwich bread
  - 1/4 cup packed fresh parsley leaves
  - 1 pound lean ground beef
  - 1/2 pound ground turkey
  - 1 large egg

- 2 teaspoons chopped fresh basil
  - 1/2 teaspoon salt
  - 1/4 teaspoon freshly ground pepper
- 
- 2 cans (28 oz. each) tomatoes in puree
  - 1 can (6 oz.) tomato paste
  - 2 tablespoons olive oil
  - 1 cup chopped onions
  - 3 tablespoons minced garlic
  - 1 cup water
  - 1/4 cup dry white or red wine
  - 1 tablespoon chopped fresh basil
  - 1/4 teaspoon thyme
  - Pinch dried rosemary, crumbled
  - 1 teaspoon salt
- (continued)





# "Butter Makes Almost Every Food Taste Better."

Chef David Burke, Park Avenue Cafe, NYC



"That's what makes it so wonderful.

Butter can turn boiled carrots into delicious glazed carrots. Here's how I do it. I boil and drain fresh carrots, saute them with a little of the cooking water, then stir in a few pats of butter. They taste great. Try it yourself at home. It's easy.

If you love preparing delicious food, remember this tip: a little butter adds a lot of flavor."



NOTHING BRINGS OUT THE TASTE LIKE  
**B U T T E R**





(continued)

$\frac{1}{4}$  teaspoon freshly ground pepper  
 1 pound corkscrew pasta, cooked  
 Freshly grated Parmesan cheese

1. *Prepare meatballs:* Combine bread and parsley in food processor; process to crumbs. In large bowl combine crumbs, beef, turkey, egg, basil, salt and pepper.
2. Combine tomatoes in puree and tomato paste in food processor; process until tomatoes are chopped.
3. Heat oil in large Dutch oven or sauce pot over medium heat. Add onions and garlic; cook 3 minutes. Add tomato mixture, water, wine, basil, thyme, rosemary, salt and pepper; bring to a low boil.
4. Shape meat mixture into  $1\frac{1}{2}$ -inch balls. Drop directly into simmering sauce. When all meatballs are added, reduce heat to medium-low and cook partially covered, stirring occasionally, 45 minutes.
5. To serve, place pasta in large bowl. Stir in  $1\frac{1}{2}$  cups sauce. Spoon half the meatballs on top. Pass  $1\frac{1}{2}$  cups sauce separately in bowl. Serve with Parmesan. Makes 6 cups sauce and 20 meatballs. For 4 servings, freeze half the sauce and meatballs for later use; for 8 servings, increase pasta to 2 pounds.

Per serving		Daily goal
Calories	760	2,000 (F), 2,500 (M)
Total fat	20 g	60 g or less (F), 70 g or less (M)
Saturated fat	6 g	20 g or less (F), 23 g or less (M)
Cholesterol	90 mg	300 mg or less
Sodium	1,024 mg	2,400 mg or less
Carbohydrate	109 g	250 g or more
Protein	34 g	55 g to 90 g

### FISH CAKES WITH CREAMY DILL SAUCE

Even young picky eaters liked fish this way—shaped into patties. Our fish-lovers liked the sauce with fillets, too.

*Prep time:* 30 minutes

*Cooking time:* 10 minutes

#### Creamy Dill Sauce

- 1 container (8 oz.) low-fat yogurt
- 1 tablespoon chopped green onion
- 1 small garlic clove, minced
- 1 teaspoon chopped fresh dill or  $\frac{1}{4}$  teaspoon dillweed
- $\frac{1}{4}$  teaspoon grated lemon peel

- 1 pound flounder or cod fillets
- 6 slices firm white sandwich bread
- 1 large egg
- 2 tablespoons mayonnaise
- $\frac{1}{2}$  teaspoon dillweed
- 1 tablespoon Dijon mustard
- 1 teaspoon grated lemon peel
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon freshly ground pepper
- 1 tablespoon chopped fresh parsley
- 4 teaspoons vegetable oil, divided

1. *Make Creamy Dill Sauce:* Combine all ingredients in bowl. Makes 1 cup.
2. Place fish in 10-inch microwaveproof dish; cover with wax paper. Microwave on High 3 to 4 minutes, until opaque. Break up fish into large flakes and cook covered 1 minute more. Cool.

3. Meanwhile, place bread in food processor; process to crumbs. Transfer crumbs to bowl. Stir in fish, egg, mayonnaise, dill, mustard, peel, salt and pepper.
4. Transfer remaining crumbs to large bowl; stir in parsley. Add  $\frac{1}{3}$  cup fish mixture to coat. Shape into 3-inch patties. Repeat to form 9 patties.
5. Heat 1 teaspoon oil in 10-inch nonstick skillet over medium heat. Add 4 or 5 patties at a time and cook 3 minutes on each side and add 1 teaspoon oil; cook 2 minutes more. Repeat with remaining patties. Serve with sauce. Makes 9 patties.

Per patty with 1 T. sauce		Daily goal
Calories	160	2,000 (F), 2,500 (M)
Total fat	7 g	60 g or less (F), 70 g or less (M)
Saturated fat	1 g	20 g or less (F), 23 g or less (M)
Cholesterol	52 mg	300 mg or less
Sodium	347 mg	2,400 mg or less
Carbohydrates	11 g	250 g or more
Protein	13.5 g	55 g to 90 g

### SAVORY CHICKEN AND BISCUITS

Our families found this hearty dish reminiscent of chicken potpie.

*Prep time:*  $1\frac{1}{4}$  hours

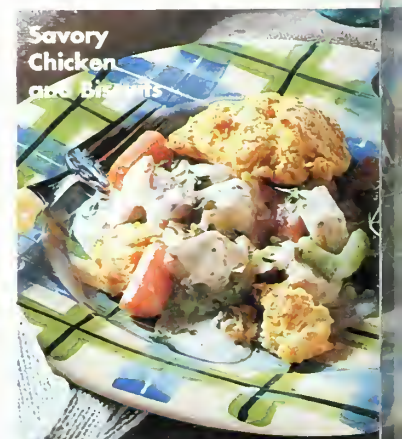
*Baking time:* 15 to 18 minutes

- 1 chicken (3 $\frac{1}{2}$  lb.)
- 4 cups water
- 1 tablespoon butter or margarine
- 2 cups chopped mushrooms
- 1 cup each chopped carrots and celery
- $\frac{1}{2}$  cup chopped green onions
- $\frac{1}{4}$  teaspoon thyme
- $\frac{1}{8}$  teaspoon sage
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{4}$  cup all-purpose flour
- 2 cups chicken broth
- $\frac{1}{4}$  cup milk
- 1 tablespoon white wine

#### Biscuits

- 1 cup all-purpose flour
- 1 teaspoon baking powder
- $\frac{1}{4}$  teaspoon baking soda
- $\frac{1}{4}$  teaspoon salt
- 2 tablespoons vegetable shortening
- $\frac{1}{2}$  cup buttermilk

1. Heat chicken and water to boil in large Dutch oven; reduce heat, cover and simmer 1 hour. Remove from pot to cool.
2. Meanwhile, heat butter in medium saucepot over medium heat. (continued)



# Peanut Butter Chocolate Bars

(Makes about 2½ dozen bars)



- 1 cup smooth or chunky peanut butter
- 6 tablespoons butter or margarine, softened
- ¼ cup packed brown sugar
- ½ cup granulated sugar
- 1 teaspoon vanilla extract
- 3 eggs
- 1 cup all-purpose flour
- 2 cups (11½-ounce package)  
NESTLÉ® TOLL HOUSE®  
Milk Chocolate Morsels, *divided*
- 1 cup colored sugar or small colored  
candies (optional)

**BEAT** peanut butter, butter, brown sugar, granulated sugar and vanilla in large mixer bowl until creamy. Beat in eggs; beat in flour. Stir in ¼ cup morsels. Spread into greased 13 x 9-inch baking pan.

**BAKE** in preheated 350°F. oven for 20 to 25 minutes or until edges are lightly browned. Remove from oven; immediately sprinkle with *remaining* morsels. Let stand for 5 minutes; spread. Sprinkle colored sugar over melted chocolate. Cool in pan on wire rack.

# GOBBLE, GOBBLE

## Butterscotch Chip Chocolate Cookies

(Makes about 3½ dozen cookies)

- 1.25 ounces)
- ate cake mix
- getable oil
- g
- 2 cups (12-ounce package)  
NESTLÉ® TOLL HOUSE®  
Butterscotch Flavored Morsels
- ½ cup chopped pecans (optional)

IE cake mix, oil and eggs in  
wl. Stir in morsels and  
Drop by rounded tablespoon  
greased baking sheets.  
preheated 350°F. oven  
10 minutes or until  
are just set. Let stand  
minutes; remove to wire  
cool completely.



**THIS THANKSGIVING, MAKE YOUR HOUSE A TOLL HOUSE.**



Classic Chili

(continued) heat. Add vegetables, thyme, sage and salt; cook until tender, 5 minutes. Stir in flour. Stir in broth, milk and wine. Bring to boil and cook 3 minutes. Cover and set aside.

3. Preheat oven to 425°F. When chicken is cool enough to handle, remove meat from bones; cut into bite-size pieces. Add 3 cups chicken to vegetables (reserve remaining for another use). Pour mixture into 2½-quart shallow casserole. Keep warm.

4. **Make biscuits:** Combine flour, baking powder, baking soda and salt in large bowl. With pastry blender, cut in shortening until mixture resembles crumbs. Stir in buttermilk just until dough holds together. Drop by heaping tablespoonfuls onto chicken mixture. Bake 15 to 18 minutes, until golden. Makes 8 servings.

Per serving	Daily goal
Calories	2,500 (F), 2,500 (M)
Total fat	60 g or less (F), 70 g or less (M)
Saturated fat	20 g or less (F), 23 g or less (M)
Cholesterol	300 mg or less
Sodium	2,400 mg or less
Carbohydrates	250 g or more
Protein	55 g to 90 g

## CLASSIC CHILI

We based this ground-beef entrée on the Spanish seasonings in picadillo—hot chiles and sweet spices.

Prep time: 5 minutes

Cooking time: 20 to 25 minutes

- 1 pound lean ground beef
- 1 cup chopped onions
- ½ cup diced poblano chile or green pepper
- 1 tablespoon chili powder
- ¼ teaspoon each cinnamon and cumin
- ½ teaspoon salt
- 1 can (28 oz.) whole tomatoes in puree
- ⅓ cup raisins (optional)
- Cooked rice

1. Cook beef in large skillet over medium-high heat until browned, 2 to 5 minutes. Add onions and chile; cook 3 minutes more. Add chili powder, cinnamon, cumin and salt; cook 30 seconds.

2. Add tomatoes in puree, breaking up tomatoes with back of spoon, and

raisins. Cook, stirring occasionally, over medium heat 15 minutes. Serve with rice. Makes 4 servings.

Per serving with 1 2 cup cooked rice	Daily goal
Calories	2,000 (F), 2,500 (M)
Total fat	60 g or less (F), 70 g or less (M)
Saturated fat	20 g or less (F), 23 g or less (M)
Cholesterol	300 mg or less
Sodium	2,400 mg or less
Carbohydrates	250 g or more
Protein	55 g to 90 g

## CHICKEN NUGGETS WITH TRIO OF SAUCES

Most everyone liked our selection of sauces. The preteen set added another great go-with—ketchup.

Prep time: 20 minutes

Cooking time: 20 minutes

- 36 Ritz crackers
- 1 large egg
- 2 tablespoons water
- 2 tablespoons vegetable oil
- 1 pound boneless, skinless chicken breast, cut in 1½-inch pieces

### Creamy Salsa

- ⅔ cup prepared salsa, drained
- ¼ cup light mayonnaise
- ¼ cup light sour cream

### Honey Mustard

- ⅓ cup honey
- 2 tablespoons Dijon mustard
- 2 tablespoons light mayonnaise

### Pineapple Chutney

- 1 can (8 oz.) crushed pineapple in juice, drained
- ⅓ cup corn syrup
- 2 teaspoons white vinegar
- ¼ teaspoon salt

1. Preheat oven to 375°F. Coat sheet with vegetable cooking spray.
2. Place crackers in food processor to pulse to fine crumbs. Transfer to bowl.
3. Whisk egg, water and oil in another bowl. Add chicken, turning to coat in crumbs and transfer to prepared sheet. Bake 20 minutes. Serve with any of sauces. Makes 4 servings.
4. **Prepare Creamy Salsa:** Combine mayonnaise and sour cream in bowl.
5. **Prepare Honey Mustard:** Combine honey, mustard and mayonnaise in bowl.
6. **Prepare Pineapple Chutney:** Combine pineapple, corn syrup, vinegar and small saucepan. Heat to boiling and until very thick, 8 to 10 minutes. Cool.

Per serving with 1 tablespoon of each sauce	Daily goal
Calories	485
Total fat	23 g
Saturated fat	2 g
Cholesterol	124 mg
Sodium	677 mg
Carbohydrates	44 g
Protein	31 g

Recipes by Cynthia DePersio.

## MEET OUR TESTERS

We asked four families to try out our recipes and evaluate them. Our testers were:

- Linda and Mark Davies, Carrie, 14, and Katherine, 10, of Boulder Creek, Colorado
- Mary Ann and Carmen LoRe, Mary Ann, 13, and Alisha, 10, of Nutley, New Jersey
- Susan and Bill Millette, Crystal, 12, and Tracey, 6, of White Plains, New York
- Stephanie and John Turner, Emily, 10, and Sam, 10, of Boulder Creek, Colorado



Chicken Nuggets with Trio of Sauces

l a s s i c

*Campbell's*



**MINUTES TO PREPARE  
AND THEY'LL BE BACK  
IN SECONDS.**

**One-Dish Chicken & Stuffing Bake**  
Includes Pepperidge Farm® herb seasoned  
bread stuffing  
skinless, boneless chicken breast halves  
paprika  
1 can (10 3/4 oz.) Campbell's® Cream of  
Mushroom Soup  
3/4 cup milk  
1/2 tsp. chopped fresh parsley



1. Mix stuffing, 1/2 cup boiling water and 1 tbsp. margarine.
2. Spoon stuffing across center of 3-qt. shallow baking dish. Place chicken on each side of stuffing. Sprinkle chicken with paprika.
3. Mix soup, milk and parsley. Pour over chicken.
4. Bake covered at 400° F. for 15 min.
5. Bake uncovered 15 min. or until chicken is no longer pink. Serves 6.

Prep. Time: 10min. Cook Time: 30min.

**NEVER  
UNDERESTIMATE  
THE POWER OF  
*Campbell's***

# 50 ways to GO LOW-FAT

Most of us learned to count calories with a little booklet from the supermarket checkout counter—and most of us discovered that the skill does more for your arithmetic than for your figure. Learn how to stay in shape by cutting the calories that matter. By Victoria Moran

**A**ll calories are not created equal. A calorie designates a unit of energy, but the body does not process all calories in the same way. For example, fat calories can be stored pretty much as they are for later use, unlike calories from carbohydrates and proteins, which must be converted to fat before they can be stored. Likewise, because the human body is efficient, it will choose carbohydrate calories, rather than fat calories, as an immediate source of energy.

We know in the nineties that it's not counting calories that matters, but investing those calories in healthy foods, brimming with nutrients, that will send an appetite packing and keep our metabolism humming at a steady clip. To do that, we need a new outlook on being calorie savvy, and ways to put that to work in our kitchens. Here are half-a-hundred to get you started:

**1.** Cut fat or cut quantity—the choice is yours. Eating less fat means consuming fewer calories *without* resorting to tiny portions because fat is calorie dense.

**2.** Pass on rich toppings. A tablespoon of oily salad dressing has more calories than the big green salad it goes on. Two pats of butter or margarine chalk up more calories than the baked potato you put them on.

**3.** Swear off deep frying, and cook instead in ways that don't add calories: steaming, baking, pressure-cooking, microwaving, grilling and roasting—a yummy technique for both meats and vegetables.

**4.** For stir-frying, use small, measured amounts of oil. Remember that a single tablespoon carries a whopping 120 calories of easy-to-store fat.

**5.** To help cut down amounts, put oil in an already heated skillet (a little will go further, and your food will absorb less).

**6.** Put the food where the oil is—at the edges of the skillet or the bottom of the wok. Keep what you're cooking moving, too. This will help the dish cook quickly and evenly so you won't be tempted to add extra oil.

**7.** Water-sauté. The point of sautéing is to tenderize the food and unlock the flavor; water will do this nicely. Use water as you would oil, though you'll have to use more of it (start with double the amount of oil called for). Get the water hot before you add the food.

**8.** Change the cast of your meals to give veggies a starring role. For example, have vegetable stew with beef instead of beef stew with incidental carrots and potatoes. Instead of using one and a half pounds of stewing beef for four, use a half pound. Serve vegetarian entrées a few times a week: black beans and rice, chili sans carne, pasta with fresh tomato sauce,

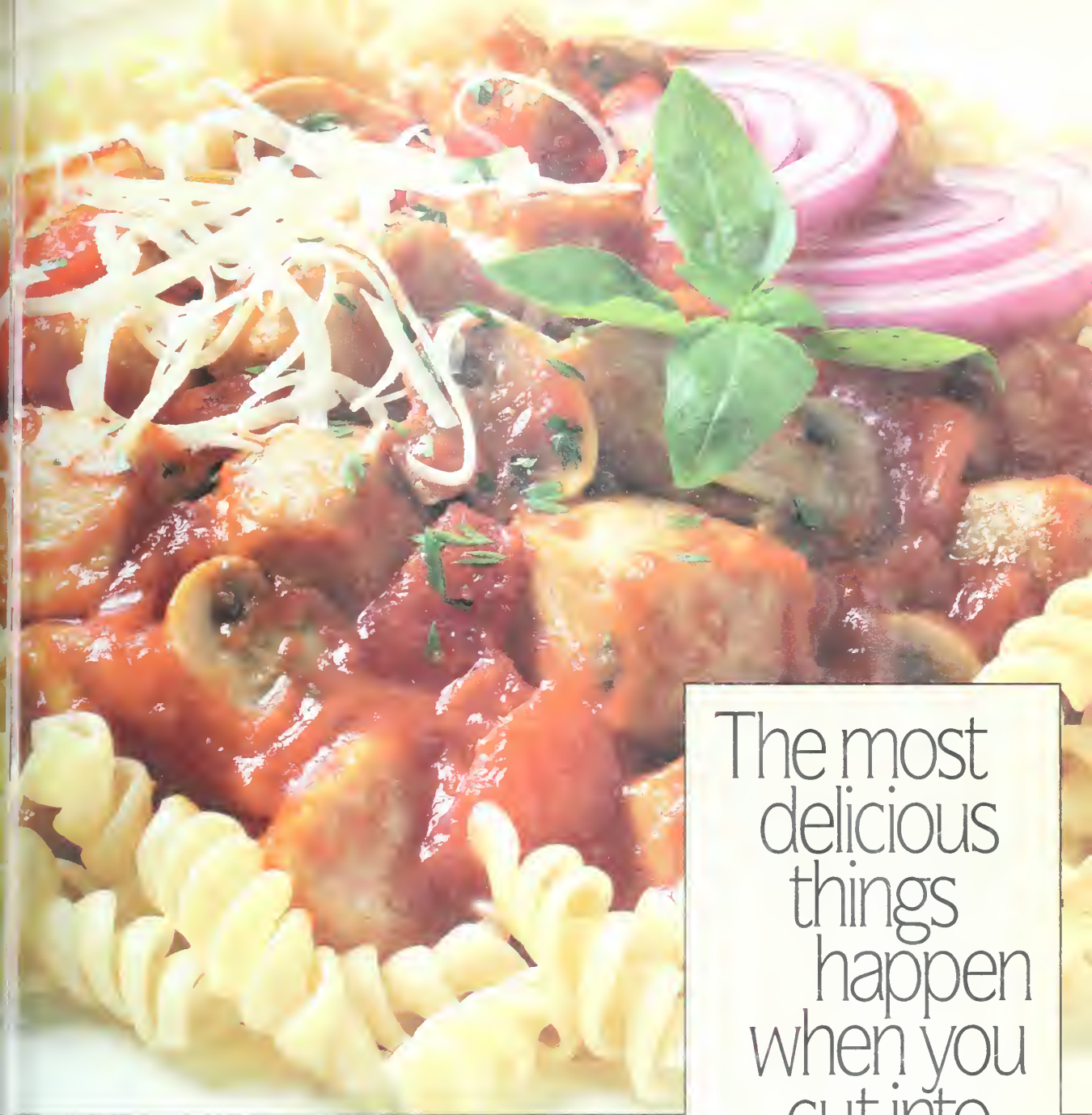


**9.** Invest your calories in complex carbohydrates like grains and vegetables. These foods are satisfying and calorically reasonable. In addition, they readjust your hormones, which in turn boosts your metabolism and speeds the burning of calories.

(An exception to this is onions. They tenderize better when started in cold water.) Watch for evaporation, and add more water as needed.

**10.** Flavorful sauté substances that are calorie-negligible include vegetable broth (save vegetable cooking water in ice-cube trays) *(continued)*





The most  
delicious  
things  
happen  
when you  
cut into  
pork.

How do you top an ordinary dish of noodles?  
In the sauce. Just toss together some  
lean, boneless pork and a few other easy  
ingredients, and you've got it made.  
Preparation and cooking time: 20 minutes.



## Italian Pork Noodles

Cut out a pound of boneless pork loin into 1" cubes and stir-fry with  
1/2 spoon vegetable oil, a chopped onion and sliced mushrooms. Stir in  
1/2 ounce can of diced tomatoes and one teaspoon Italian seasoning.  
Simmer and simmer for 10 minutes. Serve over hot cooked noodles. Serves four.

Information, approximately, per serving: 313 cal., 9 g. total fat, 3 g. saturated fat, 92 mg. chol.

For recipes, send a self-addressed, stamped, business-size envelope to:

Recipes-Ad, Box 10383, Des Moines, IA 50306.

Analysis done by The Food Processor II Diet Analysis Software. Pork data from USDA Handbook 8-10 (1991).

  
The Other  
White Meat.®

America's Pork Producers.

©1994 National Pork Producers Council in cooperation with the National Pork Board

# You don't have to live in the South to serve up Southern Hospitality.



Now, you can treat your guests to one of the South's true treasures. Derby-Pie® chocolate nut pie is, at last, available in the North, East and West. For shipment to your front door, order by phone from The HoneyBaked Ham Co., 1-800-892-4267.



Since 1954 DERBY-PIE® has been baked exclusively by KERN'S KITCHEN, Inc., Louisville, Kentucky

DERBY-PIE® is a federally registered trademark of KERN'S KITCHEN, Inc.

## 50 ways to go low-fat

*continued*

and tomato juice—excellent for sautéing onions and garlic for a lentil or rice dish.

**11.** Using high-quality nonstick cookware saves calories every time you cook. It's worth paying more to have a coating that won't chip. Look for a long guarantee—some brands offer warranties of twenty years or more.

**12.** Become a connoisseur of spices and herbs to make low-cal meals fine cuisine. Buy small quantities and grind your own for best taste. Fresh nutmeg in a grinder can go right on your table. It's great on stewed fruit or fruit salad, onion soup, pasta and vegetables of any kind, especially spinach.

**13.** Extracts pack a powerful taste and cost scarcely a calorie. Instead of adding calorie-laden almonds, rum or coconut, add the extract instead.

**14.** Make a deceptively rich "shake" for a paltry 70 calories by tossing a seeded, peeled, diced ripe cantaloupe into the blender. (Unless yours is a high-power blender, you may need to add a bit of



**16.** Top your breakfast toast or bagel with a creamer like applesauce, fruit jam or nonfat yogurt.

**17.** Cook oatmeal with extra water to give it a creaminess without adding oil or butter. To make hot cereal a complete breakfast in a bowl, add sliced banana, chopped apple and pear.

**18.** Dress salads becomingly. Substitute fat-free dressings as a way of life. Use seasoned rice vinegar, a tasty, mild dressing all by itself. (Look for seasoned vinegar in the vinegar section or the Asian-foods section of your super-



**19.** Skip the bagels, bits, cheese chunks, croutons, olives and sunflower seeds in your salad. They're calorie supplements. Instead, garnish with radishes, baby carrots, cocktail onions, capers, jicama.

**20.** Make salads so good you could eat them naked—without dressing. Look for lettuce varieties (hearty romaine, Boston, tangy endive), and remember, the darker green

water to get the machine going.)

**15.** Discover one-ingredient "soft serve" at 100 calories per serving, only 3 percent of them from fat. Peel a ripe, brown-speckled banana, chop, and freeze overnight (or up to five days) in a zipper bag. Puree in your food processor, metal blade in place. (Scrape sides with spatula if necessary.) In about a minute, you've got luscious frozen custard.

leaf, the more nutrients it has. Good accompaniments: cilantro, mint, shallots, enoki and other mushrooms.

**21.** A low-cal crouton substitute is made by mixing two cups of whole wheat bread crumbs with a tablespoon of soy sauce and a teaspoon of onion powder. Bake on a cookie sheet at 350°F. until brown, stirring occasionally.

**22.** A salad becomes a meal when you add some pasta (colored





AS THE HOLIDAYS  
APPROACH, REMEMBER,  
GOOD THINGS COME IN  
SMALL PACKAGES.



ONE-STEP RECIPES. ONE-OF-A-KIND FLAVOR.™

less pizza for you, too.)  
stuff potatoes provocatively and  
ntly with spicy red beans or  
baked beans, plain nonfat yogurt  
nfat sour cream, (continued)



*When home cooking  
needs to leave home.*

Call To Find Your Nearest Tempreserve Retailer: 1-800-785-8567  
7 a.m. - 7 p.m. Mon. - Fri. • 9 a.m. - 1 p.m. Sat. • All Central Time

GIVE YOUR CHICKEN A  
NEW COAT FOR THE WINTER.



FOR ADDITIONAL ONE-STEP RECIPES,  
CALL TOLL FREE 1-800-723-2343.

#### RANCH CRISPY CHICKEN

COMBINE 1/4 CUP UNSEASONED BREAD CRUMBS AND 1 OZ. PACKET OF HIDDEN VALLEY RANCH® MILK RECIPE ORIGINAL RANCH® DRY SALAD DRESSING MIX IN A PLASTIC BAG. ADD 6-8 PIECES OF CHICKEN (BONE-IN); SHAKE TO COAT. BAKE CHICKEN ON UNGREASED BAKING SHEET FOR 50 MINUTES AT 375°F. SERVES 4-6.

Since 1954, DERBY-PIE® has been baked exclusively by KERN'S KITCHEN, Inc., Louisville, Kentucky.

DERBY-PIE® is a federally registered trademark of KERN'S KITCHEN, Inc.

a zipper bag. Place in your food processor, metal blade in place. (Scrape sides with spatula if necessary.) In about a minute, you've got luscious frozen custard.

of soy sauce and a teaspoon of powder. Bake on a cookie sheet at 350°F. until brown, stirring occasionally. **22.** A salad becomes a meal when you add some pasta (color

IN A MINUTE, YOU'LL BE A LOT MORE  
EXCITED ABOUT LEFTOVER TURKEY.



RANCH NOODLES WITH TURKEY

COOK AND DRAIN 8 OZ. DRY PASTA ACCORDING TO PACKAGE DIRECTIONS. IN A SKILLET, MELT 1/2 CUP BUTTER WITH 1 OZ. PACKET HIDDEN VALLEY RANCH® MILK RECIPE ORIGINAL RANCH® DRY SALAD DRESSING MIX. ADD 2/3 CUP FROZEN PEAS AND CARROTS; HEAT THOROUGHLY. TOSS WITH PASTA AND 3 CUPS CUBED, COOKED TURKEY (OR CHICKEN).

SERVES 4.



FOR ADDITIONAL ONE-STEP RECIPES,  
CALL TOLL FREE 1-800-723-2343.

ess pizza for you, too.)  
tuff potatoes provocatively and  
ntly with spicy red beans or  
baked beans, plain nonfat yogurt  
nfat sour cream, (continued)



*When home cooking  
needs to leave home.*

Call To Find Your Nearest Tempreserve Retailer: 1-800-785-8567  
7 a.m. - 7 p.m. Mon. - Fri. • 9 a.m. - 1 p.m. Sat. • All Central Time

THE BEST IDEA FOR MASHED POTATOES  
SINCE GRAVY. IN SECONDS.



#### RANCH MASHED POTATOES

ADD 1 OZ. PACKET HIDDEN VALLEY RANCH® MILK RECIPE ORIGINAL RANCH® DRY SALAD DRESSING MIX TO 4 CUPS OF PREPARED, UNSALTED MASHED POTATOES. STIR WELL AND ADD BUTTER OR MARGARINE TO TASTE. SERVES 4-6.

FOR ADDITIONAL ONE-STEP RECIPES,  
CALL TOLL FREE 1-800-723-2343.

Since 1954, DERBY-PIE® has been baked exclusively by KERN'S KITCHEN, Inc., Louisville, Kentucky.

DERBY-PIE® is a federally registered trademark of KERN'S KITCHEN, Inc.

a zipper bag. Place in your food processor, metal blade in place. (Scrape sides with spatula if necessary.) In about a minute, you've got luscious frozen custard.

of soy sauce and a teaspoon of egg powder. Bake on a cookie sheet at 350°F. until brown, stirring occasionally. **22.** A salad becomes a meal when you add some pasta (color

IT ONLY TAKES A MOMENT TO BRING  
A HOT NEW IDEA TO FROZEN VEGETABLES.



RANCH VEGETABLES

COMBINE 1 OZ. PACKET HIDDEN VALLEY RANCH®  
MILK RECIPE ORIGINAL RANCH® DRY SALAD DRESSING  
MIX WITH 2 TBSP. OIL IN A LARGE BOWL; MIX WITH  
32 OZ. MIXED, FROZEN VEGETABLES AND TOSS. BAKE  
IN CASSEROLE DISH AT 375°F FOR 30 MINUTES; STIR  
EVERY 10 MINUTES. SERVES 8.



FOR ADDITIONAL ONE-STEP RECIPES,  
CALL TOLL FREE 1-800-723-2343.

ess pizza for you, too.)  
tuff potatoes provocatively and  
ntly with spicy red beans or  
baked beans, plain nonfat yogurt  
nfat sour cream, (continued)



*When home cooking  
needs to leave home.*

Call To Find Your Nearest Tempreserve Retailer: 1-800-785-8567  
7 a.m. - 7 p.m. Mon. - Fri. • 9 a.m. - 1 p.m. Sat. • All Central Time

# FOUR HIDDEN VALLEY FAVORITES THAT ARE QUICK TO MAKE.



## RANCH CHEESE SPREAD

IN A BOWL, BLEND 3 OZ. SOFTENED CREAM CHEESE WITH 1 OZ. PACKET OF HIDDEN VALLEY RANCH® MILK RECIPE ORIGINAL RANCH® DRY SALAD DRESSING MIX. SERVE WITH VEGETABLE SLICES, CRACKERS, CHIPS, OR BREAD.



## RANCH PITA TRIANGLES

COMBINE 1/2 CUP SOFTENED BUTTER WITH 1 OZ. PACKET OF HIDDEN VALLEY RANCH® MILK RECIPE ORIGINAL RANCH® DRY SALAD DRESSING MIX. SPREAD 2 TSP. BUTTER MIXTURE ON EACH OF 12 WHOLE PITAS AND SPRINKLE WITH 1/2 TSP. SESAME SEEDS; CUT EACH PITA INTO 6 WEDGES AND BAKE AT 350°F UNTIL GOLDEN BROWN.

FOR ADDITIONAL ONE-STEP RECIPES,  
CALL TOLL FREE 1-800-723-2343.



Since 1954, DERBY-PIE® has been baked exclusively by KERN'S KITCHEN, Inc., Louisville, Kentucky

DERBY-PIE® is a federally registered trademark of KERN'S KITCHEN, Inc.

a zipper bag. Place in your food processor, metal blade in place. (Scrape sides with spatula if necessary.) In about a minute, you've got luscious frozen custard.

or soy sauce and a teaspoon of powder. Bake on a cookie sheet at 350°F. until brown, stirring occasionally. **22.** A salad becomes a meal when you add some pasta (color

AND EVEN QUICKER TO DISAPPEAR.



#### RANCH OYSTER CRACKERS

COMBINE 1 OZ. PACKET HIDDEN VALLEY RANCH® MILK RECIPE ORIGINAL RANCH® DRY SALAD DRESSING MIX WITH 3/4 TSP. DILL WEED AND 1/4 CUP OIL. POUR OVER 12 OZ. PLAIN OYSTER CRACKERS, STIR TO COAT. PLACE IN 250°F OVEN FOR 15 TO 20 MINUTES. STIR GENTLY HALFWAY THROUGH BAKING.



#### RANCH STUFFED POTATOES

SCOOP OUT INSIDE OF FOUR BAKED POTATOES, AND COMBINE WITH 1/4 CUP SOUR CREAM AND 1 OZ. PACKET HIDDEN VALLEY RANCH® MILK RECIPE ORIGINAL RANCH® DRY SALAD DRESSING MIX. FILL POTATO SKINS WITH MIXTURE. SPRINKLE WITH SHREDDED CHEDDAR CHEESE AND BAKE 12-15 MINUTES AT 375°F.



FOR ADDITIONAL ONE-STEP RECIPES,\* CALL TOLL FREE 1-800-723-2343.

ess pizza for you, too.)  
tuff potatoes provocatively and  
ntly with spicy red beans or  
baked beans, plain nonfat yogurt  
fat sour cream, (continued)



*When home cooking  
needs to leave home.*

Call To Find Your Nearest Tempreserve Retailer: 1-800-785-8567  
7 a.m. - 7 p.m. Mon. - Fri. • 9 a.m. - 1 p.m. Sat. • All Central Time



# ANNOUNCING THE HIDDEN VALLEY RANCH® RECIPE CONTEST.

GIVE US YOUR FAVORITE  
ORIGINAL RANCH® RECIPE.  
AND WE COULD GIVE YOU \$1,000.

ALL IT TAKES IS ONE TASTY,  
EASY-TO-MAKE RECIPE USING  
HIDDEN VALLEY RANCH®  
MILK RECIPE ORIGINAL RANCH®  
DRY SALAD DRESSING MIX.  
PRIZES WILL BE AWARDED IN THREE  
CATEGORIES: MAIN DISH, SIDE DISH,  
HORS D'OEUVRES/APPETIZERS.  
ENTER BY JANUARY 31, 1995  
TO BE ELIGIBLE TO WIN.

#### OFFICIAL RULES

1. Enter by handprinting or typing the following on 8-1/2" x 11" plain paper:

- Your name
- Address
- Zip Code
- Daytime Phone Number
- Recipe
- Category you are entering
  - Main Dish
  - Side Dish
  - Hors D'Oeuvres/Appetizers

Recipe must fit within one of the 3 categories and include Hidden Valley Ranch Salad Dressing Mix as an important ingredient. List ingredients, along with measurements and complete directions for preparation, baking temperatures, and cooking time, where applicable. Recipe should contain no more than 5 ingredients, require 30 minutes or less preparation

time and use at least one 1 oz. or larger packet of Hidden Valley Ranch Salad Dressing Mix. All ingredients should be common pantry items.

2. Mail entry to: HIDDEN VALLEY ONE-STEP RECIPE CONTEST, P. O. Box 7544, Melville, NY 11775-7544. Enter as often as you wish, but each recipe must be different, mailed separately and received by 1/31/95.

3. Prizes: Main Dish Recipe Winner (1): \$1,000 Cash; Side Dish Recipe Winner (1): \$750 Cash; Appetizer Recipe Winner (1): \$500 Cash. Winners will be selected by the Hidden Valley Ranch Test Kitchens in accordance with the official rules on or about 4/30/95. Judging based upon:

- Taste
- Appearance
- Ease of Preparation
- Creativity
- Simplicity

Judges' decisions are final. One prize to an individual or household. Prizes not transferable; no substitutions allowed. All prizes will be awarded/winners notified by mail. Sponsor and its agencies assume no responsibility or liability for damages, losses or injury resulting from acceptance or use of any prize. Taxes, if any, are the responsibility of the individual winners. Non-winning entries will not be returned or acknowledged; no correspondence will be entered into with contestants regarding entries. In case of duplicate winning recipes, a random drawing will be held to award prizes.

4. Winners may be required to execute an affidavit of eligibility and release within 14 days of notification attempt or the prize may be forfeited and an alternate winner selected. If a prize is won by a minor, it will be awarded in the name of parent or legal guardian. By entering, each entrant acknowl-

edges and agrees that entries become the property of the HVR Company, which thereby has the right to edit, adapt, modify, publish, promote and otherwise use in any way it sees fit, the entrant's name, likeness and recipe entered without further compensation to the contestant except where prohibited by law. No responsibility assumed for lost, late, misdirected or illegible entries or mail.

5. Open to U.S. residents, except employees and their families of HVR Company, their affiliates, subsidiaries, advertising agencies, and Oon Jagoda Associates, Inc. Void where prohibited, subject to all federal, state and local laws.

6. For a list of the winners, send a self-addressed stamped envelope to: HIDDEN VALLEY RANCH ONE-STEP WINNERS, P.O. Box 7124, Melville, NY 11775-7124.

© 1994 THE HVR Co.

Since 1954, DERBY-PIE® has been baked exclusively by KERN'S KITCHEN, Inc., Louisville, Kentucky.

DERBY-PIE® is a federally registered trademark of KERN'S KITCHEN, Inc.

a zipper bag. Place in your food processor, metal blade in place. (Scrape sides with spatula if necessary.) In about a minute, you've got luscious frozen custard.

or soy sauce and a teaspoon of powder. Bake on a cookie sheet at 350°F. until brown, stirring occasionally. **22.** A salad becomes a meal when you add some pasta (color



wheat elbows), steamed vegetables, broccoli, new potatoes), chickpeas, kidney beans, lentils), skinless chicken slices or canned tuna.

creamy vegetable soup without its calories by scooping a couple of the soup from the pot, cooking up, pureeing it in the blender and adding it back to the soup. (Containing beans, peas, potatoes works best.)

refrigerate meat-base soup or broth so you can skim off the

fat for a calorie-shy sauce, puree any vegetables in their cooking water with a pinch of salt plus thyme, sage and parsley. (Start with a minimal amount of oil, adding more to achieve desired richness.)

Reduce some of the calories in fish by cooking with cocktail sauce instead of butter.

Make rice a staple at your house. Try much of the world. Try hearty white and nutty basmati. Rice is not at it first so you'll be less hungry for richer foods.

Experiment with unusual grains—quinoa, millet, chewy barley, hearty buckwheat—and sometimes vary their flavor by cooking them in defatted broth or fruit juice (half apple juice, half water).

Drain the oil in your pasta water. Rinse. (This saves calories and keeps sauce from sliding off.) Simply add pasta to plenty of boiling water and stir well. Drain. And skip cream sauces in favor of a light marinara.

Don't ruin pasta's virtuous reputation by serving it with buttered garlic sauce, a caloric disaster. Instead, bake breads of garlic on your toaster-oven at 375°F. for about half an hour until the cloves feel soft. Then chop the cloves, mash them and spread on bread. Eat as is or wrap the bread in foil and bake at 375°F. for twenty minutes.

Make pizza skinny by leaving off the cheese. You can eat your fill and stay energetic. Use a thin crust, oil-free sauce with ample garlic and herbs, and load on the veggies—red, yellow and green bell pepper, mushrooms, broccoli, spinach, artichoke hearts. (A good pizzeria will do a great pizza for you, too.)

Stuff potatoes provocatively and playfully with spicy red beans or baked beans, plain nonfat yogurt or fat sour cream, (continued)



## Some Like It Hot.



## Some Like It Cold.

### Keep Food Hot Or Cold For Hours With Tempreserve™ Food Servers.

Whether you're going uptown, downtown, or all around the town this holiday season, keep your special recipes at the perfect temperature with Tempreserve insulated food servers.

Roomy enough to hold most 9x15 baking dishes, Tempreserve servers keep your food tasting as if it just came out of your kitchen. No matter where you hang your hat this holiday season, your holiday favorites will taste like you never left home with Tempreserve insulated food servers and bowls.

Another magic idea from Aladdin.



*Aladdin*  
**TEMPRESERVE**

*When home cooking  
needs to leave home.*

Call To Find Your Nearest Tempreserve Retailer: 1-800-785-8567  
7 a.m. - 7 p.m. Mon. - Fri. • 9 a.m. - 1 p.m. Sat. • All Central Time

# The What, Why and How To of Brown Rice.

What makes MINUTE® Instant Whole Grain Brown Rice such a nutritious,

delicious,

tempting

add-on to

any meal?

First of all,

it has a

delicious

flavor and

hearty texture

that

come from

the bran layer left on the grain. And

brown rice is naturally low in fat

and cholesterol-free.



Why use MINUTE®

Brown Rice? Because we gently steam our rice so you can make it in just ten minutes, not 45, like long-cooking brown rice.

And how? As a savory, wholesome side dish. Or try MINUTE® Brown Rice in a MINUTE RICE-IPES® recipe. RICE-IPES® are a snap to make in 30 minutes or less and you can find them right on the back of the box.

For wholesome recipes and coupons, join our MINUTE RICE-IPES CLUB. Write to:

RICE-IPES® Recipes  
Kraft General Foods  
P.O. Box 24212  
Kankakee, IL 60902-4212



## 50 ways to go low-fat continued

creamed corn (there's no cream in it) or baked mushrooms. (Sealed in foil, mushrooms bake quickly in their own flavorful juices.) When you're at a restaurant, top that tater with mustard, steak sauce, barbecue sauce or salsa.

**33.** Make baked tostadas instead of fried ones by putting corn or flour tortillas on a cookie sheet at 375°F. for about ten minutes. They'll be crisp and ready to take on that salsa, plus shredded lettuce, sliced tomatoes and peppers and grated low-fat cheese. (If the edges curl, try thicker tortillas, or put another cookie sheet on top to keep them flat.)

**34.** Get meat's flavor and texture for fewer calories by chopping or shredding a measured portion into a veggie-filled stir-fry, casserole, soup or salad. (Eggplant, mushrooms and sun-dried tomatoes—dry-packed, not oil-packed—can provide meaty texture while skimming on calories.)

**35.** Make steamed vegetables as tasty as they are nutritious by choosing the freshest broccoli, cauliflower, string beans and spinach you can get—from a farmers' market or your own garden. Steam just enough to tenderize, leaving the vegetables colorful and slightly crisp. Spike greens with lemon juice, or fruited or balsamic vinegar. Or skip the steam and cook vegetables such as carrots or turnips in fruit juice for a delicate sweetness.

**36.** Hold the mayo: Season your sandwich with Dijon mustard, ketchup or



**37.** Get the grill going summer and winter and give vegetable time. First, marinate eggplant, spaghetti squash, zucchini, portobello mushrooms, bell peppers, sliced potatoes and onions in your marinade for an hour or two. Make a marinade of soy sauce, lemon juice, olive oil or vegetable broth, dry mustard, onion powder and as much hot pepper sauce as you're up for. Apples are also great



**38.** Fruit should be extra, not second-class diet. Choose the best in the market—local produce in season and exotic imports to please yourself. Get out of the rut with grapefruit/orange/banana ruibar, apricots, kiwifruit, mango, persimmons, nectarines,

barbecue sauce. (Check the barbecue sauce—some makers

Or use nonfat mayonnaise pepper with a bit of nonfat yogurt or a hot pepper sauce. And make sauce moist with juicy vegetables like cucumber and tomato slices.

**39.** Give air-popped popcorn a boost by spraying it very lightly with an herb mist and adding flavor with nutritional yeast flakes (not baked you'll find this product in natural stores), or onion, garlic, black pepper, or chili powder. The water-soluble seasonings stick. So does a light sauce—lightly sprayed or carefully zled—instead of salt.

**40.** Toast chickpeas and eat with roasted peanuts. Drain canned peas (garbanzo beans) and toast at 400°F. on the tray of your toaster for five to ten minutes. They're great with salt, and add chili pepper, like hot stuff, or sesame salt for an Asian touch.

**41.** Calories you eat are more important than those you drink, so choose a healthy, calorie-free beverage. Flavored sparkling water is rice

# MINUTE RICE-IPES®

# MINUTE RICE RECIPES

RECIPES

25 SECONDS TO LEARN  
25 MINUTES TO MAKE

## SKILLET BARBECUE CHICKEN & RICE

1 lb. boneless, skinless chicken breasts cut into strips • 2 tablespoons oil •

1/2 cups KRAFT® Barbecue Sauce • 1 cup water • 1 can (11 oz.) whole kernel corn, drained •

1 small green pepper, chopped • 2 cups MINUTE® Original Rice, uncooked.



1. Brown chicken in hot oil in large skillet on medium-high heat.

2. Stir in barbecue sauce, water, corn and pepper; bring to boil. Reduce heat; cover and simmer 5 minutes.

3. Stir in rice; cover. Remove from heat. Let stand 5 minutes. Makes 4 servings.

1994 KRAFT GENERAL FOODS INC



GREAT MEALS FOR THE TIME YOU HAVE.



## Eagle® Brand Low Fat

### Traditional Pumpkin Pie

(Prep time: 10 minutes)

- 1 9-inch unbaked  
pastry shell
- 1 (16-ounce) can pumpkin  
(about 2 cups)
- 1 (14-ounce) can Eagle®  
Brand or Eagle® Brand  
Low Fat Sweetened  
Condensed Milk  
(NOT evaporated milk)
- 2 eggs
- 1 tsp. ground cinnamon
- 1/2 tsp. each ground ginger,  
nutmeg and salt

- Preheat oven to 425°.
- In large bowl, combine  
all ingredients except  
pastry shell; mix well.
- Pour into pastry shell.
- Bake 15 minutes.
- Reduce oven tem-  
perature to 350°. Bake  
35 to 40 minutes longer  
or until knife inserted  
1" from edge comes  
out clean. Cool.
- Garnish as desired.
- Refrigerate leftovers.  
Makes one 9-inch pie.



## 50 ways to go low-fat

*continued*

(but check the label—some flavored waters also have sugar, which means calories), as is chilled herb tea (hibiscus is especially nice over ice).

**42.** Cut calories in baked goods by cutting down (or out) added fat in them. Try substituting applesauce measure for measure for some or all the butter, oil or shortening in your cake, cookie or muffin recipe. (Unfortunately, there is no single rule that applies to all baked goods, so this will involve some trial and error.) You can get a lighter product when you're baking without fat by omitting an egg yolk and adding an extra white.

**43.** Pie is notoriously caloric, the culprit generally being the crust. Alternatives: a crustless pie—autumn's favorite, pumpkin, is a natural for this—or, with apples in season, make a crisp instead of a pie. Count on saving some 10 grams of fat every time you serve apple crisp instead of apple pie.

**44.** Summer's classic desserts are low in calories, and there's no reason



they can't also be midwinter treats: sherbet and sorbet, angel food cake, and the ice cream of the nineties, non-fat frozen yogurt.

**45.** Soft pretzels, giant pickles, snow cones, lemonade with lots of crushed ice, and corn on the cob (skip the butter dunk) are safe snacking picks at carnivals, fairs and festivals.

**46.** Order creatively when you dine out. If the entrée you want is fried, ask for it broiled or steamed. If a dessert from fat city comes with a light fruit sauce, ask for that sauce on fresh fruit. Angel food cake instead.



**47.** Stock up on salsa and its pungent, piquant, pico de gallo, at home. These can be used for salad dressing, and they also make a great dip for raw vegetables and fat-free chips.

**48.** Burn calories more efficiently by getting regular moderate aerobic exercise. This can be as simple as walking or jogging, and he doesn't have to be a great runner. Twenty minutes a day is all it takes.

**49.** Those ice pops you make for the kids by freezing juice in plastic containers are rejuvenating for grown-ups, too. And your 10-year-old can count higher on the calories contained in these treats.

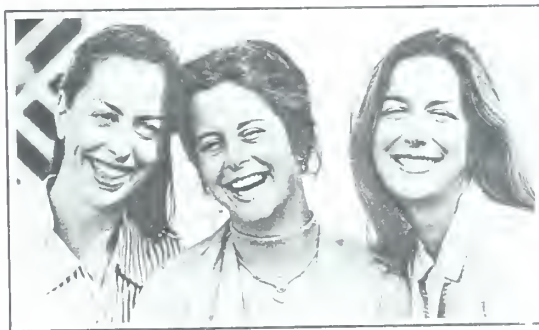
**50.** Eat enough. The enviably lean Chinese consume on average more food than we do, but their active lifestyle and low-fat, high-carbohydrate diet keep them lean. The body compensates for prolonged calorie restriction, making it harder to stay trim. The answer? Eat hearty, but eat smart. Then walk the dog.

*Victoria Moran is the author of Fat Out: 501 Simple Ways to Cut Fat in Any Diet.*



## Introducing Eagle® Brand Low Fat.

“We’ve been catchin’ up  
over a nice creamy  
Eagle Brand Pumpkin Pie  
for ten Christmases.  
Now that Eagle Brand  
has 50% less fat  
and all that rich creamy taste,



the slices are a whole lot bigger.”

—The Cane sisters



It's not just low fat.  
It's Eagle® Brand.



© Borden, Inc. 1994

# WHAT'S COOKING

## marvelous mushrooms

Say mushroom and what comes to mind? For most of us it's the white button mushroom (also called the domestic or market mushroom) available in supermarkets everywhere year-round. But the button mushroom is just one of many types—and these days it's

served with roast chicken. **OYSTER MUSHROOM** With a mild flavor that hints of seafood, this mushroom is a natural with fish and shellfish. Butter, onions and shallots help bring out the flavor.

**CHANTERELLE** A pumpkin-colored beauty, the chanterelle has a distinctive aroma and flavor that bring apricots to mind. Use in stews and sauces for pasta and meat.

**TRUMPET** Also called a false truffle, the trumpet, whether black or white, looks more like a velvety flower than a mushroom. The dried form (easily reconstituted in cooking) has a buttery flavor and is marvelous in soups and sauces.

**MOREL** The morel has an earthy, nutty flavor and a distinctive spongelike cap. Generally, darker brown morels have a richer flavor. They are delicious sautéed in butter or added to sauces and stews.

**CEPE** (not shown) Also known as porcini, this is a big, meaty mushroom beloved in Europe. The taste varies, depending on where it is grown, but is always rich and intense. Fresh cèpes are sublime brushed with oil and grilled. Dried cèpes add unique flavor to sauces, stews and risottos.

**PORTOBELLO, CREMINI** These are close relations of the white button mushroom, but heartier in flavor. Good for grilling, stuffing and marinating, portobellos and cremini can be substituted for button mushrooms when more assertive flavor is desired.

—AMY FARGES



the less common mushrooms, such as shiitake and portobello, that are making news. In restaurants, chefs are showcasing specialty mushrooms in dishes such as grilled portobellos and polenta with porcini. Each variety is available fresh, with a flavor all its own. A user's guide:

**MOREL** (not shown) Small and very mild in flavor. Extremely perishable. Best sautéed or eaten raw in salads.

**CHANTERELLE** All-purpose, like the white button mushroom, but with a more intense flavor. Delicious sautéed and flamed with a little cognac, then



## MARKET TRENDS

### YAMS

The orange root you'll be serving at Thanksgiving is not actually a yam at all, but a moist sweet potato developed over fifty years ago. To distinguish it from drier sweet-potato varieties, it was marketed and is still known as a yam. (True yams are an unrelated food grown in Africa, Asia and the Caribbean and are rarely available in the U.S.)

Whatever you call this native American staple, it's impossible to imagine Thanksgiving dinner without it. Baked, mashed or candied, this veggie brings color and sweetness to the table.

Sweet potatoes are plentiful fall and winter. Those grown in California and some Northern states have a dry texture and yellow to pale-orange flesh. The moist varieties known as yams, grown in North Carolina, Louisiana and throughout the South, have orange-red flesh.

Bursting with beta-carotene and vitamins A and C, sweet potatoes, with just 105 calories per ½ cup, also contain fiber, potassium and trace minerals.

Look for firm, heavy sweet potatoes that are unbruised and evenly colored. Store in a cool, dry place up to one week. Don't refrigerate them uncooked (it can cause an undesirable taste) and don't wash until just before using to help prevent spoilage.

A final thought: Scientists developed moister, sweeter sweet potatoes, so why couldn't they create them in a more uniform size to make them even easier to prepare?

# **NEW!** Quaker Vanishing Oatmeal Raisin Cookies

*Bake in  
Quaker Oatmeal  
goodness  
and watch  
them  
disappear!*

## Quaker Vanishing Oatmeal Raisin Cookies

- |                                                   |                                                                    |
|---------------------------------------------------|--------------------------------------------------------------------|
| 1 cup (2 sticks) margarine<br>or butter, softened | 1 teaspoon baking soda                                             |
| 1 cup firmly packed<br>brown sugar                | 1 teaspoon ground<br>cinnamon                                      |
| 1/2 cup granulated sugar                          | 1/2 teaspoon salt (optional)                                       |
| 2 eggs                                            | 3 cups <b>QUAKER</b> Oats<br>(quick or old fashioned,<br>uncooked) |
| 1 teaspoon vanilla                                | 1 cup <b>SUN-MAID</b> Raisins                                      |
| 1 1/2 cups all-purpose flour                      |                                                                    |

1. Heat oven 350 F.
2. Beat together margarine and sugars until creamy. Add eggs and vanilla; beat well.
3. Add combined flour, baking soda, cinnamon and salt; mix well.
4. Stir in oats, and raisins; mix well
5. Drop by rounded tablespoonfuls onto ungreased cookie sheet.
6. Bake 10 to 12 minutes or until light golden brown.
7. Cool 1 minute on cookie sheet; remove to wire rack. Cool completely. Store in tightly covered container.

### VARIATIONS:

- Stir in 1 cup chopped nuts
- Substitute 1 cup semisweet chocolate pieces or candy coated chocolate pieces for raisins, omit cinnamon
- Substitute 1 cup diced dried mixed fruit for raisins.

ABOUT 4 DOZEN 2 INCH COOKIES



## THE JOURNAL Classic

NOVEMBER 1920

Some things never change: Every Thanksgiving, the *Journal* shares in the celebration. In 1920, we featured a family reunion for eighty-five. Accompanying the turkeys were classic side dishes, such as Peas à la Parisienne, that are just as appetizing today. And some things must change. In 1920, women finally won the right to vote.



In the November 1920 issue, *Journal* editors urged American women to cast their ballot to determine "the character of the country in which we wish to live." It was good advice then—and it still is today.

### PEAS À LA PARISIENNE

Prep time: 10 minutes

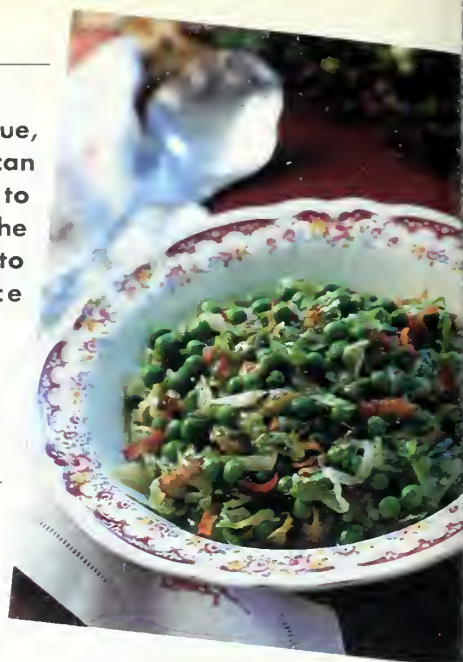
Cooking time: 35 minutes

- 4 slices bacon, chopped
- 1 head iceberg lettuce, sliced thin
- 1 cup chicken broth
- 1 package (10 oz.) frozen peas
- 1 teaspoon sugar
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 tablespoon butter
- 2 teaspoons flour

1. Cook bacon in large skillet until crisp. Add lettuce; cook, stirring, over medium-high heat 5 minutes. Add chicken broth; reduce heat to medium and simmer 20 minutes.

2. Add peas, sugar, salt and pepper; simmer 5 minutes more. Blend butter with flour to form a paste; stir into peas and cook until thickened, 1 minute. Makes 3¾ cups.

*Editor's note: The original recipe called for canned peas. We updated it by using frozen.*



## IS IT FOOD ALLERGY OR FOOD INTOLERANCE?

Many people mistakenly call all food-related problems food allergies. In fact, a report in *The Journal of the American Medical Association* states that 25 percent of adults believe they have a food allergy. However, according to the National Institute of Allergy and Infectious Diseases, only about 1 percent of adults and 3 percent of children have clinically proven allergic reactions to foods.

True food allergy is characterized by an abnormal immune system

response to ordinarily harmless substances in foods. Symptoms of food allergies may include: itching and swelling in the mouth, sneezing, or runny nose, hives, eczema, abdominal pain, vomiting, diarrhea or an asthma attack. Severe or anaphylactic reactions can include a drop in blood pressure (often signaled by feelings of faintness) and unconsciousness.

Food intolerance is also an adverse reaction to food, but, unlike food allergy, it doesn't involve the immune system.

The reactions, however, may be similar to food allergy—nausea, vomiting, diarrhea. Common causes are lack of a digestive enzyme, and food additives such as monosodium glutamate. If you have a food intolerance, you can usually eat a small amount of the offending food without a reaction. With an allergy, the tiniest amount will cause a reaction.

The most common food allergies for adults in the U.S. are those to shrimp, lobster and other shellfish, peanuts (the primary cause of anaphylactic reactions), as well as to walnuts and other tree nuts, fish, wheat,

and eggs. Children are more likely to be allergic to egg, milk and peanuts.

If you suspect you have a food allergy, keep a journal of everything you eat. Note the details of reactions, and after one to two weeks, discuss your findings with your doctor, who can prescribe treatments to ease symptoms. Among them: an antihistamine for hives, a bronchodilator for asthma, and, most important, if you've ever had an anaphylactic reaction to food, injectable epinephrine.

For more information, call the American Academy of Allergy and Immunology (800-822-ASMA), or the

Asthma and Allergy Foundation of America (800-7-ASTHMA).







When you're ready to eat but your dinner's not.

Nothing Handles Your Hunger Like A Triscuit.





Dear L.H.J.:  
When my husband and I were in West Palm Beach, Florida, we had dinner at Sala del Toro at the jai alai grounds. Dessert was a white-chocolate mousse with raspberry sauce that was heavenly! I would love to be able to serve it to company.

—Anne Griffin  
Blackwood, New Jersey

## WHITE MAGIC

*Cooking white chocolate is a delicate matter—the secret is to melt it gently over very low heat. Executive chef Fred Nolte serves his rich dessert in a sumptuous setting: in a champagne glass adorned with dark-chocolate shavings.*

Melt **8 ounces premium or imported white chocolate, chopped**, with **1 cup heavy or whipping cream** in medium saucepan over very low heat, stirring frequently, until completely smooth. Cool completely to room temperature. Beat **1 more cup heavy cream with a pinch salt** in mixer bowl. Whisk one quarter of the whipped cream into cooled white-chocolate mixture, then fold in remaining whipped cream. Spoon into champagne or dessert glasses. Cover and refrigerate 2 to 3 hours. Serve with Raspberry Sauce and **semisweet chocolate shavings (optional)**. Makes 8 servings.

**Raspberry Sauce:** Process **1 package (10 oz.) frozen raspberries in light syrup** in food processor. Strain through sieve, discarding seeds. Makes 1 cup.

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisers. Advertisers' recipes appear in boldface. Recipes mark with an asterisk include microwave instructions.

### BREADS

Jalapeño Corn Bread p. 246  
Refrigerator Rolls p. 246

### DESSERTS

Apple-Pear Brown Betty p. 236  
Classic Pumpkin Pie p. 236  
Crème Brûlée p. 234  
Double Layer Sweet Potato Pie p. 237  
Easy Butterscotch Chip Chocolate Cookies p. 257  
Espresso Pecan Tart p. 238  
Hazelnut-Truffle Cheesecake p. 238  
Mulled Cider Sorbet p. 238  
\*One Bowl™ Holiday Fudge p. 235  
Peanut Butter Chocolate Bars p. 257  
Pumpkin Chiffon Pie p. 252  
Quaker Vanishing Oatmeal Raisin Cookies p. 269  
Toffee Ice-Cream Layer Cake p. 234  
Traditional Pumpkin Pie p. 266  
White-Chocolate Mousse with Raspberry Sauce p. 272

### ENTRÉES

Better-Than-Ever Baked Ham p. 253  
Chicken Nuggets with Trio of Sauces p. 258  
Classic Chili p. 258  
Corkscrews and Meatballs p. 254  
Fish Cakes with Creamy Dill Sauce p. 256  
Garlic & Herb Chicken p. 273  
Gloriously Simple Roast Turkey p. 252

Italian Pork Noodles p. 261  
Julie's Pasta Shortcut p. 117  
Mrs. Dash Roasted Lemon Chick p. 148

One-Dish Chicken & Stuffing Ball p. 259

One-Pan Potatoes and Chicken Rosemary p. 249

Quick Taco Salad p. 137  
Roasted Turkey p. 245  
Savory Chicken and Chickens p. 2  
Skillet Barbecue Biscuits & Rice p. 265  
Tortilla Roll-Ups p. 254

### MISCELLANEOUS

Cinnamon-Vanilla Custard Sauce p. 236  
Cranberry-Raspberry-Pineapple Punch p. 246  
Green Pea Dip p. 246  
\*Heavenly Hot Fudge Sauce p. 234  
Low-Fat Traditional Stuffing p. 2

### SIDE DISHES

Cranberry-Beet Relish p. 248  
\*Mashed Potatoes and Turnips p. 248  
Mixed Greens with Apples and Fat-Free Raspberry Vinaigrette p. 252  
Peas à la Parisienne p. 270  
Sweet Potato and Caramelized Onion Gratin p. 250  
Snow Peas with Lemon-Ginger Butter p. 250  
\*Vegetarian Succotash p. 250  
\*Wild Rice Medley p. 250

## LHJ visits the White House

continued from page 205

you change your hairstyle a lot—and I love this one. But is there a reason that you've changed it so many times?

**Hillary:** Ever since I was a teenager I have experimented with my hair because I get bored with it. I really do. You know, it's the one part of your body that you can change easily. I mean, exercise is so hard. [Laughter] So I'm always doing something different with it. It's been fun for me. Choosing clothes is also fun for me, because it's not anything I've ever been particularly concerned with in my earlier life.

**Molly:** To go back to Chelsea—do you control her television-watching?

**Hillary:** Well, we did all during the time she was growing up. We were very strict about how much and what kind of television she could watch. There were some things we would let her watch regularly, but usually with my husband or me. We were also very careful about movies. You know, we just wouldn't let her go to movies. Now, as she's gotten older, even though she sees things with her friends or at friends' houses that I wouldn't personally approve of, she sees it with the background of our values.

**Diane:** Do you ever worry about your husband's safety or your own?

**Hillary:** I never used to worry about it.

But I am very disturbed by what I see as an increase in violence. I hope with some of the changes we're making in Washington, we'll begin to get that under control. But I'm really troubled by the sort of meanness—the mean-spirited things people are saying on the radio talk shows and in some of the other arenas. They're doing it to be sensational, and they're doing it to make money. I understand their motivation, but I don't know that they understand how that often can unhinge people who are themselves not very stable. That troubles me.

**Paulette:** We're fortunate enough to have a place in history by being *Ladies' Home Journal's* Voices of the Decade. What would you like your place in history to be?

**Hillary:** I don't have any idea. I was always hopeful that whatever I did during my life, I could feel that I'd made a contribution to help other people. That is the most important thing to me. So I hope that history will say that I tried to speak for people who often don't get heard and that I tried in some way to make our country more sensitive and caring about people. We're at a funny point in history, I think. All the time I was growing up, the world seemed frightening, but also stable. You had the United States versus Communism. You could know where you stood, and you didn't have to really worry too much

about that. The world is totally changing, in some ways that are very good. The freedom that's come to Eastern Europe and places like that is a triumph of the human spirit. We celebrate that. But it does mean there are no more easy ways.

So all of us are being really challenged to maintain our values, our faith, our relationships, as we're pushed into a different world. I think as a result of that, there's a lot of confusion and anxiety that gets both acted out by the people and gets projected out by the President and other people in public.

To some extent that's what happened to us personally. Every time around this table, I am sure, has had her life turn out exactly as she would have expected and has had changes in her life even in the last several years that were never expected.

**Myrna:** Last night we were talking about the health-care issue, to which you've devoted so much time. Do you feel the work you've done is going to come to some kind of fulfillment?

**Hillary:** Well, I really hope so. I'm even more convinced now than I was when I started of how important health care is for every family because no family is immune. The great lesson to me is that we are in the richest country in the world with by far the finest medical facilities and personnel, and yet we (con-

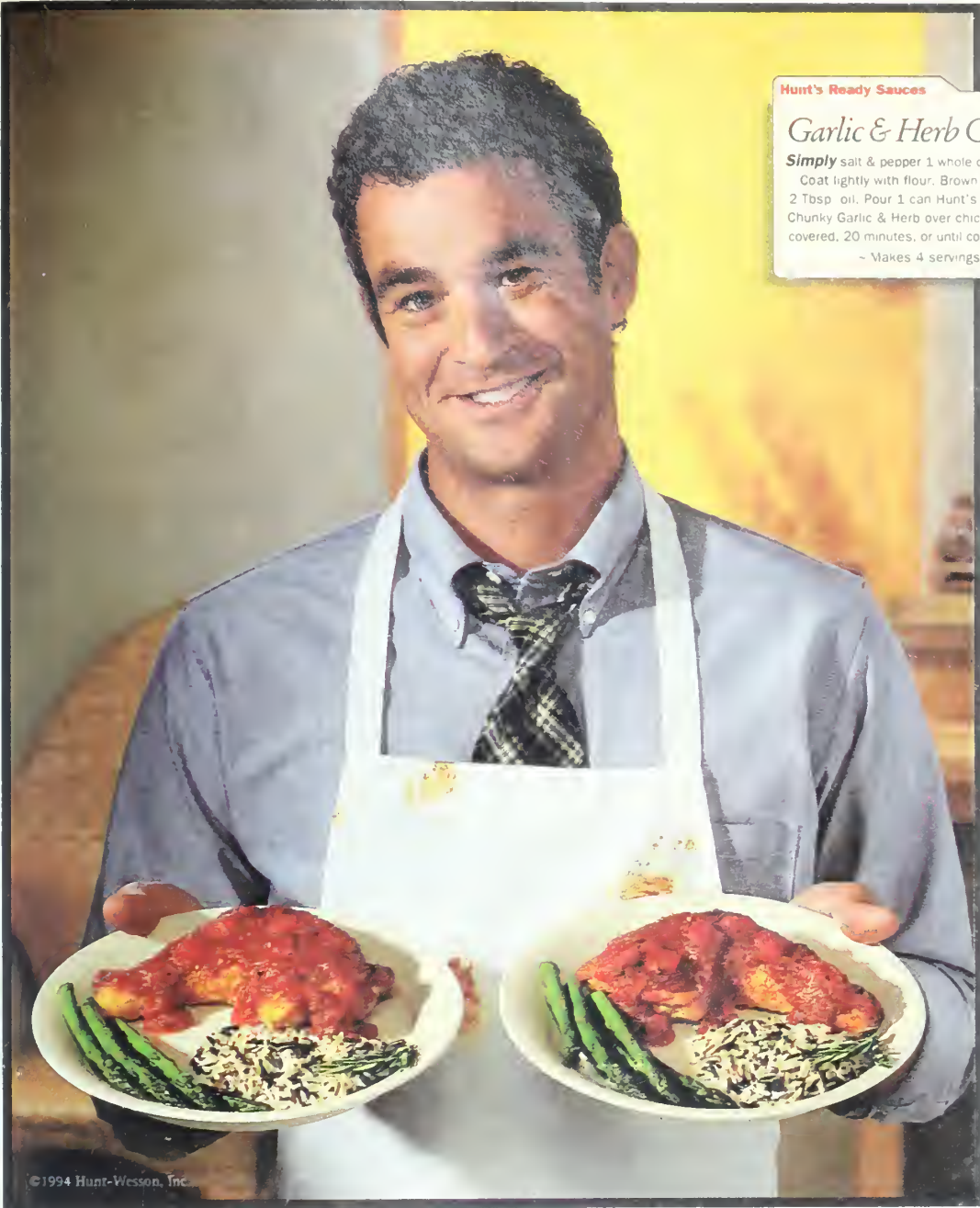
Hunt's Ready Sauces

### Garlic & Herb Chicken

**Simply** salt & pepper 1 whole cut-up chicken.

Coat lightly with flour. Brown in skillet in 2 Tbsp oil. Pour 1 can Hunt's Ready Sauce Chunky Garlic & Herb over chicken. Simmer covered, 20 minutes, or until cooked through.

~ Makes 4 servings ~



©1994 Hunt-Wesson, Inc.

# Hunt's makes dinner so simple, you won't believe he actually made it.

We combined large chunks of firm, vine-ripened tomatoes, minced garlic, oregano and other special herbs with a thick, rich tomato sauce. The result?



The simplest way to create a variety of delicious home cooked meals. Try our other Hunt's Ready Tomato Sauces. You'll find them all to be just as easy to use.

AS SIMPLE AS GREAT GETS

# VOICES OF THE DECADE—1994

...to make all of our people secure.  
**Myrna:** Has your experience working in the field been frustrating?

**Hillary:** It's been a real learning experience. What has happened is that groups that profit from the existing system are extremely well financed and powerful, and they have launched a very effective campaign over the last year and a half to confuse people and to make people afraid. The opponents say, "You're trying to get the government to take over the medical system." Totally untrue, but it scares people. Or we're going to take away your choice of doctor. Totally untrue, but people don't know who to believe. And if you're sitting at home, you see an eight-second television news story where somebody in the administration says, "We're going to preserve your choice of doctor." Then you see very well-produced ads that run around the news, and then you get a mailing. How do you know what to believe?

Unfortunately, we're living in a time when it is increasingly difficult, if you're in public life, to get your side of the facts out, because unless it is sensationalistic, or about conflict, it isn't considered very newsworthy. That's been frustrating.

And that gets me back to the era that we're in. I worry very much about how we keep a democracy going when people don't know who to believe, when they think everybody's in it for themselves, when they don't think there's any objective facts out there.

**Myrna:** What's the issue you're going to work on next, after health care?

**Hillary:** I'm going to get back to all the work I have done over the years on behalf of children and families.

My belief is that a family is the result of both their own values and the society in which they live, and that both have to work hard to support families. I believe in the last couple of decades we have not done as good a job on either the personal family front or on our society's obligations. I think one of the ways to focus that is around this whole issue of violence and what it does when it renders people so insecure that they cannot even let their children go out and play, they cannot feel comfortable in their own homes.

So I'm going to get back to what we're doing with and for our children and how we can help families to be stronger, to take care of their own children better.

**Anne:** In what ways do you feel that the American woman has benefited from your being the First Lady?

**Hillary:** Well, I can't really speak to that, but I hope that one of the ideas that I believe very strongly is being communicated, and that is that women should be (continued on page 278)

Each year, Contributing Editor Kathryn Casey interviews the five women who comprise *Ladies' Home Journal's* Voices of the Decade oral-history project and women's lives in the 1990s. The complete text of all the interviews conducted with these women for the project will be placed in the Schlesinger Library at Radcliffe College, as a resource for scholars.

The night before their visit with Mrs. Clinton, the group gathered at the historic Hoy-Adams Hotel to talk about the past year.

**Diane Bishop, 36; systems auditor, Malvern, Pennsylvania; husband, Dave, general contractor; son, Sean, 9; step-daughter, Leigh Ann, 9**  
 After years of battling an autoimmune disorder, Diane has begun a new medication regimen that has kept the illness at bay for nearly a year. So she felt strong enough to make a job change. As a computer-systems auditor, she now spends a third of her time traveling around the world.

These days, her home life seems equally idyllic. After six years of single motherhood, she describes her two-year marriage as a godsend.

Yet perhaps as an outgrowth of the years of uncertainty, she admits, "It's almost an automatic thing to worry about the rug being pulled out from under me. But I'm working at getting over that."

**Dana Crone, 35; beauty-shop owner/operator, Eminence, Indiana; husband, Jack, farmer; children, Mally, 12, Ty, 11, Casey, 7**  
 It's been an exciting year for "The Outback Hair Shack," the beauty salon Dana opened next to her home on the family farm last year. "I made three times what I'd made the year before, working for someone else," Dana says.

This year, in particular, the added income will come in handy. Scarce rain crippled the grain yield, and bumper crops in other Midwest states caused prices to plummet.

But their three children are thriving, and the Craneses' marriage is back to normal after a difficult year of confronting a long-kept family secret: Tonya, the twenty-two-year-old daughter Jack fathered in his youth, sought the couple out. "She's a member of the family now," says Dana.

**Mally Minnick, 35; genetic social worker, St. Johns, Michigan; husband, Dave, physician; stepchildren, Brandon, 18, Julie, 15; son, Andy, 7**

"It's everything we really wanted," Anne says about the new home she and her husband built in St. Johns, a town in northern Michigan. "I think we're really going to be happy here." Laying down roots is particularly satisfying because it's the Michigan sixth move in two years.

Ironically, after years of discussing the possibility of a second child, the Minnicks have finally made the decision to have another baby, but even fertility drugs failed to enable Mally to conceive.

Now the couple are assessing how long they are willing to go to remedy the situation.



**Washington memento (from left): Dana, Paulette, Diane, Anne and Molly meet the First Lady**

**Paulette Palley, 49; college instructor, Akron, Ohio; daughter, Nicole, 17, Alycia, 15**

The last year has been full of its own complications for Paulette, whose twenty-three-year marriage came to an end when her divorce from bond salesman William

physician, became final in June. "I feel I'm ready to begin a new life," she says.

"Yet there are still touches of sadness."

Overall, though, she describes the

years since the separation as fruitful. Her girls have fared well, and they've had her a lot of emotional support. After a decade of being a well-ta-da doctor's wife, Paulette is grateful she has a career of her own to sustain them.

And Paulette has discovered that life doesn't always have to be with someone else and that it's often enjoyable just to be alone. When she does want company, it hasn't been locking. "I've been pleasantly surprised," she says.

**Anne Weatherill, 49; writer/editor, Waco, Texas; husband, Jim, commercial pilot; daughters, Maryanne, 26, Christi, 24**  
 "It's been an interesting summer. My life has changed," Anne says.

In June, Anne and her husband sold their home and moved from Clarksville, Washington, after Jim's employer, TWA International Airlines, closed its route to Spokane. They chose Carpus Christi for their new home because of the city's proximity to the airline's Houston hub.

Since the move, Anne has had more to get used to than the Texas heat and humidity. She left behind not only her job at a daily newspaper in Washington, but her two grown daughters. "It's not them like crazy," she admits. "But I sense I feel like Jim and I are starting a second marriage."

hey Toast...

# Let's Jam, Baby!



*Distinctively creamy taste that excites food.*

*You Know when  
it's Knudsen.*



*The  
Very Best™*

# simply marble

INTRODUCING  
FORMBY'S®  
DECORATIVE TOUCHES™  
MARBLE FINISH.

The elegant look  
of marble in two  
simple steps.

Turn on the accents and transform the room! Bring home the rich look of marble with Formby's Decorative Touches finishes. Simply spray on the base tone - choose from an array of bold colors. Then lightly overspray with metallic highlights in silver or gold.



It's easy.  
It's fun.  
You just can't go wrong.  
Create beautiful accessories for every room in your house.  
All you need is Formby's and your own great ideas.



## travel journal

### The pleasures of Napa Valley

There's a lot more to do in California's legendary Napa Valley than just taste the local wines (although you'll certainly want to do that). Visitors to this postcard-perfect area can participate in everything from biking through the vineyards and hot-air ballooning to such sybaritic pleasures as being pampered at the local spa or dining in romantic garden restaurants.

The picturesque town of Yountville, which is about a ninety-minute drive north of San Francisco, makes an ideal home base from which to explore the

wine country. The town is tiny but packed with top-notch restaurants, art galleries and boutiques, as well as a charming country-style hotel called the Vintage Inn (800-351-1133). Among the inn's many charms: wood-burning fireplaces in each room, a free champagne breakfast and landscaped gardens filled with flowers and fountains. Adventurous guests who want to see more of the area have the option of signing up for a backcountry cycling tour. (Those who are a shade less athletic can cover the same ground in the comfort of their own car or even aboard the special Napa Valley Wine Train that chugs sedately on a thirty-six-mile round-trip journey through wine country.)

There are more than two hundred wineries in the Napa Valley, and each boasts its own special appeal. At Sterling Vineyards, for example, an aerial tram carries visitors to the hilltop

building that was designed to resemble a monastery in Greece. At Emar Chandon, you can complete the educational tour with a relaxing taping bubbly on an outdoor garden terrace. The Hess Collection, too, is a ne unlike any other. Owner Dona H patron to about twenty European American artists, has combined Napa winery with a modern-art gallery. Visitors have the opportunity to first-rate wines and to view one of the country's most remarkable and important private collections.

For those who would prefer an overview of all the vineyards, try an early-morning hot-air-ballooning which lofts you high above the valley side. The morning air is still and there's no sound at all except the whoosh of the burner that gives the balloon's air a blast of heat. Around other brightly colored balloons float jestically over the vineyards. One company that arranges balloon flights is Adventures Aloft (707-255-8688).

For a more down-to-earth experience, stop off at Dr. Wilkinsons Springs, in Calistoga (707-944-1111). Ask for "The Works": You'll be merged up to your earlobes in a bath of volcanic ash. (It sounds putting, but it's actually extraordinarily relaxing.) After a brisk wash-off, unwind in a mineral-water whirlpool bath, soak up some mineral steam be treated to a lavish massage that relaxes the body and psyche in a state of sheer bliss. Reservations are advised; you can't get the mud if you choose.

For total pampering, check into the four-star Auberge du Soleil (800-5406), a resort that elevates the country charm to the max. Guests in luxurious villas, each of which features a wood-burning fireplace on a terrace overlooking the valley. Auberge originally began as a restaurant, and the haute cuisine continues to attract foodies from all over the world.

Dining, in general, in the Napa Valley is a treat. The local produce is fresh, chefs in this region are prized for their imaginative innovations. And, once everyone is an expert on local vineyard visitors have ample opportunities to sample a little of everything. Among more popular local dining spots, French Laundry (707-944-2380) never sell-out crowds nightly. What's unique here is that guests reserve their tables most of the evening. During this time, a multicourse meal, the custom is to sit through the gardens between courses to stop off in the kitchen for a caterer (and chef) Thomas Keller. The food serves well in advance.

For more information, call the Valley Information Center (800-959-3044) or Yountville. —BRENDA



# New Dr. Scholl's Advanced Pain Relief Corn And Callus Cushions. For Pain Relief, The Solution Is Clear.

To every corn or callus sufferer, freedom from painful shoes has always been a thing of the future. But no longer. With new Advanced Pain Relief Corn and Callus Products from Dr. Scholl's, the future is here today.



NEW ADVANCED PAIN RELIEF CORN CUSHION

Advanced Pain Relief Corn Cushions and Callus Cushions are made of a breakthrough material we call Cushlin™, refined over years of laboratory research at Dr. Scholl's. Cushlin™ gives you

That's because our new

conforming to your corn or callus, while it absorbs painful shoe pressure and friction.

And new Dr. Scholl's Advanced Pain Relief Corn Removers also include clinically-proven medicated discs that completely remove your corn in five applications or

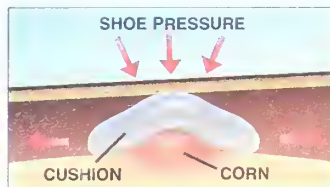


NEW ADVANCED PAIN RELIEF CALLUS CUSHION

less, thanks to the most effective removal ingredient available.

So buy new Dr. Scholl's Advanced Pain Relief Corn and Callus Products with Cushlin™

And step up to a whole new



NEW CUSHLIN™ TECHNOLOGY  
FOR SUPERIOR PAIN RELIEF

world of pain relief.



Make life in your shoes more comfortable.

# DERMAREST DRICORT

THE STRONGEST  
HYDROCORTISONE FORMULA

THE ONLY HYDROCORTISONE  
THAT FEELS GREASELESS

The strongest doctor recommended formula  
you can buy without a prescription.

Dermarest® DriCort® works hard to help relieve eczema, psoriasis, or dermatitis. But that's not all. While other leading hydrocortisones can leave a greasy film on your skin, Dermarest DriCort leaves a unique, comfortable, powder-smooth feeling. No other 1.0% hydrocortisone feels better, or provides better itch and rash relief than Dermarest DriCort.



THE ONLY MAXIMUM STRENGTH HYDROCORTISONE  
THAT FEELS GREASELESS.

Use as directed. © 1994 Del Pharmaceuticals, Inc., a subsidiary of Del Laboratories, Inc.

## travel journal

### Skiing in the desert

A typical winter morning in Taos, New Mexico: Wake up to a sun-soaked, sagebrush-covered mesa, take a drive along the Rio Grande Gorge, admiring cacti and adobe houses, stop for a steaming breakfast burrito, maybe take time out to explore a historic site or an art gallery, and then . . . head for the ski slopes.

Tucked into the Sangre de Cristo mountain range in northern New Mexico, just eighteen miles north of Taos, a thriving historic village, Taos Ski Valley is one of the newest hot spots for skiing. The steep terrain is challenging enough for experts, while beginners and intermediate skiers will find plenty of wider trails that wind gently down the mountainside.

With seventy-two world-class runs, feather-light powder (thanks to the dry desert air), an elevation of almost twelve thousand feet and—the clincher—sunny weather, Taos is consistently ranked as one of North America's top ski resorts. The mountain's ski school was recently ranked number-one in the country; the

Ski-Better programs are especially popular and successful.

At the end of the day, skiers browse in the resort's shops at the top of the mountain or have a relaxing meal in one of the many restaurants. The ski season in Taos will run from November 1994, to April 9, 1995, but the best timing your visit for the lowest prices is from March 27 to April 9), when lift and lodging prices drop and the weather will be free of holiday crowds.

Of course, there's much more to Taos than great skiing. Try to schedule a break from the slopes to visit the town of Taos, once the home of famed mountain man Kit Carson. There, you can explore the centuries-old Taos Pueblo, a still-thriving Native American village with a population of two thousand. Also visit the Kit Carson Home and Museum, the Martinez Hacienda—a two-room fortresslike adobe building with parts dating to 1780.

For a self-guided tour of some of the area's best scenery, pick up directions for the Enchanted Circle Drive at the Taos Visitor Center for \$1. This drive will lead you on a one-hundred-mile scenic tour, through mountain passes over ten thousand feet high, to the town of Arroyo del Placer—where you can visit a sacred site, take in some melodrama theater, and see sights such as the Rio Grande Gorge Bridge, where you can watch wild geese rushing six hundred fifty feet above you. In the winter months, you can sometimes spot elk feeding at various points along the drive.

Taos also has an impressive historic district, an art colony, with four art museums and over eighty art galleries and more independent artists per capita than Paris. Many of whom can be seen painting scenic vistas along the roadside. If you plan a spring visit, you'll find Taos blooming with special events: This April marks the first annual Taos Talking Pictures Festival, a four-day film extravaganza. Also in early May, the town celebrates the Taos Spring Arts Celebration with dozens of art shows and receptions over the county.

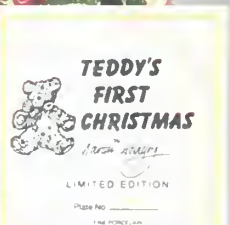
Although shuttle buses are available to get you from the nearest commercial airport, in Albuquerque, to Taos Ski Valley, renting a car and driving the hours yourself is well worth it. The beautiful and artsy city of Santa Fe—the oldest capital city in the country—is only an hour's drive away and a great place to stop for lunch and a museum visit or shopping. Also, the seventy-mile drive from Santa Fe to Taos offers unforgettable scenery as it winds its way along the Rio Grande.

For a complimentary copy of the Taos Vacation Guide, call the Chamber of Commerce, 800-732-TAOS.

—LYNN POWERS



# First from the Holiday Heirloom Collection™



Individually numbered by hand with 24 karat gold.

Plate shown smaller than actual size of 8" (20.32 cm) in diameter.

Franklin Mint Museum presents the first-ever collector plate by award-winning children's artist Sarah Bengry. It's an endearing portrait of holiday charm—one that could only have come from award-winning children's artist Sarah Bengry. An adorable Teddy Bear, complete with a decorated Christmas cracker full of surprises for the holiday season!

Teddy's First Christmas. The newest issue in the prestigious Holiday Heirloom Collection,™ presented by the distinguished Franklin Mint Museum. In the tradition of the most prized heirlooms, this heirloom collector plate is crafted of fine porcelain and lavished with breathtaking color. It is hand-painted and bordered in 24 karat gold. And each imported plate bears the artist's signature mark on its reverse side. Priced at just \$29.95, this Limited Edition will be closed after just 45 firing days. Available exclusively from Franklin Mint, Franklin Center, PA 19091-0001.

## A Limited Edition Collector Plate. Hand-Numbered and Bordered in 24 Karat Gold.

The Franklin Mint Guaranteed Christmas Delivery  
 Franklin Center, PA 19091-0001 if mailed by November 30, 1994.  
 Please enter my order for Teddy's First Christmas by Sarah Bengry. I need  
 SEND NO MONEY NOW. I will be billed \$29.95\* when my plate is ready  
 to be sent. *Limit: one plate per collector.*

\*Plus shipping and handling \$2.95 per collector.

SIGNATURE \_\_\_\_\_ ALL ORDERS ARE SUBJECT TO ACCEPTANCE

MIR MRS MISS \_\_\_\_\_ PLEASE PRINT CLEARLY

ADDRESS \_\_\_\_\_ APT # \_\_\_\_\_

CITY/STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE # \_\_\_\_\_ 16522-135-001-8LJP

Satisfaction Guaranteed. If you wish to return any Franklin Mint purchase you may do so within 30 days of your receipt of that purchase for replacement, credit or refund.

**Guaranteed Christmas Delivery**

...for the choices they make and ... criticized or put down. Because ... the fact that we are all living so ... longer, which is wonderful, wom- ... going to have many stages in ... lives. And they may at some points ... their lives be full-time homemakers and mothers, and they may at other ... points be full-time in the world of work outside the home.

For most women it will be a balancing act between home and work. What I really regret is the way some groups try to pit women and their choices against each other, instead of celebrating the fact that women now have a much greater range of choices.

**Molly:** Have you ever given thought to, or do you have any desire whatsoever, to hold the office of the presidency?

**Hillary:** No; no! [Laughter]

**Myrna:** Mrs. Clinton, thanks for spending all this time with us.

**Hillary:** Well, I am so glad that you did this, and I think you're all very brave, sharing the stories of *your* lives. Will you all tell me how this process has made you feel? Has it been exciting for you? Has it been a little scary at times?

**Dana:** For me, it was exciting in the beginning, but then when you go through a very difficult year, which we all did, then that's hard.

**Molly:** Because we promised we'd share.

**Dana:** You kind of dread that; you're not sure how people are going to react.

**Hillary:** How have your family members and friends and relatives reacted?

**Dana:** They love it.

**Molly:** My husband's always nervous, though.

**Paulette:** Let me share something with you. Back in the 1940s, my parents used to live in Washington, D.C., and my dad was a driver for the Navy. He used to make deliveries to the White House, through the back door. So this is really a kicker for my parents, that fifty years later their daughter is coming as an invited guest! [Laughter]

**Hillary:** Oh, isn't that neat.

**Diane:** I've done two things to make my mother really proud of me: give her her first grandchild and come visit Hillary.

**Molly:** Yeah, my mom wanted me to tell you how proud she is of you. She appreciates the time that you have put into this position.

**Hillary:** Thank you. I am so impressed at how you have all been through this process for several years and you still seem to be cheerful and optimistic about it, which I think is a real tribute to both the format and to the sensitivity. And also to each one of you! ■

## What makes Oprah run?

continued from page 200

so good about her own life, she's determined to help her audience better theirs.

### A WOMAN OBSESSED

The first part of the two-day session, a *Ladies' Home Journal* exclusive, starts in Winfrey's plush Harpo Studios office in Chicago. The office is unusually quiet today during the show's final week of summer break. Settling between the colorful needlepoint pillows on her terracotta-color leather couch, Winfrey radiates calm and control. She's clearly ready to talk about the agony and the ecstasy of being in the best physical and emotional shape of her life. Her hair is woven into braids à la Whoopi Goldberg. (The classic pouf Winfrey wears during the TV season is taking a break to accommodate her swimming lessons.) She is wearing a long, black Jil Sander apron dress with matching sandals, an elegant Bulgari watch and earrings, and tortoiseshell eyeglasses. Unlike the Everywoman image she conveys on her show, this Oprah has the presence of a sophisticated powerhouse.

Considering her self-made wealth (her estimated worth is \$250 million) and her influence (her show is watched by fifteen million viewers daily), Winfrey literally may be the most powerful woman in the country. But, most important, now she feels she's finally gained power over herself.

"Last year I asked [God] for freedom. Did I not come out of myself in a big way, breaking out of that fat shell?" says Winfrey with a proud smile. "And this year I asked for clarity. I have become more clear about my purpose in television and this show."

Her "purpose" is a constant obsession these days. Every day, Winfrey says, she wakes up and asks herself, "What do I want?" and "What am I willing to sacrifice for it?" She asks herself these questions about love, work and life in general, but every morning when the alarm clock sounds she is especially focused on the activity that's most important to her right now: running. "Running is the greatest metaphor for life, because you get out of it what you put into it," declares Winfrey, who completed a 13.1-mile half-marathon under an alias in August 1993 and plans to run a grueling, full 26.2-mile marathon in Washington, D.C., this fall.

Like many runners, she glories in effort and pain. "This is the hardest thing there is for me. Nothing is harder—work, accomplishments, achievements—than the actual mental and physical discipline that it takes to do this," she says. "[But] this is what I have to do to

get the kind of mental and physical sharpness that I want."

### THE TOUGHEST DECISION

What Winfrey *doesn't* want the she says with absolute certainty, marriage. Although she's well aware an audience is eager to see her marry man Graham, the live-in boyfriend whom she became engaged two years ago, there will be no wedding soon. "The reason I'm not marrying because there really is no regret. There really isn't," she says. "I regret being so insensitive about making the announcement about being engaged . . . and we're not marrying because there are any problems. It adds, a defensive edge to her voice."

These days Winfrey is willing to address every issue head on, including her biological clock. "So, yes, it's ticking, *what?*" she says. "It's what I'm doing at this moment that really matters, and I am supposed to have children and I will *know* that."

Winfrey's newfound ability to make tough decisions isn't limited to her personal life. This summer she finalized a deal with a long-standing management firm involving Debra DiMaio, the show's executive producer and longtime personal friend. DiMaio was brilliant, but she had a reputation for making everyone beneath her so uncomfortable that several top producers were planning to quit if Winfrey didn't step in, according to a published report. DiMaio resigned in June, after a year with the show since its beginning. "One of the producers had difficulty with the way Debbie dealt with them," says Winfrey, resignedly folding her hands in her lap. "And my only problem over the years with Debbie has been the way she dealt with people. I've done the show so long with her, and she was right-handed and my left hand and paralytic brain. So I just would not even have done it without her." Is DiMaio's departure a decision she would have been able to make two years ago? "No," she says, her voice steady, calm and low.

The change at Harpo will mean infinitely more work for Winfrey. She has to attend the weekly story meetings that she trusted to veteran DiMaio, she won't have the security of DiMaio's advice. But ever the student of life, Winfrey turns the experience into a lesson. "Now that I am [doing the show without her], I think, Oh, *this* is what I'm supposed to be learning?" she says, talking to herself. "Yes, the show is evolving, and now it is time for me to take complete control."

Winfrey demonstrated her "complete control" potential in June 1993 when she decided at the last minute to pull back her autobiography. (Continued)

**NO MORE WRINKLES!**  
Call 24 HOURS • 1(800) 666-6739

Look Years Younger  
With New European  
Drug-Free Treatment!  
◆ GUARANTEED RESULTS ◆



**LADIES' HOME**  
**Journal**  
**SUBSCRIBER SERVICES**

**Change of Address:** Please attach mailing label from this magazine and in your new address below. 6-8 weeks advance notice is needed.

**Change of Name Removal:** We occasionally make our mailing list available to organizations whose offer we may not be of interest. If you do not wish to receive any mailings from companies not affiliated with Meredith Publications, Inc., please check the box and attach your mailing label.

**Change of Address:** For duplicate issues, late delivery or any problems, attach mailing label and send details to the address below.

**Change of address:** Please remove my name from your rental list

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
P.O. Box 53940, Boulder, CO 80322-3940

ATTACH MAILING LABEL HERE

# TRAVEL PLANNER

A reader service designed to provide you with the latest information on a variety of travel destinations and services.

**AMTRAK**

1. To plan an rail trip, visit [www.amtrak.com](http://www.amtrak.com) or call 1-800-872-6842. AMTRAK'S AMERICA is a free 80-page guide that includes information on 134 destinations, 100 train lines and Amtrak's Great American Train Service. For more information, visit [www.amtrak.com](http://www.amtrak.com) or call 1-800-872-6842. Rail Travel Planner will help you plan your trip.

**ALABAMA**

2. **MOBILE, ALABAMA**—Discover the historic charm of Mobile, Alabama, a beautiful coastal city with a rich history. Enjoy the scenic views of the Gulf of Mexico and the historic architecture. Visit the Mobile Bay National Marine Sanctuary and the Mobile National Historic Landmark. For more information, visit [www.visitmobile.com](http://www.visitmobile.com) or call 1-800-872-6842.

**ARKANSAS**

3. **ARKANSAS'S** scenic beauty and rich history are waiting for you. Discover the state's natural wonders, including the Ozark Mountains and the Arkansas River. Visit the state's many historic sites and enjoy the state's delicious cuisine. For more information, visit [www.visitarkansas.com](http://www.visitarkansas.com) or call 1-800-872-6842.

4. **EUREKA SPRINGS, ARKANSAS**—Discover the historic charm of Eureka Springs, Arkansas, a beautiful mountain town with a rich history. Enjoy the scenic views of the Ozark Mountains and the historic architecture. Visit the state's many historic sites and enjoy the state's delicious cuisine. For more information, visit [www.visitarkansas.com](http://www.visitarkansas.com) or call 1-800-872-6842.

5. **HOT SPRINGS NATIONAL PARK**—Discover the natural beauty of Hot Springs National Park, Arkansas. Enjoy the scenic views of the Ozark Mountains and the historic architecture. Visit the state's many historic sites and enjoy the state's delicious cuisine. For more information, visit [www.visitarkansas.com](http://www.visitarkansas.com) or call 1-800-872-6842.

**CANADA**

6. **QUEBEC**—MagQue Quebec is a beautiful city with a rich history. Enjoy the scenic views of the St. Lawrence River and the historic architecture. Visit the state's many historic sites and enjoy the state's delicious cuisine. For more information, visit [www.visitquebec.com](http://www.visitquebec.com) or call 1-800-872-6842.

**CONNECTICUT**

7. The free **CONNECTICUT** Travel Planner provides information on the state's many destinations, including the scenic views of the Connecticut River and the historic architecture. Visit the state's many historic sites and enjoy the state's delicious cuisine. For more information, visit [www.visitconnecticut.com](http://www.visitconnecticut.com) or call 1-800-872-6842.

**CRUISES**

8. **STEAMBOATIN'**—Linen the coast of Florida with the historic Steampointing and exciting entertainment. Visit the state's many historic sites and enjoy the state's delicious cuisine. For more information, visit [www.visitflorida.com](http://www.visitflorida.com) or call 1-800-872-6842.

**DISTRICT OF COLUMBIA**

9. **WASHINGTON, D.C.**—Discover America's playground! Many Washington, D.C. hotels have holiday and weekend rates beginning at \$59. Some come for the free museums, neighborhood shops and eateries. Send for the free information available.

**EUROPE**

10. **RAIL EUROPE**—Discover the beauty of European travel. Rail passes, combination Rail + Drive passes, and Travel tickets for 33 European countries. Send for your FREE brochure.

**FLORIDA**

11. **CENTRAL FLORIDA'S POLK COUNTY**—There's more than just magic here. Excellent fishing. Over 600 lakes. Waterskiing and water sports. Professional baseball. Over 100 antiques shops and dealers. Cypress Gardens. Bok Tower Gardens. Great accommodations, camping. So much to see, visit, and enjoy. Other attractions. Send for free vacation booklet.

12. **DAYTONA BEACH** offers 23 miles of Florida's most beautiful beach. Access to Orlando attractions, water sports, golf, and more. Send for free information.

13. **WALT DISNEY WORLD RESORT**—Florida's 13 resorts plus Disney-MGM Studios Theme Park, The Magic Kingdom Park and Epcot Center. Free information.

**GEORGIA**

14. **BRUNSWICK AND THE GOLDEN ISLES OF GEORGIA**—Great vacation! More than 100 islands, just 95 minutes from Jacksonville and Savannah. Beaches, attractions, events, history. 207 holes of golf, tennis, sport fishing, and more.

15. **GEORGIA ON MY MIND**—Beautiful mountains, unspoiled island beaches, a wealth of history, and fun and festivals throughout the state. Send for our FREE 160-page official Travel Guide.

**HAWAII**

16. **ASTON AT THE WAIKIKI BANYAN**—A family bond, minimum rental. Spacious suites, feature separate bedrooms, complete kitchens, daily maid service. The luxuries of a hotel, the comforts of home. Perfect for friends, family.

**IOWA**

17. **GREATER DES MOINES**—Discover the beauty of Greater Des Moines, Iowa. Enjoy the scenic views of the Iowa River and the historic architecture. Visit the state's many historic sites and enjoy the state's delicious cuisine. For more information, visit [www.visitiowa.com](http://www.visitiowa.com) or call 1-800-872-6842.

18. **HAVE THE TIME OF YOUR LIFE IN IOWA**—There are not many places to see and do. This year, visit Iowa and enjoy the state's many historic sites and enjoy the state's delicious cuisine. For more information, visit [www.visitiowa.com](http://www.visitiowa.com) or call 1-800-872-6842.

**KENTUCKY**

19. What if you want to visit your favorite place? Relax in the heart of Kentucky. Enjoy the scenic views of the Kentucky River and the historic architecture. Visit the state's many historic sites and enjoy the state's delicious cuisine. For more information, visit [www.visitkentucky.com](http://www.visitkentucky.com) or call 1-800-872-6842.

20. **LEXINGTON, KENTUCKY**—Discover the beauty of Lexington, Kentucky. Enjoy the scenic views of the Kentucky River and the historic architecture. Visit the state's many historic sites and enjoy the state's delicious cuisine. For more information, visit [www.visitkentucky.com](http://www.visitkentucky.com) or call 1-800-872-6842.

**LOUISIANA**

21. **LOUISIANA**—Discover the beauty of Louisiana. Enjoy the scenic views of the Mississippi River and the historic architecture. Visit the state's many historic sites and enjoy the state's delicious cuisine. For more information, visit [www.visitlouisiana.com](http://www.visitlouisiana.com) or call 1-800-872-6842.

**MISSISSIPPI**

22. Experience the world's most beautiful **MISSISSIPPI**—the Southern Warmwater Waterway. Enjoy the scenic views of the Mississippi River and the historic architecture. Visit the state's many historic sites and enjoy the state's delicious cuisine. For more information, visit [www.visitmississippi.com](http://www.visitmississippi.com) or call 1-800-872-6842.

**MONTANA**

23. **GLACIER COUNTRY**—Discover the beauty of Glacier National Park, Montana. Enjoy the scenic views of the Glacier National Park and the historic architecture. Visit the state's many historic sites and enjoy the state's delicious cuisine. For more information, visit [www.visitmontana.com](http://www.visitmontana.com) or call 1-800-872-6842.

**NEW JERSEY**

24. **GREATER ATLANTIC CITY**—World's most exciting entertainment. Enjoy the scenic views of the Atlantic City and the historic architecture. Visit the state's many historic sites and enjoy the state's delicious cuisine. For more information, visit [www.visitnewjersey.com](http://www.visitnewjersey.com) or call 1-800-872-6842.

25. **NEW JERSEY**—Where else can you find a boardwalk as long as your hair, catch a prize game, feel an ocean breeze atop a Ferris wheel, and enjoy the scenic views of the Jersey Shore? Visit the state's many historic sites and enjoy the state's delicious cuisine. For more information, visit [www.visitnewjersey.com](http://www.visitnewjersey.com) or call 1-800-872-6842.

**PENNSYLVANIA**

26. **PITTSBURGH**—Rich ethnic neighborhood, sophisticated urban shopping, world-class symphony and opera, landmark architecture, sports fans, and scenic riverboat entertainment on three rivers, world famous movie railways. Free Visitor's Guide, Hope Package, and Attractions/Electronic Discounts.

27. **POCONO MOUNTAINS**—Vacation and recreation at the great mountain resort of Pennsylvania. Pocomo is full of fun, thrills, and maps to where to go, what to do, and how to get there. Send for the free package.

**RHODE ISLAND**

28. **RHODE ISLAND**—America's oldest state. Enjoy the scenic views of the Rhode Island and the historic architecture. Visit the state's many historic sites and enjoy the state's delicious cuisine. For more information, visit [www.visitrhodeisland.com](http://www.visitrhodeisland.com) or call 1-800-872-6842.

29. **SOUTH CAROLINA**—Discover the beauty of South Carolina. Enjoy the scenic views of the South Carolina and the historic architecture. Visit the state's many historic sites and enjoy the state's delicious cuisine. For more information, visit [www.visitsouthcarolina.com](http://www.visitsouthcarolina.com) or call 1-800-872-6842.

**TENNESSEE**

30. **HILTON HEAD ISLAND**—Imagine driving down a road lined with big world-class courts, strolling beautiful beaches. Now, imagine taking it all to yourself—at super seasonal values. Please visit the Hilton Head Island VCB, P.O. Box 5647, Hilton Head Island, SC 29933.

**TENNESSEE**

31. **VIRGINIA**—Send for information on the history, adventure and romance of Virginia. Enjoy the scenic views of the Virginia and the historic architecture. Visit the state's many historic sites and enjoy the state's delicious cuisine. For more information, visit [www.visitvirginia.com](http://www.visitvirginia.com) or call 1-800-872-6842.

32. **VIRGINIA BEACH**—With miles of clear beaches, scenic boardwalk, and outdoor cafes, along with fun theme parks, festivals, shopping, and lots to do for the kids. Free full-color brochure and \$200 off color book.

**Free information**

**LHJ TRAVEL PLANNER**

Thinking and more about any of the destinations and services listed here, just fill in the corresponding number(s) on this form, fill in your name and address, and mail it to:

P.O. Box 1989  
Riverton, New Jersey 08077-7589

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	
20	21	22	23	24	25	26	27	28	
29	30	31	32						

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

## What makes Oprah run?

decision stunned the publishing world. After all, Winfrey had spent more than a year chronicling her life, and the book's sales were expected to reach \$10 million. But Winfrey simply felt the book wasn't insightful enough. "That decision was at the time the hardest decision I ever made," she says sturdily. To this day, though, she is happy with her choice. "I no longer think that an autobiography is what I should be doing," she says, adding somewhat cryptically, "that is not how my life should be used." Ironically, though, the bungled autobiography helped stimulate Winfrey's introspection, the element that was missing from the manuscript. "It was really wonderfully written . . . great detail and all that, but *what did it all mean?*"

Once she started trying to find out what it all *did* mean, Winfrey began to focus on the present as well as the past. "I recognize that I have come here to earth because of what I need to learn

guests. Around the same time, the show began experimenting with a debate format, in which guests, like *The Man Who Cheated*, appeared with an enemy, e.g., *The Wife Who Was Wronged*. "Conflict TV," says Winfrey, "which made for good television, but you spent a lot of time arguing."

Now, she says, guests will spend a lot of time affirming, during segments like "Thank-you day" and "How to stop gossip." Winfrey will now also pick the point of view, a decision she made during the episode on "To spank or not to spank your child." Instead of spending an hour randomly debating something Winfrey already knows is wrong, she says, "I'm going to spend my time and energy presenting what I already *know* is the right thing." This season, Winfrey would like the topic to be "Alternatives to spanking."

Is she worried that an audience accustomed to the excesses of tabloid TV is going to gag on shows filled with sweetness and light? "I think there is a risk short-term, because I think that there are a number of shows that offer a

come home from work, my kids  
"Mama, how was your day?" This is  
first time I have something to say."

Thus FABL, Families for a Better Life, was born. Winfrey is spending \$60,000 per family over a two-year period to help one hundred families from the projects. The program includes day care, job placement, education, counseling on skills as basic as how to open a checking account, and recognize the problem with people who live in cyclical poverty is that they've learned to break the chain of poverty *themselves*," Winfrey says. "I was taught to be a victim, and you were taught *not* to be one."

If her quest goes as planned, she will seek government and corporate sponsors to aid the undertaking. "Being able to save families for a better life is one of the other things I was never allowed to do," she says with utter conviction. "Like television. That's how I was posed to be using myself."

Not just anyone can challenge the status quo, and Winfrey, with her unique appeal, may be one of the very few Americans who could. Yet, as worthy as the goal is, to take such a campaign might seem cynical, a bit grandiose. Does she ever feel God-like in the way she can change people's lives? "No! That's the question you've asked I haven't liked," Winfrey, palpably incensed. "Because I am so connected to the bigger picture of what God is, I realize I'm just a part in the God chain. I see God as the source and I'm a cup of water from the chain."

## "I DON'T WANT TO SPEND AN HOUR LISTENING TO SOMEONE BLAME THEIR MOTHER."

and what I can give to other people," she says, warning to her subject with a preacherlike fervor. "I don't just know that, I *feel* it. I feel that this television show is a vehicle for that. People know me, and I'm very fortunate that I have built a show based upon my own personal integrity and the integrity of the people who work with me. The people *listen* to what I say. So, when you have an opportunity to reach millions of people and people listen to what you say, how can you improve the world? My new quest is 'How can I improve from where I am right now?'"

A new quest indeed. When the show first aired in 1984, Winfrey was far more focused on encouraging guests to talk emotionally, and at great length, about their problems. Everyone's pain was the same, she thought (her pain manifested itself in obesity). And if pain involved tales of illicit affairs, family conflicts or neighborhood feuds, well, so much the better. "In the earlier years I allowed myself to put almost anything on the air that I thought would show people the horrors of life," says Winfrey. To no one's surprise, the horrors of life got great ratings.

As the show evolved in 1988 and 1989, the focus switched to the audience, who was encouraged to dole out outrageous opinions and advice to the

kind of spectacle viewing," Winfrey says cautiously. "[But] for me, it is about making people see themselves and be willing to change what they see."

### A NEW MISSION?

Television isn't the only way Winfrey hopes to help people better their lives. When the host met Calvin, a twelve-year-old boy from the nearby projects, while she was shooting a TV movie two summers ago, she whisked him under her wing. "Every Tuesday I'd look at his homework," says Winfrey, who also had him to her house last Christmas.

So badly did Winfrey want to help Calvin that she actually asked Graham if the boy could move in with them. But Graham pointed out that Calvin already had a family and that the best way to help him was to help his relatives. In a typically expansive gesture, Winfrey reached out to the whole family. She helped both Calvin's mother and older brother get jobs, enrolled Calvin in private school, got the mother into counseling, and the family has since moved out of the projects. "Calvin's mother called me the other day, and I was crying on the phone. Do I cry a lot or what?" says Winfrey, her eyes gleaming like wet, green slate. "She said, 'I feel like I'm in the movies because when I

### WORKING IT OUT

No matter how strong an intention Winfrey has on the world at large, her recent mission to teach others to better themselves was born out of her need to better herself. She's at the top of the game, but is she too gung ho, too determined to believe that since she's improved herself, everyone else can, too? Watching a woman work out halfheartedly during a session at the gym, Winfrey, according to her trainer, may seem a bit temptuous. "Sometimes we say, 'Move as well as walkin' to the refrigerator, or cause you're working for nothing?'"

And so intensely is Winfrey focused on weight loss that, she says, high-calorie food now makes her sick. Literally. When a friend of her caretaker copied off a homemade chocolate cake, Winfrey was encouraged to taste a small piece. "I bit into, like, one little piece from the layer, and I realized immediately how much saturated butter in it, I could *feel* it going down. So I threw a portion of it away, but I became really sick from it," explains Winfrey. "I took milk of magnesia for the first time in her life, 'so sick I didn't work

er not work out.”  
e most part, workouts mean  
and Winfrey literally has her  
time broken down into pounds  
versa. “To maintain myself at  
red fifty pounds, I need to run  
ve eight-minute miles a day. If  
d exercising, I would put on  
mediately, and I have.”  
hought must be terrifying, espe-  
someone who once before lost,  
lily regained, 67 pounds—in the  
spotlight no less. While Winfrey  
be more motivated now, there’s  
e doubt about whether she can  
his intense pace. “That is where  
aged,” she says forcefully. “You  
ake it a priority. Wherever you  
a priority.” She cut short a Eu-  
vacation because of the heavy  
e won’t stay in a hotel without  
facilities and she’s building an  
room in her house equipped  
e finest treadmill known to  
he no longer calls her workouts  
gle” but “a daily renewal, like  
a commercial, ‘Another day, an-  
ance to feel healthy.’”

the weight continually fluctu-  
as much as ten pounds. “To  
it isn’t like it ends. If some-  
s upset me, I’ll be standing at  
erator doing that grazing thing;  
t’s happening again. Close the  
tor and deal with the feeling,”  
ains. So, if an upsetting phone  
a relative triggered the binge,  
e courage herself to say no to the  
cookies and call the person back  
ghten things out. Weight con-  
s Winfrey with missionary zeal,  
out personal chefs and personal  
(although she has both), but  
eing ready to deal with her feel-  
d not smother them in food. “I  
sie [Daley, Winfrey’s chef] for  
rs before I lost a pound,” she  
And I gained eighteen pounds  
first trainer.”

x forty-five A.M., and Winfrey is  
running around the track at  
o’s exclusive East Bank Club.  
ite Nikes stay low to the ground  
er arms pump furiously, hands  
ows slicing through the air. Her  
hoves out in excruciating, rhyth-  
eases, and during the slow laps,  
s that pass might hear one of  
a’s most powerful women urging  
ner to sing along with her. But  
eally keeps Winfrey going is a  
hat only she can hear; the imper-  
e *thpp, thpp, thpp* of her buttocks  
the top of her thighs, a continual  
er that 72 pounds may be gone,  
nt have crept back on. ■

Gerosa is the entertainment editor  
of *Home Journal*.

Don't just take our word.  
Ask your pharmacist.  
Painful mouth sores disappear  
fast with strong, non-stinging  
Tanac Liquid. No other  
medication kills germs and stops  
pain quite like Tanac Liquid.  
can. For cold sores and fever  
blisters, try long-lasting Tanac  
Medicated Lip Gel.



Trusted most by the most trusted profession.

Tanac is a registered trademark of Del Laboratories, Inc. © 1994 Del Pharmaceuticals, Inc., a subsidiary of Del Laboratories, Inc.

### A nurse's story

*continued from page 221*

No one, it seems, was immune to Angela's charms. Even the man who came in to buff the floor was won over by the carrottop in Bed 3, and the hospital's housekeeping supervisor stopped by every day to visit Angela. The child soon learned ways to get attention when she felt she wasn't getting her due. During stints outside the ventilator, she'd try the old let's-ting-a-toy-on-the-floor trick. Failing that, she'd yank the monitor leads off her chest and giggle as she waited to see who would come running in response to the beeping alarms.

"Angela was just wonderful, a sweet little thing," recalls Lynn. "If I were to describe her in one word, it would be happy-go-lucky."

For Angela's parents, however, things

were becoming distinctly unhappy. At first Ken, a twenty-six-year-old welder, and Joey, twenty-four, had sought out media attention. Ken had been unemployed for many months, neither had health insurance, and the couple and their five-year-old daughter, Shervon, were living with relatives in Wheatfield, Indiana. Donations began pouring in from a sympathetic public, but the media soon discovered that Ken had blown a substantial sum of the money on a car, fancy dinners and cocaine. He was later jailed for a parole violation and for auto theft. With that, plus Joey's having to care for Shervon, the Lakebergs' visits to Angela in Philadelphia were few. For the most part, they had to get their progress reports by telephone.

"Angela didn't have a whole heck of a lot of family involvement, and people knew that," says Barbara (continued)



Look for this symbol below. It's your assurance that your T-Fal non-stick cookware will last a lifetime. With T-Fal's limited lifetime warranty, you can be sure that T-Fal will stand behind the quality and performance of your cookware.



**T-FAL**  
YOU'VE THOUGHT OF IT ALL.

## A nurse's story

*continued*

Cornell, head nurse of the unit. "Everybody would try to spend a few extra minutes with her." Indeed, the little girl had an army of surrogate parents to take up the slack, says social worker Judi Rulley. "We had people coming in on their lunch break," she says, sighing. "We had people get attached."

*And Ann Forsman was no exception. "There are some patients you get quite close to," she says. "Angela was one of those."*

*Ann was delighted when her little Angie eventually was able to spend up to twelve hours a day outside her "bottle." Ann would buckle her into an infant seat, which gave Angela a better view of the action in the busy unit. For fun, the nurses would occasionally dress her up in pretty clothes, sometimes putting her in sunglasses and a hat and taking "beach" snapshots.*

*But Angela was happiest when she was being held and cuddled. "Whenever I had free time I'd sit down and read to her," says Ann. Berenstain Bears and Sesame Street books were the baby's favorites.*

*Angela never mastered the trick of chewing and swallowing, so she was fed formula through a tube. But she still managed to develop a weakness for sweets, Ann says with a chuckle. "We gave her lollipops sometimes. And when we'd have a cake on the unit, we'd give her a little frosting.*

*"She really loved movies, too," Ann says. There was a VCR by Angela's bedside most of the time; she'd gaze intently at the screen, and let out what Ann describes as her "fake cry" when the "Barney" episode or the Disney movie had ended. If one of the nurses dared roll "her" audiovisual cart to another patient's bed, Angela would kick up a fuss.*

*The repertoire of activities available to Angela was limited, but she thoroughly delighted in the things she was able to do. "She loved to be held, and to take her baths," Ann says. During her bath time, "Grease" and other show tunes would blast from Angela's tape player as she splashed and kicked in the plastic tub. On days when she was doing particularly well, Ann or another nurse would scoop her up after her bath and waltz around. The frail tyke would smile and laugh, reveling in a few minutes of sheer bliss.*

*One of Ann's sisters has a son who was about the same age as Angela, and the two often would compare notes on the children's progress. Because of her circumstances, Angela was somewhat behind when it came to motor skills. But mentally, says Ann, sounding almost like a proud parent, "She was very alert. She knew exactly what she was doing."*

It's little wonder that the staff at The Children's Hospital came to be irrevocably

attached to Angela. Over the course of a year, about six hundred fifty children are brought to this intensive-care unit after their heart operations. The average stay is five days; Angela was there for forty-two weeks.

If the staff here didn't keep some professional distance from their patients, they'd eventually dissolve from the pain of grief. While about 90 percent of children admitted to the unit don't come out alive, says Russell Raphaely, director of critical-care medicine at the hospital, the rest don't. That's true for at least one patient death.

"These are babies with very complex medical problems," Raphaely says, looking tired. "In making the decision to care for babies like this, you realize that. It doesn't mean it's any easier."

Head nurse Barbara Cornell says, "Each one of these patients is special, naturally there are those who are more tug at your heartstrings just a little more. You try to harden yourself, but there are times when it really gets to you."

Unfortunately, Angela Lakeberg had to prove what we don't like to think about—that the pain and grief come with the death of a beloved is something you never really escape.

*Ann knew from the beginning that she wanted to do some type of pediatric nursing. "I've always liked kids," she says.*

*She attended American University in Washington, D.C., and her first job was at a hospital in that city. She worked there for three years, then took this job at The Children's Hospital. "Ann is one of the senior nurses in terms of her capabilities and skill," says Cornell, her supervisor. But there's more to her than clinical competence, Cornell says. "She will take that extra step."*

*Ann lives by herself in the grounds of a century-old house. It's a nice place to come home to, she says, with her collection of plants and antiques.*

*But no matter what she's doing, she's off duty, her thoughts often drifting to patients at the hospital. "You think about them when you're not there," she says. "It's almost impossible to shut them out."*

*Like most of the nurses, she occasionally brings in a toy or an outfit for patients. She gave Angela several books and smiley faces and bought her a pink one-piece pajama top. Around the holidays she gave her cheerful Christmas socks. Often, she'd bring home Angela's soiled clothes and wash them in clean and folded the next day.*

*Ann and her colleagues do these things for their patients even though they know the emotional price they sometimes must pay. "They come to the best of us and get the best medical care possible," she says softly. "When they don't make it, we know we gave them everything we could."*

*The nurses all have different ways*

The manufacturer warrants the RealTeflon® non-stick surface on all T-Fal cookware lines. To see the full details of the warranty, please refer to the date of purchase. The warranty does not cover damage due to use of metal utensils, abrasive cleaners, or other improper use. For more information, please call 1-800-368-2727.

with losing a patient. "I cry," Ann says. "Not everybody does." When she does she does it in private. In all the years she's been working with these critically ill patients, she has attended only one funeral: a boy I got very close to, a patient in my first hospital I worked at. I never attended another one. It's too hard."

Months passed, the medical staff began to hope that Angela would be one of the lucky ones. "I honestly thought she'd be well enough to go home one day," Ann says. Angela was growing and gaining weight and seemed to be making progress. She'd cut her first tooth in December. After Christmas, and another white fever was threatening to pop through. In the early part of this year, doctors had discovered a narrowing in one of the arteries leading to Angela's lungs and inserted a catheter tube to widen the vessel. "But from that, we were making steady progress," Raphaely says.

In late May, Angela developed cold symptoms. "I was concerned," says Ann. "But she'd had colds before." About ten days later, though, Angela had a fever. "Things took a turn for the worse," Ann recalls. "I thought she had an infection, and that once we figured out what it was we'd put her on antibiotics and she'd get better."

Angela's doctors began scrambling to determine the cause of the fever. The normal-energetic child became very lethargic and pale, and it occurred to the team they might be losing her.

Almost immediately, Angela began to have difficulty breathing and had to be hooked back to the ventilator full-time. And then, on June 8, the oxygen saturation in her blood began to plummet. A blood test revealed a problem with Angela's blood flow. The horrified medical team managed to stabilize her, and by the next day it seemed they had succeeded. The night shift ended at seven P.M., and she was feeling fairly certain that Angela would be okay.

A few hours later, though, Angela's condition deteriorated significantly. At nine-thirty P.M., her heart rate dropped and her blood pressure began to fall. Eventually she lost consciousness, and her heart began to betray her in the ICU. The doctors and nurses working over Angela recognized what was happening, and someone went to make difficult calls to the child's parents for a primary nurse. At one A.M. the next day, June 9, Angela Lakeberg died in the same room in which she had lived for the rest of her life.

She'd fallen into bed about ten p.m. that day, exhausted. When the phone rang at midnight, she snatched up the receiver. Today she can't remember exactly what she said on the other end—all she recalls is

# If you want to burn up to 79% more calories, WalkFit is your answer.

With up to 79% higher calorie burn, NordicTrack's WalkFit™ exerciser leaves ordinary treadmills behind. It's simple. Ordinary treadmills exercise only your lower body muscles. But research at a major university shows that the combined upper- and lower-body workout you get with WalkFit can burn up to 79% more calories than ordinary treadmills.



## The best way to take the weight off.

You can start to see results in a little as three 20-minute workouts a week. But that's only the beginning. Once you get into the WalkFit exercise routine, you can burn up to 1,200 calories per hour. What's more, exercise like you get with WalkFit also helps raise your metabolic rate, so even when you're not exercising, your body is burning more calories. A personal trainer will help you take the weight off by combining your workout with a sensible diet.

## The best way to improve your cardiovascular fitness.

Our flywheel and independent resistance settings let you set the pace. You improve your cardiovascular fitness 53% more efficiently than with ordinary treadmills because you power the total-body exerciser, not a motor. You can start, speed up, slow down or stop whenever you want to keep your routine interesting and enjoyable.

## The best way to look and feel great.

And while you're burning calories, you'll be toning your whole body, reducing stress, increasing your energy and strengthening your cardiovascular system. Rain or shine, in the comfort of your home, WalkFit is simply the best way for you to get a total-body workout. And wait till you see the results! You'll have a thinner waist, flatter stomach—and a well-toned and firmly shaped body. Plus you'll feel as good as you look.

NordicTrack's  
**WALKFIT**

30-day  
in-home trial!

Best of all,  
it's from **NordicTrack**  
A CML Company

FREE Video  
and Brochure!

Call 1-800-441-7512 Ext. F3TK4

or write: NordicTrack, Dept. F3TK4  
101 Peavey Road, Chaska, MN 55348-2555

- Please send me a FREE brochure
- Also a FREE VHS videotape

©1994 NordicTrack, Inc., A CML Company • All rights reserved.

the shock of what she heard. "They said they wanted to let me know that she wasn't doing well, and they didn't think she'd make it through the night," Ann says.

Then she was left alone, upset and grieving. She prefers not to discuss the long hours between that call and morning. "I was up for a while," is all she'll say. Despite her efforts to keep her pain to herself, though, Ann's co-workers noticed that her eyes were swollen when she came in the next day.

It was a rough time on the unit, they'd lost several patients that week. To have Angela slip through their fingers unexpectedly was an additional blow to everyone. "The mood of the unit was very different that day—people were very subdued," recalls nurse Suzanne Murray. "It was like we'd all lost a friend." Even the housekeeping supervisor who visited Angela each day was devastated.

Because all of Angela's belongings were packed up and sent to her family, there are no mementos or keepsakes for Ann or the other nurses. No matter, Ann says quietly. "I'll always remember her."

To the rest of the world, the Lakeberg twins, and then Angela, represented a news story, a medical challenge and—given the costs, which topped \$1 million—ammunition in the battles over health-care reform. To Ann, though, Angela was a patient who needed her, a child she cared for very much. Asked to describe the relationship she

had with this small person, Ann looks somewhat helpless.

"I don't know," she says. "I don't know how to answer that."

Here's what she does know: People who feel nothing but pity for Angela, who feel that because her time on this earth was spent in hospitals it was not worthwhile, should think again.

"This was her home, and we were her family," she says. "She got a lot of love."

Love. Is that what she felt for Angela?

"Of course." The reply is immediate, and her expression betrays bewilderment and surprise, as if to say, how could a person care for this baby for so many months and not fall in love with her?

Perhaps the reason Ann finds it difficult to describe her feelings for Angela Lakeberg is that we have no handy category in which to place them. We have romantic love, mother love. . . . But what is it called when a woman shares this strong bond with a child not her own?

That nameless love, as well as the grief that sometimes follows it, is among the sad secrets that Ann and nurses like her carry with them each day—like stones in their pockets that are taken out on occasion, buried tenderly, then tucked away again for safekeeping.

Deborah Diamond is a contributing editor to Ladies' Home Journal.

## What I've learned as a sex therapist

from page 212

... give each other exact instructions on how and where they liked to be touched. Mark objected. "How can you tell us to do something that takes the spontaneity out of sex?" he asked me.

As I explained to Mark, planning when or how you make love may seem to lack passion or romance, but it's a necessary first step to getting one's relationship on the right track. What couples may consider artificial—a woman making a date with her husband, or playing games, such as spouses imagining they're strangers, ends up giving them new and pleasurable possibilities to share.

Once they tried this technique, Marlene and Mark reported that it did work for them. Marlene was able to stop worrying and enjoy lovemaking, and soon their passion was flowing naturally.

### **COUPLES DON'T ALWAYS WANT WHAT THEY SAY THEY WANT IN BED**

When short-term sex therapy first started in the 1970s and several pioneer therapists, including myself, found that women could learn to have orgasms, men could be "cured" of impotence and

that her desire to exert control over men and, perhaps, even punish them was the real, deeper problem. Simple sex therapy had now evolved into more complex psychotherapy, and I needed to work with Delia to explore the sources of her hidden anger toward men. I found out that her father had left the family when she was six, and that, typically, Delia blamed her abandonment on not being lovable enough. I then helped Delia deal with her feelings about her father. Even though she couldn't talk to him in person, in therapy she could "tell" him and the other important people in her life the anger and disappointment she'd kept bottled up. This freed Delia from taking out her anger on her partner and made her able to enjoy sex.

### **SOME HAPPY COUPLES ARE LESS HONEST WITH EACH OTHER THAN ARE UNHAPPY COUPLES**

One ironic lesson I've learned is that sometimes the couples who seem happiest have the most problems.

Why is this? Unhappy people feel free to be more open about their complaints. Because they're hurting, they don't resist hurting their partner. In fact, many couples have sat in my office saying

experiment with touching themselves they could regulate their own excitement levels and, then, to teach each other how and when to start and stop stimulation.

After their tenth—and final—session, the couple reported success: Rick stayed longer in intercourse, and Marcia experienced her first real orgasm ever.

### **WHEN YOU LEAST FEEL LIKE MAKING LOVE IS OFTEN WHEN YOU MOST NEED TO**

Life is full of crises—from minor frustrations with work or relationships to major catastrophes, like losing a job, or coping with a serious illness. In the face of such stresses—and the resulting fatigue and depression—one or both partners understandably want to abstain from sex. But a disinterest in lovemaking can escalate into a vicious cycle of frustration and, ultimately, alienation. If it's in times of trouble when spouses most need the love and comfort that healthy sexual intimacy provides.

Take the case of Laura and Tom, college sweethearts who had enjoyed passionate lovemaking through twenty years of marriage. Yet, recently, as a computer consulting business expanded and the couple had a third child (from an unplanned pregnancy) who was born with Down's syndrome, life became stressful they stopped making love together. It almost led to divorce.

"I was so busy with the baby, I had to stop working," Laura says. "I felt sorry for myself that I began to resent Tom for not wanting to make love. I needed to feel attractive and like a woman, instead of just like a slave to everybody else. And I started to think that Tom wasn't coming on to me, he must be getting it elsewhere."

In our sessions, Tom reassured Laura he was not having an affair and explained his distant behavior: "I don't feel like I could be a good lover with those worries on my mind. We both thought the baby's problems were my fault. I threw myself into work so I wouldn't feel like so much of a failure."

Talking about their stresses and setting aside private, intimate time together allowed Laura and Tom to increase their individual self-esteem and strengthen their bond—helping them withstand outside pressures.

### **EVERY COUPLE HAS A SECRET SEX LIFE**

Early in the development of sex therapy, fantasy became one method for couples to unleash their private passions. Couples sharing fantasies (without being compelled to act them out) could step up their lovemaking and deepen their commitment. After years of encouraging individuals and couples to accept and enjoy their fantasies without judgment (except those involving children or

## **I'VE LEARNED THAT COUPLES WHO SEEM THE HAPPIEST CAN ACTUALLY HAVE THE MOST PROBLEMS.**

couples could subsequently gain more pleasure, we thought we had discovered magic. But these successes were sometimes just the beginning of curing a person's problems. In some cases, deeper emotional conflicts needed to be uncovered and dealt with in order to help couples fully enjoy sexual expression and a loving relationship.

For example, thirty-six-year-old Delia's initial complaint when she came to sex therapy was that she could not make love in different positions with her husband. "I really want to do it," she said, clearly perplexed. "So I don't understand why I don't do it."

The answer lies in a fascinating lesson I learned: The very complaint some people insist they want to get over often provides protection from a deeper problem.

In Delia's case, the initial therapeutic step was to encourage her to do what she resisted. The first time she made love this way, she truly enjoyed it. But in subsequent sessions, Delia reported that during sex, she'd begun to feel the urge to bite her husband—to the point of causing him pain. This revealed to me

such mean things to each other that I've flinched; others have professed great love and insist nothing is wrong. So, why have they come to therapy? Because something is wrong; they're just frightened to admit it.

Like Marcia and Rick. Married only seven months, they came to therapy presumably just to ask a few questions. Only after much prodding did Rick reveal that he'd like to last longer in their lovemaking sessions. It took even more persistent questioning before he finally admitted that he usually ejaculated within three minutes and couldn't get another erection. And only after many sessions did Marcia, who at first insisted she had an orgasm every time, finally admit that sex didn't last long enough for her to climax.

At first, I had to reassure Marcia and Rick that many couples feel perfect for each other but still have to work on their sexual interaction. Telling each other what they want in bed does not mean they love each other less. In fact, it opens the door to sexual satisfaction. I gave the couple homework: to spend time individually learning about their own bodies, to



ing pain), I came to a deeper understanding: that besides just thoughts eting stories about sex, each of us more ongoing "sexual script"—movie in our minds—of what we d like to have happen in the ideal onship.

aking this theory one step further, I ouples I counsel to identify what e they most want their life to be as a way to help them pinpoint and their differences.

r instance, Denise and Robert's passionate sex life was now barely ering after nine years of marriage, kids and the fact that Robert was for weeks at a time on business. n asked how, ideally, they would her lives to be, Denise said, "I'd ny life to be like the night of long, n-out passion that Demi Moore n *Indecent Proposal*. She was so de- the guy was willing to go to any s to have her."

stark contrast, Robert wanted his o be more like Sylvester Stallone's character in the action adventure *Tanger*. Although the movie didn't much sex, Robert enjoyed its spec- ar physical stunts. He fantasized t that daring, on-the-edge quality part of his work life and part of his fe with Denise.

entifying their fantasies clarified for e and Robert their current needs. tisfy his wife, Robert gave up being sed with his self-centered excite- and made more time for Denise. rather than picture her ideal man as reserved and sophisticated, Denise ed to bring out the macho man in rt. By playing a role in each other's sy, the couple made their sex life ally pleasurable.

## IAL LESSON

e made a lot of progress since I first ed practicing sex therapy. Fortu- y, talking about sex today is not as o as it was years ago. And despite e growing conservatism in this try, I've noticed that wherever I from the Deep South to the urban or West Coast—as soon as people out I'm a sex therapist, their eyes up. They're either intimidated, ing I must know everything (I do v a lot; if you worked on Wall t, you'd know a lot about the stock et, too), or they're just plain curi- Because the most basic thing I've ed as a sex therapist is that *everyone* question about sex!

*Kuriansky, Ph.D., is a sex therapist, al psychologist and host of the radio show "Love Phones," broadcast in York City and Cleveland. Her forth- ing book, "Generation Sex," will be shed by HarperCollins.*

## Hats for Women with Hair Loss

Many styles & colors.

Call or write JUST IN TIME for a FREE brochure.

INQUIRIES FROM RELATIVES WELCOME

P.O. Box 27693, Phila., PA 19118 • (215) 247-8777



## PUBLISH YOUR BOOK!

Join our satisfied authors in a complete and reliable publishing program. This program includes attractive books, publicity, advertising and quality service since 1959. All subjects are invited! Send for a FREE manuscript report & copy of *How To Publish Your Book*.  
**CARLTON PRESS** 11 W. 32nd St Dept. HK  
New York, NY 10001

1-800-832-5457

2 1/2" MAPLE TEES  
FASTEST SERVICE SELECTION  
250 \$11.50  
500 \$19.00  
1000 \$29.00  
2500 \$67.50  
5000 \$120.00

—SHIPPED IN 2-3 WORKDAYS  
—ADD \$3.95 ORDER CHG. IN NJ ADD 6%  
—POLYBAGGING \$12/1000S  
—BALL MARKS CLUB LABELS MORE  
—LINE IMPRINT 18 CHARACTERS  
—22 CHARACTERS & SPACES



HOUSE OF TEES  
P.O. Box 5000 Dept. 3  
Dover, N.J. 07801-5000

FAX YOUR ORDER  
201-328-4872

## classified lady

1-800-322-5850. HOUSE DRESSING FURNITURE. Save up to 60%! (300 brands) Nationwide in-home delivery. FREE BROCHURE. 3608 W. Wendover, Greensboro, North Carolina 27407

1-(800) 579-1802 DISCONTINUED CHINA. China Traders 18,000 Patterns. Buy. Sell. Appraisals

BECOME A MEDICAL TRANSCRIPTIONIST. Great work at home opportunity. Approved home study. Free literature. P.C.D.I., Atlanta, Georgia. 800-362-7070 Dept. YYM203

BECOME A PARALEGAL. Lawyer instructed home study. Join America's fastest growing profession. P.C.D.I., Atlanta, Georgia. Free catalogue. 800-362-7070 Dept. LLM203

CARPET. BUY DIRECT AND SAVE. Quality service. Stain and wear warranty. For samples call FloorFabrics 1-800-472-5557

COLLEGE BOUND HIGH SCHOOL SENIORS. Financial Aid is available. Recorded message explains. (201) 361-8250 Box 210

EARN MONEY Reading books! \$30,000/yr Income potential. Details (1) 805-962-8000 Ext. Y-2901

EASY WORK! EXCELLENT PAY! Assemble Products at Home 1-800-467-5566 EXT 11795

FLOWER ARRANGING AND FLORISTRY. Train at home. Free brochure. Lifetime Career Schools, Dept. LE02B4 1-800-326-9221  
—FREE "SIMPLY SAVORY COOKING" COOKBOOK

from Lipton, the makers of Recipe Secrets, containing over 100 quick easy and delicious recipes. Send \$2.00 for postage and handling with your name and address to: Recipe Secrets Cookbook Offer, P.O. Box 1177, Grand Rapids, MN 55745-1177. Offer expires May 31, 1995 or while supplies last. Allow 4-6 weeks for delivery. Void where taxed restricted or prohibited by law. Good only in the U.S.A.

FURNITURE FROM HIGH POINT. 1-800-695-4814. Discount prices. Major Manufacturers: Hekman, Pearson, Lexington. Visit or call showroom for great buys on market samples.

GET PAID FOR READING BOOKS! \$100 per book. Send name, address to Calco Publishing (Dept. C-682) 500 South Broad, Mendon, CT 06450

GREAT EXTRA INCOME! Work from home assembling products from National companies. Fun/easy! As seen on T.V. Guaranteed! 1-800-377-6000 ex6140

HOME TYPISTS. PC users needed. \$35,000 potential. Details. Call (1) 805 962-8000 Ext. B-2901

LIVE PSYCHIC Confused, Lonely, Unhappy. Reunites Lovers. Removes Others, Obstacles, Negatives. Reveals Love, Career, Marriage. Law suits. 512-385-5803

MONEY TROUBLES, overdue bills, reduce interest, cut monthly payments. 1-800-SAVE-ME-2

PAY ALL YOUR BILLS WITH LESS MONEY! FREE Information 1-800-369-4539

RAISING SENSITIVE CHILDREN. Parenting Book illustrated. 96 pgs. send \$7.50. Saturn Press, 370 W. Camino Gardens Blvd. Suite 210 Boca Raton, FL 33432

SEEKING LOST FRIENDS, RELATIVES, CLASSMATES? BASCOMP provides computerized search. Send individual's name (middle initial if possible) and \$20 for listing. Box 25 Knob Noster, MO 65336

TELEPHONE RECORDERS, Bug/Phone Tap Detectors. Electronic Devices, more! For catalog mail \$5.00. EDE. POB 337LJ. Buffalo, NY 14226 (716) 691-3476

WORK AT HOME — EARN UP TO \$25,000. Train at home to type medical reports. Flexible hours. Free information, 1-800-475-0100 or 1-800-475-0100. At-Home Professions, 2901 Lowe Street, Dept.

## Tan At Home!



Home Delivery

## Don't You Love To Be Tan!

Sunquest  
WOLFE  
TANNING BEDS  
Buy Direct and Save Up To 50%  
Call for a FREE Color Catalog  
and Wholesale Pricing!  
1-800-462-9197



## Be a Secretary

Train at home in spare time.  
No previous experience needed.

Join thousands of successful secretaries who make good money. Experts guide you step by step. Train you in office procedures, record-keeping, office machines, much more. Free facts. Call 1-800-578-1234 or write: At-Home Professions, Dept. WJSA4, 2901 Lowe, Fort Collins, CO 80525

## MAKE MONEY AT HOME

Be a Medical Transcriptionist full or part-time...we train you at home in your spare time. No previous experience necessary. If you type, or are willing to learn, you can make up to \$25,000 a year and more at home typing medical histories from audio cassettes dictated by doctors. Get free facts! No obligation! Call toll-free... 1-800-475-0100...or write At-Home Professions, 2901 Lowe St., Dept. WJMA4, Fort Collins, CO 80525.

## Live Psychic Advisors Personal Readings \$1.95 Min.

See Why OUR Clients Refer Us to Their Friends!  
Info 1-800-982-5041 Visa/MC & Checks  
PSYCHICS 1-900-884-3292 \$1.95 MIN.  
Checks Accepted By Phone 18 & over  
24 Hours

## LIVE PERSONAL PSYCHIC Numerology • Tarot • Astrology Clairvoyant

Love • Success • Money • Difficult Decisions  
LOOK INTO YOUR FUTURE!  
Sensational Results with Rare Gifted Psychics  
1-900-933-7333  
24 Hrs. Call Now OR MC/VISA & CUST. SERV. \$297 Per Min.  
1-800-972-1117  
Mid-Hi Psychics • Must be 18+  
Also Spanish, French & German Speaking Psychics

## High School At Home DIPLOMA AWARDED

Without obligation, get free info on low cost home study method, accreditation, Diploma. No salesman will call on you. CALL FREE ANYTIME  
American School®, Dept. 204 850 E. 58th St. Chicago, IL 60637 1-800-228-5600

## PHOTOS FROM PHOTOS NO NEGATIVE NEEDED

Pick A Package  
★ 40 Wallets  
★ 32 Wallets & 1-5"x7" ONLY \$4.00 ea.  
★ 2 Custom 8"x10"  
★ 20 Jumbo Wallets  
★ 4 Jumbos & 4-5"x7"  
★ 4 Jumbos & 2-5x7 & 1-8x10  
TRUE COLORS • BEST QUALITY • SPEEDY SERVICE  
Send any photos, images, instant prints (B&W/Color) up to 8"x10" or color 35mm negs. (returned). Add \$1 per package for postage & handling.  
Need Assistance? Call 1-800-33-COLOR 9AM-4PM EST  
Guaranteed. Encl. check or M.O. with ret. address, send to: RELIANCE COLOR LABS, INC. Studio/F52-11 Box 1000 Swansea, MA 02777  
72 HOUR SERVICE Guaranteed or your \$3 Refunded RELIANCE COLOR LABS, INC. Rush X52-11 Box 999 Swansea, MA 02777

Keep your dogs and cats healthy and happy.

By Marina Aborn

## WHEN YOUR PET DRIVES YOU CRAZY

**D**oes your dog destroy the house when you're away? Does your cat "forget" to use the litter box? Sadly, owners of problem pets often give their animals away or have them destroyed. But there are better solutions to many common forms of misbehavior.

"First, call your local veterinarian to rule out any physical causes," says Nicholas Dodman, B.V.M.S., director of the behavior clinic at Tufts University School of Veterinary Medicine, in

North Grafton, Massachusetts. If nothing is physically wrong, then ask your veterinarian if she can help you resolve the problem—or refer you to a vet who has a special interest in animal behavior.

Here are some possible solutions to common behavior problems; you can discuss them with your vet or behavior specialist.

### DOG PROBLEMS:

● **Growling when owners go near its food or toys** This is potentially dangerous because it can lead to biting. Teach the dog simple one-word commands, such as "come" or "sit." Then make him obey the order every day before giving him the food or toy.

● **Destructive behavior when alone** This is a classic sign of separation anxiety, says Lloyd Agüero, a pet-behavior consultant from Great Falls, Virginia. Don't make a big deal of leaving or coming home. When you leave, distract him with a toy or treat, then quietly slip out. On returning, don't greet or pet him until he has calmed down. Practice going out for increasingly longer intervals.

● **Barking** Continuous, monotonal barking can mean the dog is bored



or unhappy over being confined in the house or yard. She may need more frequent interaction with the family.

● **Jumping on people** Dogs do this for attention. To stop the habit, stand still and don't react when she jumps.

### CAT PROBLEMS:

● **Refusal to use the litter box** The trouble may be the litter box itself. There should be one box for each cat in the house; keep them clean, and change the litter once a week or more. Try sand litter instead of clay. Spraying urine around the house, especially in a neutered cat, can signal anxiety or fear, and a behaviorist may recommend short-term use of a tranquilizer.

● **Playfully "attacking" people** This aggressive play usually diminishes in adulthood. Divert the cat's attention by throwing a ball, or a toy on a string, in the opposite direction.

—ILENE SPRINGER

## ask THE VET

By William D. Swartz, D.V.M.

*We try not to give our dog table scraps, but at Thanksgiving dinner, it's hard to resist. Is turkey meat good for dogs? What about turkey bones?*

**A**ll animals need a well-balanced diet, and too many table scraps—particularly meats, which tend to be greasy—can contribute to weight gain and skin, hair and digestive problems. On the other hand, vegetables (fresh, not smothered in sauces or casseroles) can be a nutritious supplement to your dog's meals, but check with your vet first. Animals should *never* be given poultry bones; they splinter and can puncture the pet's stomach.

Dr. Swartz is the owner and medical director of Clocktower Animal Hospital, in Herndon, Virginia. Send your questions about animal health and behavior to Box PN, Ladies' Home Journal, 100 Park Avenue, New York, NY 10017.



## DEAR JOURNAL . . .

*Some pets come to us from pet stores, animal shelters or as gifts. But quite a few just seem to show up out of the blue to become a very dear part of our lives.*

*We'd like to hear the story of how an animal unexpectedly entered your life whether or not the pet is still with you. Send your typed tale (no more than five hundred words, please) along with your name, address and daytime phone number to: Dear Journal: Pets, Ladies' Home Journal, 100 Park Avenue, New York, NY 10017. You may include a photo of the pet if you like. Entries must be received by November 30. If we print your story, we'll send you \$100.*

*All entries (including photographs) will become the property of Ladies' Home Journal and cannot be returned.*



There are those among us  
with very simple tastes.

They only want the best.

For them, there is Fancy Feast.  
The gourmet cat food. Exceptionally  
moist. Uniquely delicious. And, only  
Fancy Feast offers so many extra-  
ordinary varieties to satisfy even the  
most discriminating connoisseurs.  
Fancy Feast gourmet cat food.  
Good taste is easy to recognize.

# In my opinion . . .

Men who speak up are called leaders; women are called something far less polite. A political commentator tells you why it matters. By Bonnie Erbe

**I**'m pro-choice. She's pro-life. I'm a baby boomer and a child of the sixties. She's a baby buster and a card-carrying member of Young Conservatives. On the major issues, we couldn't be further apart, but we're the closest of friends.

Betsy Hart and I first came together when our professional paths crossed. We co-author a syndicated point-counterpoint column. Twice each month we appear on Lifetime Television's *Lifetime Magazine* show. Betsy is also a regular panelist on my PBS program, *To the Contrary*, the weekly all-woman news analysis.

The secret is that though Betsy and I may not share opinions, we do share the courage of our convictions. Unfortunately, outspoken self-confidence is not a trait the world encourages in women. Society rewards men who speak out on anything from politics to football. They're called leaders. Women who speak out are called aggressive—or something even less polite.

But it's November, and if there were ever a time when all good people need to express an opinion, it's when we elect the men and women who will govern this country.

Betsy and I were able to break the stereotypical mold because both of us were raised by women involved in politics. When Betsy was young, her mother ran for and won the job of Republican committeewoman in a township in Illinois. My mother took me to civil rights marches when I was barely old enough to walk.

Women who have not had those childhood experiences can still become comfortable voicing strong

opinions. Getting out there and expressing yourself is a great way to make a difference—and new friends. Here's how to get started:

1. Find a role model. It can be someone you admire in your community or even someone on TV. Then study that person. Pick up on tricks she uses to express herself and still appear reasonable.

2. Imagine yourself in a discussion with your role model. Jot down the points you would make and her responses. Train yourself to be ready for

that read: AIDS awareness activist, battered-women's shelter staff. Can you imagine the judges' disdain if your girl's profile read: pro-life activist, local NRA coordinator?"

5. Stay away from topics that you know your opponent has rigid views on. Religion and sex, for example, are a minefield. On the other hand, religion and sex are great fun to talk about precisely because people feel strongly. My advice: Tread lightly until you have a feel for the other person's tolerance.

6. Do your homework. Choose a topic, then read up on recent developments. If you feel passionately about a recent increase in local property taxes, talk about that, not about President Clinton's latest foreign policy dilemma.

7. No one has an opinion about every issue, and no one is informed about every issue. It's okay to say "That's not something I feel strongly about."

8. Don't be afraid to change your mind. Wisdom, it is said, is the ability to see another's point of view. The more information you gather, the more you'll question your own views.

9. Become a good listener. Knowing how a variety of people feel about an issue will ground your opinions.

10. Learn when not to engage. Big egos and word-hogs just want to hear themselves talk; they're not interested in the lively give-and-take of real conversation, or in examining their own opinions.

So give the world a piece of your mind. Not only is it fun, it's important. As Thomas Jefferson pointed out, the opinion of the people is nothing less than the foundation of democracy.



Commentator Bonnie Erbe (left) with friend Betsy Hart

a surprise. I have learned to deflect a challenge by saying, "That's not really relevant to my main argument, which is . . ." Then I move the discussion back to more familiar ground.

3. You can disagree without being disagreeable. Don't say "You're wrong." If someone makes a point you think is silly, smile and say, "I have a hard time agreeing with that because . . ."

4. Humor is the great equalizer—as long as it's not used to launch a sneak attack. Discussing the Miss America Pageant with Betsy, for example, I told her how unappealing I find beauty pageants. She said what galls her is the political correctness: "The girls invariably have backgrounds

OUR HAPPIEST HOLIDAY ISSUE

# Journal

**OF THE BATCH**  
**winning**  
**Christmas Cookies**  
**S, TRIMS, WREATHS**  
**Traditional**  
**rm**  
**k**  
**utiful,**  
**o-By-Step**  
**w Not**  
**Gain**  
**e Pounds**  
**s Month**



**KEEP AT THE WHEEL**  
**Holiday Danger That**  
**ould Happen To You**  
**istmas, Chanukah, Kwanzaa**  
**W FAMILIES CREATE**  
**W TRADITIONS**

*Joy to the world*

**Perfect Angels  
And Other Stories  
Of Real-Life  
racles**

BURLINGAME  
 NOV 9 - 1994  
 LIBRARY ✓

**Kids' Picks  
BEST TOYS UNDER \$10**

#BXECHFS\*\*\*\*CAR-RT SORT\*\*030  
 #LBRLP000097 1#302496 EF  
 APR 95  
 BURLINGAME PUB LIB BA1B  
 480 PRIMROSE RD #P912  
 BURLINGAME CA 94010-4010

Max Factor Pan-Stik Makeup

*the  
impeccable finish  
that  
just won't stop.*

If  
your makeup  
disappears with  
the day, try Pan-Stik.  
Its creamy, full-coverage  
formula slips on lightly  
for a silky-matte finish.  
The look is smooth.  
Polished. Perfect. And it  
stays true. 12  
shades.

MF

MAXFACTOR  
INTERNATIONAL



Impact

IMPACT MAKEUP IN TRUE BEIGE

## in the news

**44 CNN NEWSLINE REPORT** LHJ teams up with the world's news leader to bring you the latest stories. This month: breakthroughs for breast and ovarian cancer; banking at the grocery store; how to choose a great tie for him; and more.

**64 TO STOP A THIEF** With burglaries on the rise at holiday time, we sent seasoned security pros to check out three typical homes—the tips and tricks they shared with these homeowners can help you make your house a home safe home too.

**COVER STORY**

**100 THE JOY OF ANGELS** A heartwarming message from the author of the best-seller *A Book of Angels*, who tells of encounters with celestial guardians. *By Sophy Burnham*

**104 LADIES' HOME JOURNAL TRIMS THE TREE** When Tipper Gore asked LHJ to help spruce up the Vice President's home for the season, we got right to work to create a traditional Christmas in the capital and help the Second Family feel at home for the holidays. *By Leslie Lampert*

**118 MOTHER AND CHILD REUNION** It was a remarkable coincidence: A counselor and her client find out they have something very special in common. *By Carolyn Campbell*

## personalities

**38 THE TEN STARS OF CHRISTMAS** Demi, Arnold, Meg, Whoopi and more of today's hottest celebs light up the big screen in the winter's best movies. *By Meredith Berkman*

**124 'TIS THE SEASON TO DO IT RIGHT** An experts' guide for handling the holidays' more "challenging" moments—everything from how to look younger than last year in the family portrait to carving the turkey like a pro, and more!

## body and mind

**72 MEDINEWS** Health risks for holiday shoppers; how to tell what's ailing your stomach; save your hearing with exercise; and more.

**66 HOW NOT TO GAIN FIVE POUNDS THIS MONTH** Yes, it is possible! You can enjoy the eggnog, the cookies and the stuffing without gobbling up a ton of calories. The best ideas for keeping stress low, spirits high—and pounds off! *By Donna Christiano*

**80 ASLEEP AT THE WHEEL** Everyone knows the dangers of driving drunk. But driving *drowsy* can be just as dangerous. If you think it can't happen to you, read this before you get behind the wheel. *By Mary C. Hickey*

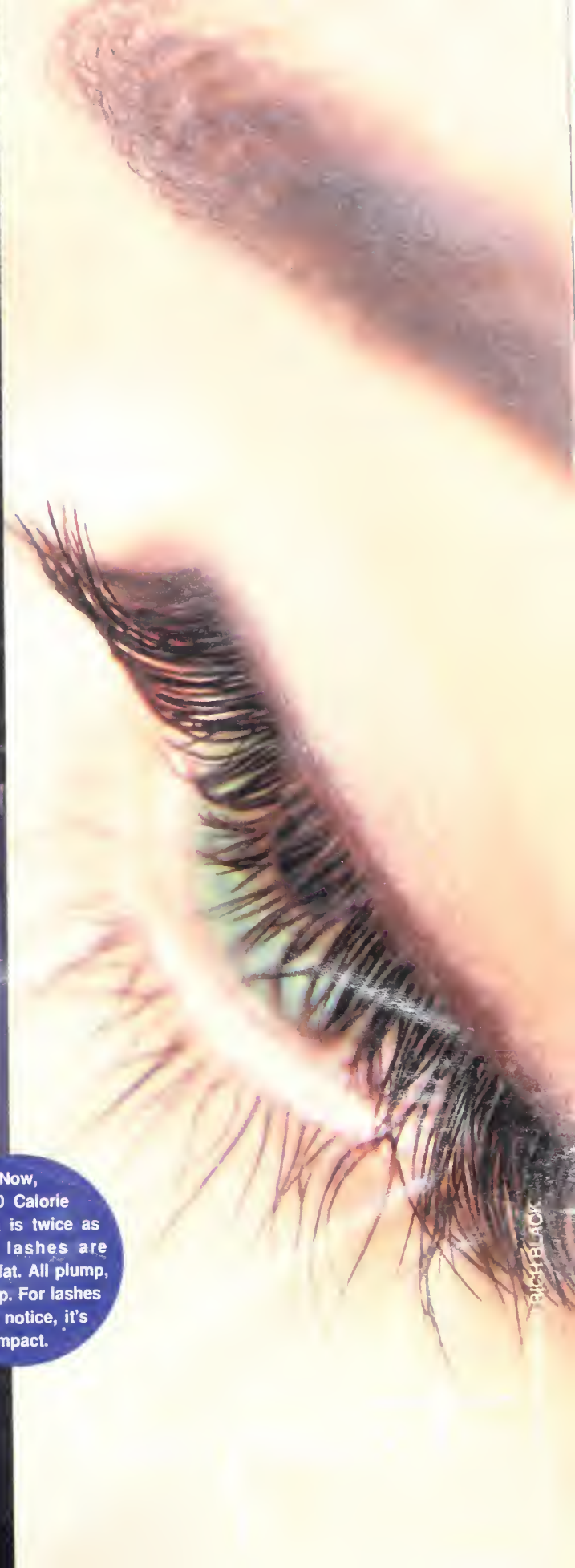
**THE BEST DRESSED**

PAGE 32



2000 CALORIE MASCARA

fattens  
lashes  
200%



Now,  
2000 Calorie  
Mascara is twice as  
rich so lashes are  
twice as fat. All plump,  
no clump. For lashes  
they'll notice, it's  
impact.

MAX FACTOR  
INTERNATIONAL

RICHBLACK

MOISTURIZING  
BODY WASH

OLAY  
of  
OIL  


Moisturized skin no bath bar can *touch*.

## Introducing *Oil of Olay 2in1* Moisturizing Body Wash.

The first complete formula that *combines* cleansers and unique Olay Moisturizers. Put a little dab on the Olay puff and massage yourself in rich, moisturizing lather.

So *totally* different from beauty bars. And these Olay moisturizers are actually absorbed by the skin. So now you can step out of the shower with softer, *smoother skin*. And not even bother with body lotion.

**Breakthrough?**  
*Unquestionably:*

Cleansing puff included in starter kit. Product available in bar soap aisle.



## RECIPE CONTEST WINNERS

142



## families today

**26 A WOMAN TODAY** "Reverend Mom" For one woman, it was a long, rewarding road to becoming a minister—and an even more difficult journey to motherhood. *By The Reverend Mary Grace Williams, as told to Anna Scotti*

**50 THE BEST TOYS FOR UNDER \$10** Our annual round-up of top toys: This year's "expert" kid judges played and played—and picked out the toys they'd most like to see under the tree. *By Linda Fears*

**90 "NOT THE HOLIDAY I EXPECTED"** Whether you celebrate Christmas, Chanukah or Kwanzaa, sometimes it just doesn't feel like holidays pass here, three women tell how they let go of old expectations and created new traditions to share with their families.

## style

**33 BEAUTY & FASHION JOURNAL** The best party-dress bargains; tips for a terrific manicure; fragrances perfect for giving; and more.

## THE TEN STARS OF CHRISTMAS

PAGE 38



**112 ALL DRESSED UP** Glamour is back! So get set for a fete with these tips for best-tressed hair, alluring eyes and standout, sexy style. *By Lois Joy Johnson*

**120 YOU LOOK JUST LIKE . . .** It's Jerry, George and Elaine! Cindy and Richard! Or is it? See if you can tell who's who among the winners of the third annual LHJ/Maury Povich Show Celebrity Look-Alike Contest.

## food

**129 FOOD JOURNAL** What's cooking in December.

**130 OUR BEST HOLIDAY BUFFET** If you're hosting a party for family and friends, have we got a menu for you: LHJ's food editors selected their favorite dishes and created classic fare that's guaranteed to please.

**142 COOKIES!** Bake up a winning batch from our readers' favorite cookie-recipe contest.

**158 GOURMET GIFTS** The most special presents are those you make yourself. We've got delicious treats to delight all those on your gift list.

**164 THE LATEST DISH** Super shrimp from the new *Forrest Gump* cookbook; the food-pyramid debate; all about oranges; and more.

**168 INSIDE THE JOURNAL KITCHEN/RECIPE INDEX**

## regular features

**10 EDITOR'S JOURNAL**

**15 CAN THIS MARRIAGE BE SAVED?** "We can't even stop fighting at Christmas" *By Margery D. Rosen*

**176 BACKTALK**

**178 LAST WORD** "A Toast To '94" A lighthearted tribute to the newsmakers of the year. *By Lenore Skenazy*

Cover photo, Robert Diadul; hair, Gad Cohen for Gad Cohen Studio; makeup, Linda Mason for Linda Mason Elements; set design, Karen Reisler; stylist, Sharon Haver; frame, Manhattan Art & Frame; models, Hania and Mischa Baron of Wee Willy; leotard, Gilda Marx; tutu, Freed of London; tights, Danskin; wreaths, D. Emmett McCarthy; bow, M&J Trimmings. This page, top, photo, Alan Richardson; prop stylist, Cathy Cook; food stylist, Karen J.M. Tack. Bottom, photo, Albert Sanchez/Visages.

# CHANTILLY



THE SPRAY LINGERIE

You're wandering out of the store.

Gotta pick up the kids at day care  
when, suddenly, you see something  
you can't leave behind.



Go ahead. Follow that feeling.  
With Libbey, you can afford to be impulsive.  
Whether it's our romantic Brandywine, or  
any of our other vivid color collections, Libbey offers  
so many choices, you're sure to find just  
the right glassware to set the mood for your table.  
Glasses for any moment. And any occasion.

**Libbey®**

*For more information on Libbey products, write:  
Libbey Inc., P.O. Box 10060, Dept. B-LH, Toledo, OH 43699-0060.*

## All angels

Ladies' Home Journal's staff was flying high when they produced our special holiday issue. Through confidence, success, and a lot of hard work, we're bringing our most angelic...



Happy Holidays to you and your family from this band of angels.

*Myrna Blyth*

Jeffrey Saks Art Director

Jane Farrell Articles Editor Carolyn Noyes Managing Editor

Lois Joy Johnson Beauty & Fashion Director Jan Turner Hazard Food Editor

Mary Mohler, Leslie Lampert Senior Editors Linda Fears Senior Writer

### ARTICLES

Pamela Guthrie O'Brien features and books editor

Margery D. Rosen family and child-care editor

Mary C. Hickey senior editor Melina Gerosa senior editor, entertainment

Shana Aborn associate editor Sharlene King Johnson associate editor

Katherine Lee associate editor, research Karyn Dabaghian assistant editor  
Christine Urgola

### BEAUTY AND FASHION

Kimberly Marth associate editor Gwen Flamberg assistant editor

### FOOD

Susan Sarao Westmoreland associate editor

Fraya Berg Lisa Brainerd Margot Abel

### LIFESTYLE

Kimberlie A. Waugh associate editor

### EDITORIAL PRODUCTION

Stephanie Makrias copy editor Julie A. Mettenburg copy editor

Mandana Massiha assistant editor

### PUBLIC AFFAIRS

Margaret Hickey

### READER SERVICE

Jill Benz

### ART DEPARTMENT

Stacy Marchelos associate art director Nicki Gostin photo editor

Kimberly Ann Koppel designer Peter Cober studio manager

Ayesha Hakki

### PRODUCTION

Lawrence P. Bracken manager

Doreen Yip Hackett type director Kin Quon type assistant

Alberta Harbutt assistant to the editor-in-chief

### Contributing Editors

Lawrence Balter, Ph.D. Katherine Barrett Kathryn Casey

Deborah Diamond Ellen Galinsky Jeanne P. Goldberg, R.D., Ph.D.

Andrea Gross Mary Lou Mullen Hall Dean Lamanna Paula Lyons

Sofia Marchant Diana McLellan Carol Lynn Mithers

Evelyn Firestone Moschetta, D.S.W. Paul Moschetta, D.S.W.

Andrea Rock Michael J. Weiss (Washington, D.C.) Rosalind Wright

### DONNA GALOTTI

Publisher

Michael L. Brownstein Advertising Director

Esther Laufer Promotion-Marketing Director

Vicki Dreyer-Fischer Sales Development Director

Robin Billie Midwest Manager

Mindy Picon Eastern Manager Paul Bode West Coast Manager

Jeannine Shao New York Manager Leslie A. Light Associate New York Manager

Sharon Rogers San Francisco Manager Christi Neill Home Journal Manager

Nancy Hall Beauty & Fashion Manager Terry Giella Sales Administration Manager

John Condit VP Operations/Manufacturing

Michael C. Senior Newsstand Sales Director

Wanda Ziembinski Production Director

Michael I. Cook Business Manager

Tricia Gonzalez assistant to the publisher

### Meredith Magazine Group

Christopher M. Little, President

Bill Murphy Meredith Custom Marketing Max Runciman Magazine Group Controller

Hal Oringer Circulation Dean Pieters Operations



CORPORATION

Jack D. Rehm Chairman and Chief Executive Officer

William T. Kerr President and Chief Operating Officer

E. T. Meredith, III Chairman of the Executive Committee

The Journal cannot process unsolicited manuscripts or art material, and the Publisher assumes no responsibility whatsoever for their return. Postmaster: Send address changes to Ladies' Home Journal, P.O. Box 53940, Boulder, CO 80322-3940.

© 1994 Meredith Corporation. All rights reserved. "Never Underestimate the Power of a Woman," "Can this marriage be saved?" and "L.H.J." are trademarks of Meredith Corporation, registered at U.S. Patent Office. Title "Ladies' Home Journal" registered at U.S. Patent Office and foreign countries.

**CUSTOMER SERVICE INFORMATION** For service on your subscription, including change of address, write to Ladies' Home Journal Customer Service, P.O. Box 53940, Boulder, CO 80322-3940. Please enclose your address label from a recent issue. If you wish to phone, call toll-free 800-371-4545. Send all other correspondence to Ladies' Home Journal, 100 Park Avenue, New York, NY 10017.

Printed in the USA

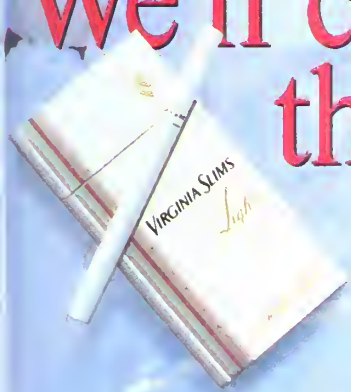


# VIRGINIA SLIMS

APPY HOLIDAYS



“Make  
the world  
a brighter place?  
We'll celebrate  
that.”



© Philip Morris Inc. 1994

8 mg "tar," 0.7 mg nicotine av. per cigarette by FTC method.

**SURGEON GENERAL'S WARNING: Quitting Smoking  
Now Greatly Reduces Serious Risks to Your Health.**

"I shop for a lot of things. I shop-

...ped around for my pharmacist too. She happens to be at Kmart (which makes it easier to shop for a lot of things). She

...ped around for my pharmacist too. She happens to be at Kmart (which makes it easier to shop for a lot of things). She

...ped around for my pharmacist too. She happens to be at Kmart (which makes it easier to shop for a lot of things). She

**"My pharmacist wasn't checking for drug interactions so I decided it was time to interact with another pharmacist."**

discusses my prescription drugs with me. She even provided me with a patient education

Prescription  
Rx NUM: 65000  
Tx NUM: 102456  
Patient: COOPER  
Drug: DRG 144A  
SUBS:  
ORD QTY: 100  
DIS QTY: 100  
SIG: 1 BID TAKE ONE  
Days: 90  
Refills: 1  
Doctor: PHYS 1 PHYSICIAN  
PR Code:  
PR Zone:  
PR OVER:  
PR-QTY:  
@Lab-TP:  
New PR:  
Old PR:  
Brand:  
SUBS:  
Cost:  
Profit:  
Copay:  
Disc:  
Net:

printout from the computer.

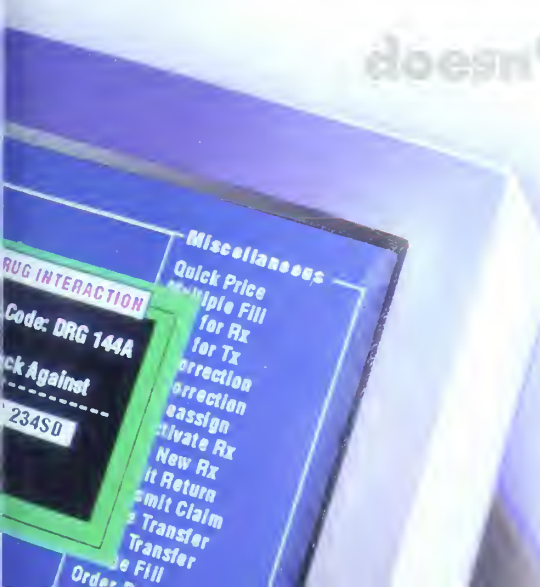
It told me all about my medication. Still, I had questions. Lots of them, such as, 'What am



I supposed to do if I miss a dose?' We communicate, we interact, call it what you want.



Talking to her is medicine, too; it just doesn't come in a bottle."



Some questions you have for a Kmart pharmacist may be answered over the phone. Call 1-800-866-0066 for the location and phone number of your nearest Kmart store or pharmacy.

©1997 Kmart Corporation. All rights reserved. The Kmart logo is a registered trademark of Kmart Corporation.

A silver spoon lies on a bed of dark soil, its handle extending towards the bottom right. To the right of the spoon is a potted plant with large green leaves and several vibrant purple flowers with yellow centers. The background is a dark, textured surface, possibly a wall or a large rock. The overall scene is a still life composition.


Who says plants can't tell the difference?

ONEIDA

Pattern Shown: Do

# CAN THIS MARRIAGE BE SAVED?

The most popular, most enduring women's magazine feature in the world



## “We can't even stop fighting at Christmas”

By Margery D. Rosen

**TRACY'S TURN** “We had the worst Christmas ever,” said Tracy, forty, the mother of two preschoolers who works part-time as an X-ray technician in a hospital. “I bought my husband, Mike, two beautiful shirts, and he didn't even open the packages, let alone thank me. They sat here under the tree for three days. Now, is this a mature way to act?”

“Mike and I have been married for four years, and though I've tried to make it work for the sake of my kids, I'm so ambivalent now. So much is wrong, I hardly know where to begin. Mike has this Neanderthal way of looking at the world—I'm sure it comes from his family. Mike's parents are very traditional and very conservative. His mother wouldn't dream of leaving her children with a baby-sitter while she went to work. But I love my work and I don't see why a woman can't be a mother and have a career at the same time. But Mike tells everyone that my job is

‘something Tracy does to get away from the kids.’

“Nor can he understand why, if I'm working only part-time, I need to pay for a full-time baby-sitter. But my work schedule changes from week to week. I usually work four P.M. to midnight, so I can have my days free to be with the boys, but I often work weekends, too, and Mike isn't always available to watch them. Besides, my work is draining, emotionally and physically. If I didn't have someone to help with the housework, I'd be too wiped out to enjoy my kids.

“So, if we're not fighting about my work, we're fighting about some other money-related problem. Mike is insulted because I don't want to pool our money. Well, I'm convinced that if we did, the things that are important to me would go way down on the priority list. I'll give you a perfect example: I had assumed that we'd use some of the money we got for wedding gifts to pay off my debts—I owed

money on my credit cards and to the IRS. When I mentioned this, Mike announced that he'd already taken that money to put a down payment on a house. Can you believe that he bought a house without even discussing it with me? And that he can't understand why I'm upset and concerned that my needs will be ignored?”

“We have no real system of paying for things: I usually take care of the household expenses—food, clothes, that sort of thing. Mike pays for the mortgage and car. But it's never smooth: We're forever arguing about it.

“When we're not battling over money, we're arguing about the kids. Mike thinks I'm a lousy mother because I don't discipline them enough. The other day we took them to a restaurant, and just because they didn't sit there like little soldiers, the way he and his sister always did when they were kids, he thinks they're out of *(continued on page 18)*

**THIS MONTH'S CASE IS FROM INTERVIEWS AND INFORMATION FROM THE FILES OF JANE GREER, D.S.W., A MARRIAGE AND FAMILY PSYCHOTHERAPIST IN PRIVATE PRACTICE IN NEW YORK CITY AND DOUGLSTON, NEW YORK.**



# INTRODUCING THE TOTALLY NEW FORD CONTOUR.

\*EPA estimated 24 city/35 hwy. mpg with 2.0L manual transmission. MicronAir™ is a registered U.S. trademark of Firma Carl Freudenberg.

new on our global resources. Tapped the latest thinking from around the world. Brought the newest innovations and built a totally new car. It's the Ford Contour.

It has two all-new engines: The new Ford Zetec, a 16-valve, high-torque engine that delivers an inspired sense of power and efficiency\*. And the new 24-valve Duratec, an engine that can go an amazing 100,000 miles between recommended tune-ups.

It has two all-new transaxles. Advanced safety features. Class exclusive like the MicronAir® filtration system that removes virtually all dust and pollen from the air. And an available

"All-Speed" traction control system that helps control slippage at any speed. Contour is a high level of features designed for your convenience.

Contour is the best thinking and engineering from around the world in one new car.

The totally new Ford Contour. A world car for the 21st Century, here for you today.

Starting Under \$14,000

Contour GL Value Package Just \$14,655  
Includes: air conditioning, stereo with cassette, dual remote heated mirrors, rear defroster, full console and more.

\*'95 Contour GL MSRP \$13,805; '95 Contour GL with PEP 235A. MSRP \$14,655 excluding tax and title.

Contour SE shown, MSRP \$16,190

A  
WORLD  
OF  
NEW  
IDEAS  
HAS  
TAKEN  
SHAPE  
IN AN  
ALL-NEW  
CAR.

WORLD CAR FOR THE 21st CENTURY



## Can this marriage be saved?

page 15

You can't expect a two-year-old and a four-year-old to be perfect companions.

"I can't discuss any of this with Mike. When he's upset, he pulls away and gives me the silent treatment. He can ignore me for days. When he gets really angry, he'll fling back at me things I've told him in confidence.

"My childhood was kind of strange. I know plenty of people would say my family was totally dysfunctional, but to me, it was normal. I grew up in Albany, New York, and when I was about six, my parents' marriage began to unravel. After one particularly bad argument, Mother took me and my older brother to Las Vegas to live with her former husband, who worked at one of the big hotels there. Dad was at work and didn't even know where we had gone. I remember feeling very frightened that I'd never see him again. But, as always, I rolled with the punches.

"We stayed in Las Vegas for about six months when, out of the blue, my

father showed up at school. The next thing I knew I was on a plane back to New York, terrified that I'd never see my mother and brother again. She did come back, and my parents tried to make a go of it, but they ultimately divorced when I was starting high school. My brother and I lived with Mother, who soon remarried someone in the area where we'd grown up, but I know she was never happy. She yelled a lot and used to smack me around. Her new husband was a very unsavory guy.

"Anyway, after high school I bummed around the ski resorts out West for about three years. I met a guy I really loved out there, and we moved back to New Hampshire together and opened a restaurant. When it became clear that he just wasn't going to marry me, I decided to go back to school. I knew I wanted to do something in the medical field, so I enrolled in a college in New York to become a radiology technician. I graduated at the top of my class and got a job almost right away in a hospital near where I lived.

"Friends introduced me to Mike who had a furniture-design business. He was a couple of years younger than I was, but we really hit it off. We dated for about two years before we decided to get married.

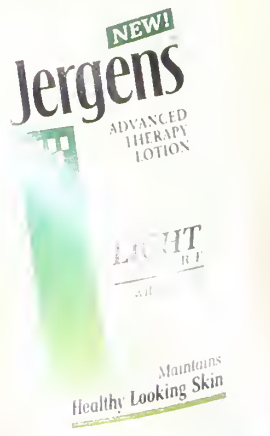
"But this marriage is a joke. Mike never home. He installs kitchen and wall units, and he has lots of deadlines and often works until nine at night. Does he ever think to call and tell me he'll be late? No. Maybe his mother kept a plate warm for him when he decided to grace her with his presence, but I'm not about to do that.

"We never talk anymore; I figured out he had lost one of his biggest accounts by overhearing a conversation with friends at dinner a few months ago. The one thing that is good about our marriage is our sex life. In fact, that's the only reason I haven't packed up the boys and moved out. I keep telling myself that if sex can be this good, there must be something to build on.

"But right now I'm not sure whether I'm in counseling to save my marriage or to learn how to cope as a single mother."

# Now YOU CAN CHOOSE skin care that's right for you

Even great looking skin needs light care every day to keep it healthy looking



Normal to dry skin loves the every day attention of original cherry almond scent Jergens.



Our special formula with Vitamin E and Lanolin helps restore moisture and smooth away flakes.





**HE'S TURN** "If she's so miserable, er get a divorce," thirty-eight-old Mike snapped bitterly. "She's a nasty bitch, and I don't know what to stay married to her either. Do you know what it's like to live with a woman who is constantly calling you a liar, a stupid idiot or worse? I can't repeat in polite company the things she says to me. That's why I don't talk to her and why I stay at home so late. It's a lot safer than coming home."

But her biggest problem is that Tracy has no concept of money management. Trying to get my wife to sit down and make up a simple budget is impossible. If I didn't take control of the money, we'd have none. She uses credit cards for everything and worries about paying for it all later. She thinks I'm not saving when I want to save for retirement or the kids' college education, pinching pennies.

What's wrong with pooling our money? That's what married people do. It makes sense. I think Tracy is being ridiculous, and it makes me very angry. She's paranoid about money,

but for the life of me I don't understand why. In fact, most of the time, I don't know what's bothering her; she's just ranting and raving.

"Okay, I should have talked to Tracy about buying the house, but I assumed it was something she wanted, too. We were getting married, and this was a very good deal and a wise investment. It would be nice if she respected my financial acumen once in a while."

"And, yes, I think a mother should stay home with the children when they're little. My father was a security guard, and my mother didn't go back to work until my younger sister was in high school. I want my kids to have the same solid childhood I had. And what I see happening is that they're starting to get out of control. Tracy is too indulgent."

"Frankly, I do think that paying for a full-time baby-sitter when Tracy is home most of the day is a waste of money. Either she works, or she stays home. Why should she have it both ways? Even with all this help, the house is still messy."

"You know, I love this woman, and there are days when I sit at work and

think about how much I want to make this marriage work. I try—but she just pushes me away with her nastiness. I fell in love with a woman who had a lot of spunk and energy. That energy was sexy; and, yes, like she said, when we're in bed, our sex life is as great as it ever was. I try to block out all the fighting and imagine us the way we were. But then Tracy says something in that tone of hers, and I have to pull away."

**THE COUNSELOR'S TURN** "These two were so ambivalent about staying married that I saw them separately for several weeks to better assess the situation," said the counselor. "In doing so, it became clear that they had more in common than either was able or willing to acknowledge. The hard part was getting them to realize it."

"In our joint sessions, my first goal was to get them to make a commitment to the relationship. I had them do a simple assignment: I asked each of them to make a list of the reasons they wanted to be married and the reasons they wanted to split. Seeing these points on (continued on page 24)

**The Jergens<sup>®</sup> Difference:** **N**ew formulas from Light Care to Ultra Healing with patented lipids that *work with your skin not just on it.*<sup>®</sup> It's your skin. It should be your choice. That's the Jergens Difference.



Extra dry rough skin needs extra healing power and lasting moisturization.



For extra dry rough skin that demands healing power without a fragrance.



When a lotion alone isn't enough for severe dry rough spots like hands, heels and elbows.

Have you noticed the welcome mat is hardly ever out for smokers?  
For a great smoke, make yourself at home.



Finally, a welcome sign for people who smoke.  
Call 1-800-494-5444 for more information.

© Philip Morris Inc. 1994  
10 mg "tar" 0.8 mg nicotine av. per cigarette by FTC method.

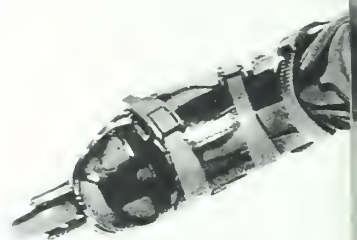
**SURGEON GENERAL'S WARNING: Quitting Smoking  
Now Greatly Reduces Serious Risks to Your Health.**



B E N S O N   &   H E D G E S   1 0 0 ' s



T H E   L E N G T H   Y O U   G O   T O   F O R   P L E A S U R E



Double breasted wool suit  
with 4% LYCRA and ribbed hosiery with 8% LYCRA by Donna Karan.

Because even if you don't skate on the job you still  
need room to maneuver.

Look for the LYCRA Brand.



*Nothing Moves Like LYCRA.*



...made them realize that there were more reasons to work on the marriage than to end it. "So from now on, I told them, 'you both have to stop threatening to get a divorce. That's hurtful for both of you.'

The next step was teaching them to handle their anger in a healthy way. With Tracy and Mike, nothing was sacred. Each accused the other of being cruel and uncaring, and several sessions were spent simply getting them to agree to basic rules of civility. I told them that cursing and name-calling were off-limits, especially in front of others. So was dredging up old arguments or confidences. "You have to find a less hurtful way to express your anger."

"Tracy's unpredictable and unstable childhood wounded her in ways she was still unable to acknowledge. She thought of herself as rolling with the punches, but in truth she denied much of her painful past and unconsciously replayed events from childhood in her marriage. Tracy coped with the pain of her upbringing by 'normalizing' it, that is, insisting it wasn't so bad. Tracy was raised in a chaotic, volatile home where screaming and yelling were a daily event. When Mike ignored her or failed to consult her about finances, she felt as abandoned as she had as a child. This is why she rejected Mike's suggestion that they pool their finances; to her, it smacked of putting his needs ahead of her own, just as her parents had done.

"By contrast, in Mike's family such behavior was unheard of. They didn't express anger, and they didn't express their needs and desires either. Mike never learned to share his feelings. As the oldest son, he was praised and doted on. Mike expected Tracy to be as organized as his mother was, to take care of the house and the kids, and to indulge him. When she didn't, he felt cheated and unloved.

"In time, as Tracy learned to control her bitter outbursts and Mike learned to take her concerns seriously and talk about them, the tension at home lessened. At this point, we could focus on their money problems.

"To help develop a sense of financial partnership, I suggested they

make another list, this time of their financial priorities. What was most important to each of them from a financial point of view? While each had assumed the other had very different priorities—and then got angry because those priorities were different from their own—they were again surprised to see how similar their goals actually were. Both were concerned about their children's financial security, saving for the future and having some autonomy in personal spending.

"This last point was especially important to Tracy. I explained that for most of us, money is a symbol—for power, prestige or love. Tracy was afraid of pooling her money because to her that represented a loss of autonomy. It helped when I reframed her thinking: Instead of seeing pooled resources as a means of Mike's taking complete control, I suggested she think of it as a way to get what both of them wanted. In time, Tracy was also able to understand that making a budget wouldn't limit her; rather, it was yet another way to ensure that they had the resources to achieve their financial goals.

"I also advised them to learn to express appreciation and respect for each other's strengths. As their marriage

improved, Mike was able to see that Tracy really was a nurturing and attentive mother; most important, he was able to tell her so. He's also got a good understanding of Tracy's need for a full-time baby-sitter. On nights that Tracy doesn't work, he makes a point of coming home for dinner.

"Meanwhile, Tracy has learned to acknowledge that her husband is a good money manager—and Mike has made discussing purchases and investments with his wife a priority. Realizing that keeping separate accounts created a bookkeeping nightmare, Tracy has agreed to joint checking and savings accounts, as long as she has a small separate account in her own name. Every six months, Mike and Tracy sit down for a financial review.

"Tracy and Mike ended counseling after a year and a half. While in other marriages, money is still a taboo subject, these two have learned that their arguments often have more to do with how you learn to balance your partner's feelings and needs with your own's."

*CAN THIS MARRIAGE BE SAVED?* is a registered trademark of Men's Health Corporation.

## SKILL BUILDER

### The top four money mistakes

This couple's relationship was so soured by power struggles over money that they lost sight of the fact that they shared many of the same goals. If money is an emotionally charged issue in your house, chances are you're making at least one of these money mistakes:

1. *You haven't set financial goals.* Sit down and make individual lists of your financial goals for the future. Dream a little here: Would you love to travel? Buy a cabin in the mountains? After you've compiled a wish list, make a second list for goals that can reasonably be attained in a five-year period. *Are your goals in sync? If not, can you fine-tune them so they are?*
2. *You haven't hammered out a realistic budget.* Tracy was particularly negligent in this area. Keeping a tab of everything spent, down to the penny, for several months gave her the true picture she needed to discuss money issues with her husband. When Mike knew the basics were being covered, he felt comfortable giving Tracy freedom to buy what she wants—within reason—without fear of criticism.
3. *You have a poor credit rating, or none at all.* As a single woman, Tracy's credit rating had been abysmal. She had to clear up that record—forcing herself to pay cash and reserving credit cards for emergencies. Women who have no credit need to establish themselves with an individual savings or checking account in their own name.
4. *Your financial records and receipts are haphazardly "filed," and you have no idea where.* Appoint one person to do the monthly bookkeeping (you can rotate if you want to share the responsibility). Keep receipts, stubs and credit card statements in one place. Ditto for other important financial records such as insurance and mortgage papers.



SUN MOON STARS



The new fragrance from Karl Lagerfeld

**LAGERFELD**

PARIS

... BUT...  
... much  
... price!

# SUN MOON STARS

The new fragrance from Karl Lagerfeld

An emotional galaxy of scents, SUN MOON STARS has a sparkle and a wonderful airy feeling that captures the brilliance of the stars, the warmth of the sun, and the silvery sensuality of moonlight.

- 30.00
- 90.00
- 80.00
- 50.00
- 28.00
- 25.00

W  
 cre  
 cru  
 wer  
 to ba  
 that cui  
 limits, e  
 was dro  
 confiden  
 hurtful  
 "Tr  
 ble c  
 she  
 S



SKIN.

## Dillard's

To order by phone call:  
1-800-345-5273



# HEALTHMAX® TREADMILL BEATS NORDICTRACK™! COSTS \$300 LESS!

Both **HEALTHMAX** and NordicTrack WalkFit give you an upper and lower body workout along with the superior exercise of a non-motorized treadmill. But there are 11 powerful reasons to choose **HEALTHMAX TREADMILL**:



**HEALTHMAX TREADMILL**



**NORDICTRACK WALKFIT**

<b>1</b>	Low Price	<b>YES</b>	<b>\$299</b> <small>(plus \$59 shipping/handling)</small>	<b>NO</b>	<b>\$599<sup>95</sup></b> <small>(plus \$19.95 shipping/handling)</small>
<b>2</b>	Superior Workout of a Non-Motorized Treadmill	<b>YES</b>	Non-motorized means you set the pace for a better workout and greater calorie burn. No motor means safety and no maintenance, too.	<b>YES</b>	NordicTrack knows they're on to something here. <b>BUT... HEALTHMAX</b> gives you as much and more for about 1/2 the price!
<b>3</b>	Total-Body Muscular and Cardiovascular Workout	<b>YES</b>	Works upper and lower body for most effective total-body workout. Ordinary treadmills only work lower body.	<b>YES</b>	<b>BUT...Why would you pay \$300 more than HEALTHMAX TREADMILL?</b>
<b>4</b>	Full 44" Tread Length and 7 Incline Positions	<b>YES</b>	Long tread designed for running <i>and</i> walking. 7 different tread incline angles give a full range of workout intensity.	<b>NO</b>	Shorter 41 1/2" tread limits stride length machine can accommodate. Only 6 incline positions.
<b>5</b>	Variable Resistance on Arm Exercise Poles and Tread	<b>YES</b>	Adjusts to your personal resistance level with a simple twist of a dial. Arm pole resistance is 2-way — push <i>and</i> pull — for maximum workout.	<b>YES</b>	<b>BUT...WalkFit costs almost twice as much as HEALTHMAX!</b>
<b>6</b>	Adjustable Height on Arm Exercise Poles	<b>YES</b>	Adjust to fit your height for most effective workout.	<b>NO</b>	Not adjustable. You'll have to use the one height they give you.
<b>7</b>	Electronic Workout Monitor	<b>YES</b>	7-function monitor tracks your workout progress.	<b>YES</b>	<b>BUT... Are you sure you want to spend \$300 more than HEALTHMAX TREADMILL?</b>
<b>8</b>	Pulse Monitor Included	<b>YES</b>	Monitors your heart rate for optimum — and safe — workout.	<b>NO</b>	Not included. To get one, you must pay an extra \$149.95 for their optional "workout computer."
<b>9</b>	Folds for Easy Storage	<b>YES</b>	Easily folds to just 49" long by 19 1/2" wide by only 11" high!	<b>YES</b>	<b>BUT...When told, it's still 52 1/2" long by 21" wide by a cumbersome 17" high.</b>
<b>0</b>	Comes Virtually Fully Assembled	<b>YES</b>	Simply attach monitor and 2 knobs, and you're ready to go!	<b>NO</b>	Requires more extensive assembly.
<b>1</b>	Payable in Installments	<b>YES</b>	8 easy credit card installments of just \$37.38! <small>(\$59 shipping/handling added to first installment)</small>	<b>YES</b>	<b>BUT...You start by paying \$169.90, then you must pay \$39.95 per month for 12 months, then a final \$34.54! (includes 12% interest)</b>

## You set the pace for a superior upper and lower body workout!

exercising your entire body simultaneously — the muscles in your arms, shoulders, back, chest, abdomen, buttocks and legs — **HEALTHMAX** gives you a non-motorized muscular and aerobic workout that ordinary treadmills, rowers or exercise bikes can't match! And it does all this at a price that's *half* that of NordicTrack's WalkFit! don't delay, pick up the phone and order your **HEALTHMAX TREADMILL** today. And while you're using it, you can think of all the things you can do with the \$300 you've saved!

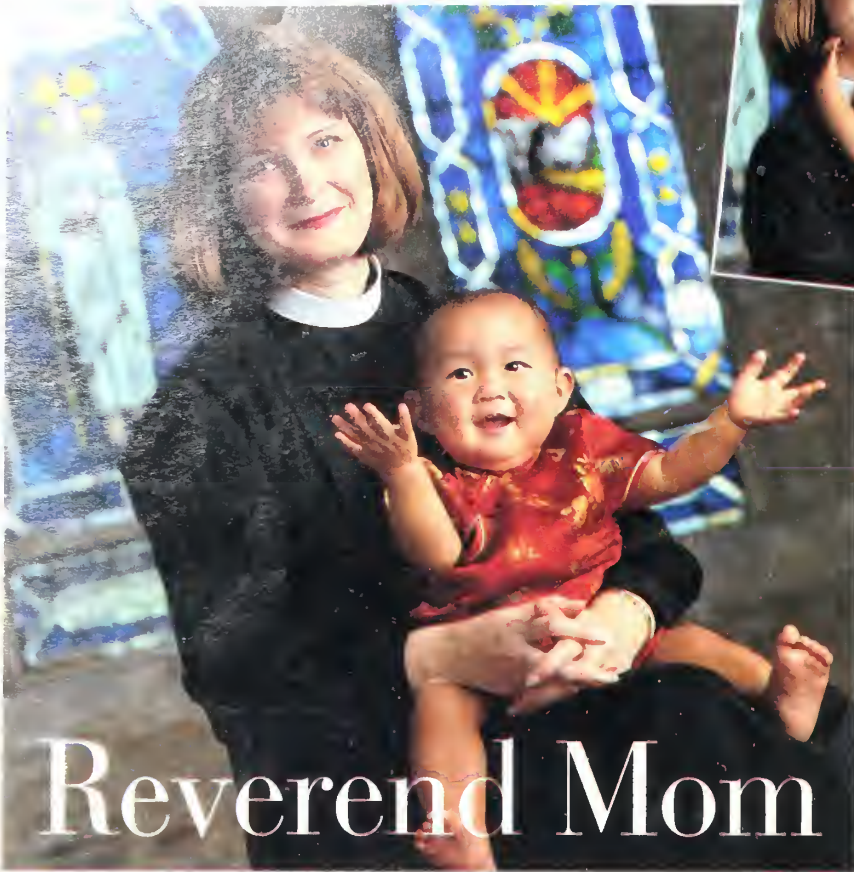
**CALL TOLL-FREE FOR A 30-DAY  
NO-RISK IN-HOME TRIAL:**

**1-800-458-4652** Ext. 762-108

**HEALTHMAX**

47 Richards Avenue • Norwalk, CT 06857

1991 MBP



# Reverend Mom

**O**n a bitterly cold afternoon this past February, I sat in the restaurant of a hotel in Wuhan, China, my heart pounding with anticipation. After years of longing for a child, I was at last about to meet the baby girl who was to be mine. I seemed an unlikely mother, to say the least—I was thirty-nine and single, not to mention being an Episcopal priest from Kansas City, Missouri.

I had read of China's extreme population-control measures that allow couples to have only one child. I knew that because many parents are desperate for a son to carry on their name and provide for their old age, infant girls are often abandoned. When I learned that foreign parents are permitted to adopt these babies, I knew in my heart that I had to be one of them.

Two of my greatest hopes had been to serve God in the clergy and to become a mother—but I never thought my prayers would be answered quite like this. For one thing, I was raised Catholic, and I grew up thinking I'd be a nun. But by my late teens, I had drifted away from the church.

The long, rewarding road I took to the ministry was surpassed only by the one I traveled to become a mother.

By The Reverend Mary Grace Williams, as told to Anna Scotti

After college, I moved to New York, hoping to make it as an actress. But my career never really took off, and I was lonely and unhappy. When I started attending church again, my calling to the spiritual life reawakened; I began to meditate and pray.

I earned a master's degree in

religious education and landed a job as director of religious education at a Catholic church in Greenwich Village. I loved the work but chafed under the restrictions Catholicism placed on me as a woman. I felt called to be a priest, and I felt trapped when I realized I couldn't be one.

In 1984, after much soul-searching, I joined the Episcopal Church, a denomination that ordains women to the priesthood and allows priests to marry. After attending Yale Divinity School, I was ordained as a deacon in 1988, and the following year I became a priest.

My other cherished dream, however, seemed even farther out of reach. Even if I did marry, it was possible I might not be able to have children. From the age of twenty-five, I had suffered debilitating pain from endometriosis, and numerous surgeries hadn't helped.

I spent three years as a chaplain in a Kansas City hospital; in 1991, I was called to be an associate rector at St. Peter's Episcopal Church, in Kansas City. I enjoyed the people there, and everyone called me "Reverend Mimi." A year later I had a hysterectomy, which ended the pain

and gave me back my life. I felt at last I'd have the strength and endurance to be a mother, and I wanted to adopt.

But the idea of domestic adoption scared me, because I didn't want to take the

chance that the biological parents of my child might want to take the baby back. Then a friend told me about a couple who had adopted a baby from China. Looking at a picture of their child, I knew I'd found the way to motherhood—as though the hand of God was guiding me. (continued)

Too baggy.

I can't breathe.

Are these for women?

Nah, not right.

I'm going to scream!



# WHY FRUSTRATE YOURSELF?


Try WRANGLER AMERICA *first.*



FEEL *the* FIT

Research shows that women try on as many as 14 pair of jeans before they're satisfied. That's too many. So we're offering more proportioned fits for that "just right" look every time. Guaranteed or your money back. Pick up a pair today and feel the fit for yourself.

w r a n g l e r  
W  
AMERICA  
*for women*



*Only  
something so  
pure  
could inspire  
such  
unspeakable  
passion.*

**JÖVAN**  
**WHITE**  
**MUSK**  
FOR WOMEN

JÖVAN WHITE MUSK EVOKES THE SOFTNESS OF WHITE MALLOW BLOSSOMS IMPASSIONED WITH THE ESSENCE OF MUSK, IN COLOGNE, PERFUME OIL OR MOISTURIZING LOTION.



woman today  
continued

Although child abandonment is illegal in China, it is such a common practice that the orphanages there are filled with thousands of babies, mostly girls. These orphanages are cold, bleak, cheerless places where babies lie two or three to a crib. The healthiest, brightest and most beautiful babies—the ones most likely to be adopted—are sometimes placed in foster homes until parents can be found. Some of the less fortunate babies die from poor medical care and lack of attention.

It's not that this is a heartless country; the Chinese dearly love their children. But there are so many needy orphans, and so little money to care for them. Recognizing that these children deserve loving homes, China now allows infant adoption

by foreigners, single or married, who are thirty-five or older and have no other children. (Younger couples or ones who already have families may adopt



Reverend Mimi" and daughter Grace enjoy playtime and bath-time together. One day, Williams comes to take Grace for a visit to her homeland



special-needs children.)

I found an agency in Kansas City that works with one in Seattle specializing in Chinese adoptions. The process began, and I was put with a group of several couples who were to travel to China in January 1994. My mother, Donna, and a friend, Nancy Harris, agreed to accompany me.

I was a little nervous, thinking my congregation might not approve of my wanting to be a single mother. But they were just wonderful; in fact, my parishioners threw a baby shower for me. They gave me lots of toys and clothes, plus money to help defray the cost of the trip, and a local drugstore offered to provide food and diapers. I was blessed with joy and gratitude.

My scheduled January trip was unexpectedly canceled, but a few weeks later, I was told that the orphanage now had a month-old infant waiting for me, and our group, five families in all, would leave for Wuhan in just a week. I hurried to pack an extra suitcase full of the baby clothes, blankets, diapers, formula and medicine I needed to bring. Nancy Harris and I met Mom in Denver, then rendezvoused with the other adopting families in Seattle.

On the long flight the next day, everyone chatted excitedly. We spent the night in Hong Kong, at the YMCA. The next morning we took a train to Shenzhen, then crossed one mile over the Chinese border, dragging our heavy suitcases, to a dirty, smoke-filled bus (continued)



## ENTER THE ALMAY<sup>®</sup> TIME-OFF<sup>™</sup> CONTEST.

TELL ALMAY WHY YOU DESERVE  
SOME TIME OFF.  
AND YOU JUST MAY WIN A  
"FUN SHIP" CRUISE ON CARNIVAL.<sup>®</sup>

The people who developed Time-Off makeup and skincare products to help you look younger without irritating your skin, now offer you the opportunity to take some time off for a fabulous 7-day Carnival Cruise Vacation for two. (Grand Prize). Or time off from housecleaning for a whole year. (First Prize). Or time off for a whole day devoted to beauty. (3 Second Prizes). Or time off for a daily workout with Kathie Lee's Feel Fit & Fabulous Workout Video. (50 Third Prizes).

Just purchase any Almay product and enter the Almay Time-Off Contest. Tell us in 50 words or less why you really deserve some time off. Be clever or funny. Seek sympathy for a life of drudgery or recognition for hard earned achievement. But be sure to enter.

Hey, you could use some time off. Couldn't you?

### Official Rules

1. To enter the contest submit the following:  
A) Your original, unpublished essay (neatly handwritten and in English) in fifty (50) words or fewer describing "Why I deserve Time Off" (essay must be on 8-1/2" x 11" paper, with your complete name, address and telephone number on the page, accompanied by Official Entry Form, and be your sole work); B) Proof-of-Purchase (package front or UPC—copies allowed) from any Almay product purchased between 11/15/94 and 4/30/95, and the store identified cash register receipt with the Almay price paid circled. Residents of Arizona, Florida, Maryland and Vermont need not submit a proof-of-purchase for entry.  
Mail to: Almay "Time-Off" Contest, P.O. Box 5273, Parsippany, N.J. 07054. One entry per envelope. Entries must be received by May 15, 1995. Not responsible for lost, late, mis-directed, mutilated or incomplete entries. Void where prohibited by law.
2. Entries will be judged under the supervision of Clarion Marketing and Communications, Inc., on or about May 31, 1995, based on the following criteria: Originality and Creativity (50%), Appropriateness of Essay to Almay Image (20%), Clarity of Essay (20%) and Sincerity (10%). Winner will be notified by mail on or about July 14, 1995. In the event of ties at the Grand and First Prize levels, a skill testing question will be used to break ties. In the event of ties at the Second Prize level, duplicate prizes will be awarded.
3. Prizes and their approximate retail values are as follows: Grand Prize (1)—a 7-day cruise for two (2) aboard Carnival Cruise Lines (a cruise to the Caribbean or Mexican Riviera on the HOLIDAY, JUBILEE or CELEBRATION) consisting of a category 6 ocean view cabin, round trip air travel from gateway city nearest winner's residence to point of cruise departure (\$3350); First Prize (1)—Home Cleaning for a year awarded in the form of \$1,300 cash (26 cleaning visits at \$50); Second Prize (3)—a day of beauty (\$200 each); Third Prize (25)—a Kathie Lee's Feel Fit & Fabulous Workout video (\$19.95 each). Travel is subject to availability and certain restrictions apply. Travel must be accomplished by 12/18/95. Any additional items or expenses not listed above will be the responsibility of the winner. Taxes, custom fees and port charges are the responsibility of winners.
4. Contest open to U.S. Residents, 21 years of age or older as of November 15, 1994, except employees and immediate family members of Almay, Carnival and their respective parent, subsidiaries, divisions and related companies and their respective agencies and agents and individuals involved in the production of program materials. Limit one prize per person or household. Grand Prize Winner will be required to sign and return an Affidavit of Eligibility/Liability and Publicity Release within 14 days of date of notification. Traveling companion must be 21 years of age and must sign a Liability Release prior to departure date. Non-compliance may result in disqualification and selection of an alternate winner. No prize transfer or substitution except by sponsor due to unavailability of prize. All entries become the property of sponsor and will not be returned. Decision of the judges shall be final in all matters relating to this contest. Entry authorizes use of winners' name, likeness and/or essay for advertising/promotion without further compensation.
5. For a list of winners, send by 5/15/95 a self-addressed, stamped envelope to: Almay "Time-Off" Contest, P.O. Box 5534, Parsippany, N.J. 07054

**Carnival**<sup>®</sup>

THE MOST POPULAR CRUISE LINE IN THE WORLD<sup>®</sup>

Mail this entry form, your essay and proof-of-purchase to: Almay "Time-Off" Contest, P.O. Box 5273, Parsippany, N.J. 07054

Full Name: \_\_\_\_\_ Tel: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Viruses—a cause of colds,  
flu, and sore throats,  
killed 20,000 times.

THEY LOATHE YOU.

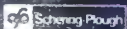
THEY TREAT YOU  
LIKE GARBAGE.

YOUR PAIN MEANS NOTHING TO THEM.

SHOW THEM NO MERCY.

A nagging cough with congestion.  
Or a cough with a painful sore throat.  
Take new Drixoral® Liquid Caps.  
You can't buy a more powerful liquid  
cap for long-lasting cough relief.  
So you'll feel better, longer. It lasts  
longer than even Robitussin DM®  
or Vicks® Formula 44E cough syrups.  
Without a messy spoon.

TAKE DRIXORAL.  
FIGHT HARDER.



©1994 Schering-Plough HealthCare Products, Inc. READ AND FOLLOW LABEL DIRECTIONS

Robitussin DM® is a registered trademark of A. H. Robins Co. Vicks® is a registered trademark of Richardson-Vicks, Inc.

## A woman today contends

station, where I waited for hours. After a bus trip to the airport and a quick flight to Wuhan, we arrived, cold, dirty and exhausted, at the People's Hotel in a poor, forbidding section of Wuhan.

When we saw our filthy room, my mother gave me that "I'm gonna kill you" look I saw often as a teenager. Roaches crawled over the floor and walls, and we heard rats running in the walls. But we tried to make the best of it; we were going to be in

Wuhan a week or two, waiting for the Chinese documents to be processed.

On February 23, Lily, a young Chinese interpreter, told us that we would be meeting our babies that afternoon. My child, Lily said, was a beautiful five-month-old, named Luo Bin, who had been found in a busy street after her birth. My heart dropped, and tears sprang to my eyes. "I don't understand," I protested. "My baby was born in January—just a month ago."

Surprised, Lily said that the orphanage director didn't know that the agency had promised me a newborn. She

explained that they could try to find a younger baby for me, but she might not be healthy. Meanwhile, little Luo Bin was in good condition, had all his adoption papers in order and was desperately in need of a home.

More than anything, I had wanted to nurture and love my child from the very beginning. What kind of neglect or deprivation might a five-month-old already have experienced?

Heartsick and confused, I looked for my mother, thinking about the Chinese belief that all people are connected by an invisible red thread throughout their lives. Mom had liked that idea so much she'd tucked a piece of red thread in her purse for luck before we came for China. Now, when she said to me, "Mimi, I think you should at least hold this baby," I hesitantly agreed to try.

At the orphanage that afternoon, a group of foster parents trooped in, each tenderly cradling an infant. Luo Bin was fast asleep, dressed in a thick layer of warm clothes, with the exception of her showing except her rosy cheeks. Despite our worries, Mom and I cracked up when I looked at Luo Bin and asked doubtfully, "This is mine?" Then the little girl woke up and looked intently at me with wise eyes. She was as if we knew each other already.

But I still had a few doubts. The next day, Mom suddenly cried out, "Oh my God!" Startled, I followed her eyes and saw that somehow, the red thread had found its way out of her purse. One end was tangled in the strap, and the other end lay across the gurgling baby in my lap. In a surge of love and confidence, I knew right then that I had found my baby God had in mind for me. "Mimi," I said, "this is my daughter."

I already had a name picked out for her: Grace Elizabeth Li Williams, after my grandmother and a close friend of mine. Now there was nothing to do but to wait until the paperwork was complete. Finally, on March 7, I was allowed to take Grace back to the airport. But that first night was far from being the happy bonding period I had anticipated. She wouldn't take a bottle, despite all coaxing from me, Mom and Nancy. I was dizzy and feverish with the flu. Then Lily called with more bad news. One of the couples in our group had decided not to accept the baby they'd been offered, so

# Are your socks too attractive?

Static Guard™ stops static cling on clothing, from head to toe.



Albino-Culver USA, Inc.

**STATIC STOPPERS.**

ryone's papers would be delayed as a result. The next morning, Mom had to leave. Still weak with er and fatigue, I struggled not to break down as I ched her go, Grace whimpering with hunger in my as. When Nancy phoned me from her room, I lost trol and shrieked, "Either get down here and help me get off the phone!" Nancy hurried down, popped a tle in Grace's mouth, and my baby suddenly began to k eagerly. We grinned at each other. On March 12, Grace's adoption became final; three s later, Lily moved our group to Guangzhou and the sh White Swan hotel. All the families were mobbed by sersby in the hotel lobby and restaurants. People uld study Grace, then me, and ask, "Chinese father?" en Lily explained that I was adopting this girl, they uld smile and murmur, "Lucky baby, lucky baby." The U.S. consulate issued Grace's visa on March 16. ree days later, as we arrived in Los Angeles to make -connecting flight, the fear finally melted away, and I w the baby now nestled on my chest would be mine ver. Friends were there to meet us, and I was so glad e on American soil, I wept. Back at home, Grace was sed from arm to arm, wet with kisses and tears, as TV eras rolled and local reporters shouted questions at me. On April 17, Grace was baptized at St. Peter's, sur- rrounded by the congregation that had made her new life -sible. As I proudly stood at the font, I knew that the -most important and rewarding events of my life had -n fulfilled at last.

Grace, now fifteen months old, is everything I could want in a daughter. She's a calm, happy baby who looks at every- thing with awe. My favorite day with her is Sunday, when we greet everyone at church just before the first service. During the coffee hour after Mas' Grace is passed around and smothered with kisses. (She has eight godparents and no shortage of baby-sitters.) Grace has happily snatched my life—I've never felt so tired or so fulfilled, and I love it!

I know how important it is that Grace know her heritage. When I was in China, I bought a marble stone carved with her Chinese name, and I found some beautiful picture books and a Chinese folk painting that hangs over her crib. I have photos and videos for her, and I hope someday we can visit China together.

I'm so excited about sharing my first Christmas with Grace. Last year—in preparation for my trip, I bought a Chinese blown-glass Christmas ornament, hand-painted inside with an angel singing "Gloria!" To me, that symbol- ized my baby's arrival on earth—a miracle in any season. And when I look into Grace's beautiful dark eyes, I know how blessed I am that this miracle is mine.

## FOR MORE INFORMATION

To obtain more information about adopting a child from China or another foreign country, send a large-size SASE to: Office of Overseas Citizens Services Bureau of Consular Affairs, Room 4817, Department of State, Washington, DC 20520-4818, or call 202-647-3444.

# Get rid of hairy legs.

Spray Static Guard™ on clothes and make it easier to give pet hair the brush off.



© 1994 Albino-Culver USA, Inc.

**STATIC STOPPERS.**



Everywhere he goes... Everything he sees...  
Everywhere he looks... You're there.

# LONGING

Make a Man Remember.



The new fragrance for women.  
For a store near you call 1-800-553-8



Secret to the brightest eyes, the perfect manicure, new fragrances and more

Yoga is the new trend for quick de-tensing and energizing. Here, three classic moves

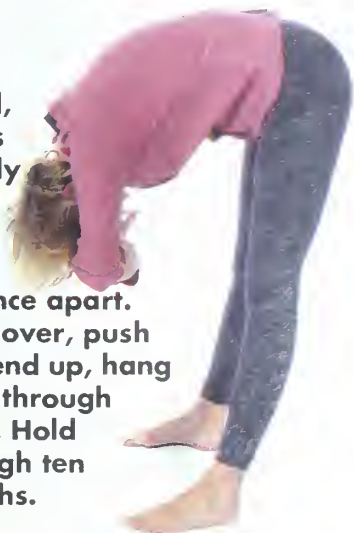
## STRESS BUSTERS

Stand with feet hip-distance apart, arms up, palms together. Breathe in; exhale, lift up and lean to right until you feel a stretch. Hold six counts; switch sides.



Kneel with hands under shoulders, feet hip-distance apart, toes down, as shown. Inhale, roll hips downward, and look up. Exhale. Pull chin to chest; round spine; push through arms. Hold through ten breaths.

Stand, knees slightly bent, feet hip-distance apart. Bend over, push rear end up, hang head through arms. Hold through ten breaths.



## Hot lips

Bye-bye, matte: The sexiest mouths are red and glossy. Make the slick look stay put with these tricks from L.A. makeup ace Robyn Cosio: Smooth texture with lip balm. Tissue-blot to remove residue.

Sponge-apply foundation on lips so lip pencil has a base to cling to.

Line lips with red pencil, following natural shape.

Fill in with pencil. Begin at the center of bottom lip and work your way out, coloring back and forth in the middle and feathering to the edges.

Keep shape crisp by tracing just outside lip border with foundation applied with a fine lip brush.

Apply clear gloss to center of lips. Kiss, kiss!



# SCARLET FEVER

Be caught red-handed: Short, red nails look new now—very Hollywood

Check out top celebs' favorite reds plus a pro polishing guide



Revlon Fire and Ice, Brooke Shields

Essie Jelly Apple, Andie MacDowell

Arisa Passion, Farrah Fawcett

Essie Tahitian, Daryl Hannah

Maybelline Bordeaux, Diana Ross

Essie Pacific Rim Red, Anjelica Huston

Revlon Raven Red, Melanie Griffith

Revlon Love That Red, Lauren Hutton

Max Factor Curtain Call Red, Jaclyn Smith

Chanel Red Passion No. 5, Jerry Hall

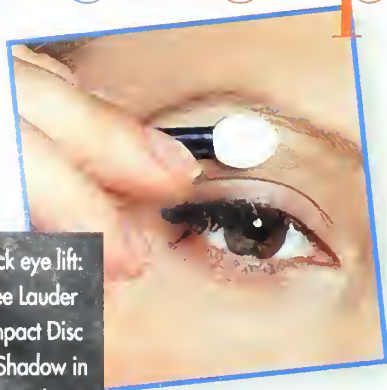
## 5 SECRETS TO A PERFECT RED MANICURE

1. To start with clean, dry, oil-free nails, first apply polish remover. Follow with soapy water, then pat dry. (Oil and moisture cause polish to chip or bubble.)
2. Use a generous coat of polish. Too little and you'll wind up with streaks, which are most obvious on red nails.
3. Double-polish the tips. After applying two to three vertical coats, paint a layer of polish across the tips for long-lasting results.
4. For a pro finish: Take an orangewood stick and file down one end. Dip in remover, wrap in a thin layer of cotton, then clean up any mishaps at cuticles and sides.
5. Keep enamel fresh, not gloppy. After every use, wipe mouth of bottle with cotton soaked in polish remover and close bottle tightly.

## eye opener



Quick eye lift:  
Estée Lauder  
Compact Disc  
Eye Shadow in  
Neutral 1



Did you know . . . that a touch of white eye shadow, blended on the browbone, at the inner corner of the eye and at the center of the lid, instantly brightens red, tired eyes?

---

THE MOST BEAUTIFUL THING ABOUT OUR  
LINGERIE IS WHAT YOU CAN'T SEE.

---



For more information about Vanity Fair... call 1-800-366-8339 © 1994 VANITY FAIR: A V-COMPANY A LEADER IN QUALITY APPAREL

Introducing the BodySleeks™ Collection. Beautiful, luxurious lingerie. And just as attractive are our exclusive fabric and intelligent design that smooth your figure comfortably, giving you a gorgeous, seamless look that won't show through clothes. With BodySleeks you'll always feel as great as you look.

*Vanity Fair*

BODYSLEEKSTM

AVERAGE FIGURE ♦ FULL FIGURE ♦ SOFT CUP ♦ UNDERWIRE



Make it short, make it sexy, and make it under \$100. Those were the criteria for a great party dress—and we found two that fit the bill: far left, a bright red, A-line-style tank with jazzy rhinestone buttons. Available nationwide at Loehmann's, \$99.

# Dress of the season

Near left: a sliver of silver lace with cap sleeves by Florencia Fiume, \$98.

**Modern Mary Janes**  
 THE CLASSIC SCHOOLGIRL SHOES ARE ALL GROWN UP

Remember Mary Janes? They're back . . . but with a sophisticated edge: shapelier and chunkier with a substantial heel. Here, our model wears Mary Janes by Kenneth Cole and contemplates the many other options. In her hand, Robert Clergerie; on floor, from left, Cynthia Rowley, Just Libby, Stuart Weitzman and Pura Lopez.

# Heaven scent



**Scent-sational news:** This season's new fragrances are dramatically different from the crops of recent years. For women, the best scents are **romantic, feminine florals**, many of which are pink! For men, crisp, clean, citrusy, decidedly *not macho* colognes that many women would like for themselves (in fact, CK One is marketed for men and women). **Top choices for him**, from left: Chanel Egoïste Platinum, CK One, Halston Catalyst For Men, Clinique Chemistry, Givenchy Insensé. For her, from left: Coty Longing, Alexandra de Markoff No Regrets, Ultima II Head Over Heels, Givenchy Fleur d'interdit and Elizabeth Arden True Love.



# Tame the wild animals.

*"Mom, he's looking at me!"*

*"She started it!"*

Sometimes, getting there isn't half the fun. Like when it's a long trip. With kids. But the Pontiac® Trans Sport could change all that. With our available seven-passenger modular seating, everyone gets their own bucket seat. One or two built-in child seats are available, too.

Trans Sport's available 3800 V6 engine makes it the most powerful front-wheel-drive minivan in its class.\* And it has an exclusive power sliding door that opens with the push of a button.\* Plus anti-lock brakes and airbag come standard. No wonder R.L. Polk† found that Trans Sport has earned the highest owner loyalty rating of any minivan.

To learn more, call 1-800-2PONTIAC for more information.

Of course, we can't guarantee that the kids won't get cranky. But Trans Sport® is a great way to keep your little creatures comfortable.



\*Excludes other GM vehicles. †R.L. Polk & Co., Leading Mini-Van Sales Analysis of Repeat Ownership, 6/94.  
©1994 GM Corp. All rights reserved. Always wear safety belts, even with airbags.

# The ten stars of Christmas

This year, the holiday movie season is the hottest ever! Winona remakes *Little Women*, Demi turns the tables on sexual harassment, Arnold has a baby. Read about these and seven other surprises Hollywood has in store for you. By Meredith Berkman

**T**hese days more and more families are heading to the movies over the holidays. The last two weeks of December are two of the largest movie-going weeks of the year," reports John Krier, president of Exhibitor Relations Co., Inc., which tracks the film industry. That makes sense when you consider that school is out and the right film is a special treat that parents and children can enjoy together. "The benefits are great," says

New York City psychotherapist Linda Barbanel. "This is the time for family to be first—you feel as if you're a unit. And going to a movie is relatively low-maintenance." The features *The Swan Princess*, *The Jungle Book*, and *The Lion King* (rereleased) are all great family fare, and following are our picks for some of the brightest stars of this—or any—year.

**Geena Davis**  
SPEECHLESS

"*Thehma & Louise*" made Geena Davis a folk hero. Her husband, Remy Harlin, who directs her as a pirate in "*Cut-throat Island*," has made her happy. "We both have such a passion for the business that it's wonderful to come home at the end of the day and still be talking about all our plans," says the thirty-seven-year-old actress. Ironically, that's exactly what her most recent character, a political speechwriter in "*Speechless*," must avoid once she takes up with her political opponent's writer, played by Michael Keaton.



**Tim Allen**  
THE SANTA CLAUSE

After three years as everybody's favorite handyman on ABC's hit sitcom *Home Improvement*, Tim Allen is finally breaking into movies. It may be hard to recognize him, though, since he spends most of his onscreen time as a modern-day Santa Claus wearing—you guessed it—a flowing white beard and a fat suit. The forty-one-year-old actor was disappointed earlier this year when an administrative slip-up by his own staff kept him from Emmy consideration. But the former stand-up comedian is forging ahead with some unique plans for his filmmaking future. "I'd love to go totally against [comedy]," says Allen. "I'm basically an action-science fiction fan."

**Tommy Lee Jones • TY COBB**

You didn't want to cross Tommy Lee Jones, who's made a career out of playing menacing characters. In fact, he's so good that even seasoned interviewers find him somewhat intimidating. Which is why his latest role seems perfect for him: In *Cobb*, the forty-eight-year-old actor stars as Ty Cobb, the baseball immortal who was considered one of the meanest men in the game. For any other actor, this role might seem like tough stuff, but not to Jones, who won an Oscar earlier this year for the part of the relentless lawman in *The Fugitive*. With credits like these, is it any wonder you don't hear too much about his Harvard education? After all, he's got an image to protect.



"CHEX PARTY MIX IS SO EASY  
EVEN HE CAN MAKE IT FAST."



## GREAT HOMEMADE TASTE IN 10 MINUTES!

1/4 cup (1/2 stick) margarine or butter, melted  
1-1/4 teaspoons Lawry's® Seasoned Salt  
4-1/2 teaspoons Lea & Perrins Worcestershire Sauce

8 cups of your favorite Chex® brand cereals (Corn, Rice and/or Wheat)  
1 cup Planters® Mixed Nuts or Planters® Peanuts  
1 cup pretzels



In small bowl add seasoned salt and worcestershire sauce to melted margarine; mix well. Pour Chex cereals, nuts and pretzels into large GLAD-LOCK® zipper bag.



Pour margarine mixture over cereal mixture inside zipper bag. Seal top of bag securely. Shake bag until all pieces are evenly coated.



Pour contents of bag into large microwave-safe bowl. Microwave on High 5 to 6 minutes, stirring every 2 minutes.\* Spread on absorbent paper to cool. Store in airtight container.

Makes 9 cups.

**Conventional oven:**  
1. Preheat oven to 250° F  
2. Follow steps 1 and 2 above  
3. Transfer mix to open roasting pan. Bake 1 hour, stirring every 15 minutes. Cool and store as directed above.

\*Due to differences in microwave ovens, cooking time may need adjustment. These directions were developed using 625 to 700 watt ovens.

PEANUTS  
© United Feature Syndicate, Inc.  
© 1994 Ralston Foods, Inc.



# Wet it.



## Take comfort in Quilted Northern® Wet or Dry.

It's the only bathroom tissue made to work just as well wet as it does dry. New Quilted Northern Wet or Dry has two layers quilted together to be extra strong. Naturally, new Quilted Northern Wet or Dry is biodegradable and safe for plumbing.

## Julia Roberts PRÊT-À-PORTER

The private life of Julia Roberts has become so public that the twenty-seven-year-old star laid down the law while making *Mary Reilly*, in which she plays the maid to Dr. Jekyll/Mr. Hyde: Everyone on the London set



signed a confidentiality agreement. But even during the filming of *Prêt-à-Porter*—Robert Altman's exposé of the fashion industry—Roberts and her husband, Lyle Lovett, who both appear in the movie, couldn't seem to get their husband-and-wife

act together. Last May Roberts, who portrays a fashion writer, flew to Paris to reshoot a few of her love scenes with Tim Robbins. But Lovett, who had just finished his work (he plays a cowboy-boot maker), decamped for the United States just a few hours before his wife arrived. Still, Roberts defends her eighteen-month-old marriage. "It's wonderful being married," she said. "I'm quite happy. It makes your work much easier because you have this great home base to fall back on. People are always telling me I look healthy and happy. Why should it be a surprise?"



## Elizabeth Perkins

### MIRACLE ON 34TH STREET

Elizabeth Perkins is suddenly taking

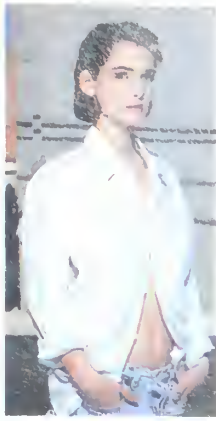
on the classics. In last summer's hit

*The Flintstones* she brought Wilma Flintstone to life. In the remake of the beloved *Miracle on 34th Street*, the thirty-four-year-old actress inherits Maureen O'Hara's role as a working mom who tries to teach her daughter there's no such thing as Santa Claus. Perkins was worried about the talk of casting a boy in the role originated by Natalie Wood. "You don't screw around with *National Velvet*," says Perkins, the mom of a three-year-old daughter, "and you don't screw around with *Miracle on 34th Street*."



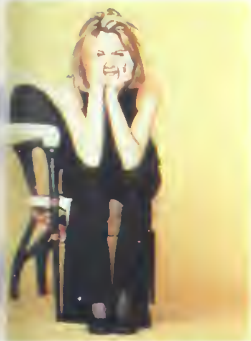
## Winona Ryder LITTLE WOMEN

A delicate waif with porcelain skin and raven hair, Winona Ryder is an actress who can span the centuries: This year she was Oscar-nominated for her nineteenth-century role in "The Age of Innocence" and starred as a grunge princess in "Reality Bites."



In "Little Women," Ryder plays the high-spirited Jo in Louisa May Alcott's timeless classic. Only twenty-three, Ryder has already spent ten years in the business, but she's far from jaded. Last year, when twelve-year-old Polly Klaas was abducted in Ryder's hometown of Petaluma, California, Ryder offered a reward for the return of the child, who was later found murdered. She has since become involved with the Polly Klaas Foundation, which helps search for missing children. "I try to talk about it as much as I can," said Ryder, who turned the

"Reality Bites" premiere into a benefit for the group. "I don't want people to forget just because it's over."



## Meg Ryan • I.Q.

Adorable Meg Ryan, Hollywood's version of the Ivory

Girl, broke free from her wholesome image this year to portray an alcoholic mom in *When a Man Loves a Woman*. Now, the thirty-one-year-old actress, who is married to Dennis Quaid and has a two-year-old son, stretches in two directions. In the offbeat comedy *I.Q.*, set in the 1950s, she is fixed up with an auto mechanic (Tim Robbins) by her matchmaking uncle, the physicist Albert Einstein (played by Walter Matthau). Next, in *Restoration*, Ryan dons seventeenth-century period costumes as a mistress of King Charles II. "I've been lucky in the last year," said Ryan, who also plans to co-develop and co-star with Julia Roberts in a remake of George Cukor's *The Women*. (The original paired Joan Crawford and Norma Shearer.) "I've been doing different stuff, trying out new muscles. It's been an apprenticeship for me." ▶

# Or not.



**Total comfort either way.**

Even though new Quilted Northern® Wet or Dry is made to hold up to water, it's soft enough for total comfort.

And there's nothing like the soft comfort of a quilt. New Quilted Northern Wet or Dry is the latest addition to the Quilted Northern family. It's the only tissue that you can use wet or dry.

**Take comfort in  
new Quilted Northern  
Wet or Dry.**

# Wet it.



# Or not.

## Introducing Quilted Northern® Wet or Dry.

It's the only bathroom tissue made to work just as well wet as it does dry. It has two layers quilted together and it's specially designed to hold up to water. Yet it's quilted for comfort so it's soft when you choose to use it dry. Naturally, it's biodegradable and safe for plumbing. New Quilted Northern Wet or Dry is the latest addition to the Quilted Northern family.

**Take comfort in Quilted Northern Wet or Dry.**

© 1994 James River Corporation

## Demi Moore • DISCLOSURE

Thirty-two-year-old Demi Moore seems to have everything: a perfect body, three young daughters with husband Bruce Willis, and a night with Robert Redford, in last year's smash "Indecent Proposal."

"Everyone seems very interested to know how he kisses," said Moore, who says love scenes—even with Redford—are "very difficult. . . . I find that showing the act of sex isn't, you know, sensuous. I mean, when I watch it, I get embarrassed." Moore's puritanism seems at odds not only with her public image but with the emotional terrain of her latest work: "Disclosure," based on Michael Crichton's controversial novel about sexual harassment, stars Moore as a high-powered corporate executive who attempts to destroy a former lover (Michael Douglas) when he refuses her romantic advances. A role that will, no doubt, inflame Moore's already hot career.



## Whoopi Goldberg THE PAGEMASTER

Arguably the most outspoken actress in Hollywood, Whoopi Goldberg made history last March as the first woman—and the first African-American—to host the Academy Awards. But thirty-nine-year-old Goldberg, who recently married union organizer Lyle Trachtenberg, has found that her distinctive, gravelly voice can carve out a successful career on its own. Goldberg emoted as Shenzi the hyena in Disney's blockbuster *The Lion King*; now she'll be heard in *The Pagemaster*, a live-action/animated adventure starring Macaulay Culkin as a boy who enters a magical world of books. They may seem like odd choices for an



Academy Award-winning actress (she got an Oscar nod for her role as a psychic in 1990's *Ghost*), but not for one as unpredictable and straightforward as Whoopi Goldberg. Growing up, she has said, "I didn't see any women who looked like me in the movies. I don't want there to be a time when there isn't a

face like mine available, as a consistent part of the fabric of Hollywood. . . . You watch all these little kids, little Asian kids, little Spanish kids, and they don't see themselves, you know, in *Cinderella* and *Sleeping Beauty*. Jasmine [the princess in *Aladdin*] was the darkest thing Disney did, but she wasn't dark enough. Kids are much hipper than we were. They know something's wrong."

## Arnold Schwarzenegger JUNIOR

The former Mr. Universe has had to swim with fire chasing him and battle tons of bad guys, but in *Junior*, he's doing something really difficult—he's having a baby. The



comedy, which also stars Emma Thompson and Danny DeVito, should be another savvy move in Schwarzenegger's carefully constructed career. 1993's *Last Action Hero* was the forty-seven-year-old actor's first commercial disaster, but thanks to the stunning success of last summer's *True Lies*, he is back on top as one of the most powerful men in Hollywood. For *Junior* he had to get in touch with his female side—not a difficult task, as it turns out. "For the last five years I have been so much a part of what my wife goes through in the different stages of pregnancy," says Schwarzenegger, who has three children with Maria Shriver. "From the morning sickness to the mood swings to the times when she says 'I look gross.' It makes it much easier when you can copy your wife."

# "SHOULD I BE CONCERNED ABOUT MY CAT'S URINARY TRACT HEALTH?"



## ABSOLUTELY.

Maintaining a cat's urinary tract health is important to its overall well being. Cat Chow Special Care<sup>®</sup> is formulated to help maintain adult cats' urinary tract health by reducing urinary pH, and providing low dietary magnesium. It contains great tasting, high quality ingredients and has no artificial colors or flavors.



**BETTER CARE MAKES BETTER CATS.**

Call 1-800-CAT-CARE for more information.



THE WORLD'S  
NEWS LEADER,  
AND  
LADIES' HOME JOURNAL  
PRESENT  
UP-TO-THE-MINUTE  
FACTS AND FINDINGS  
ABOUT THE  
WORLD TODAY

## Breakthroughs in women's health

In recent weeks, experts have made a number of important discoveries about breast and ovarian cancer. A summary of their findings:

■ Women who want to reduce their risk of breast cancer should exercise regularly, according to a new report in the *Journal of the National Cancer Institute*. Physical activity, it seems, can affect menstrual cycles and lead to a reduction in hormone levels; that, in turn, may reduce breast-cancer risk.

■ A popular fertility drug appears to increase the risk of both benign and malignant ovarian tumors in some women, according to a new study by the Hutchinson Cancer Research Center, in Seattle, Washington. The study found that the drug clomiphene, also known as clomid or serophene, raises the risk of ovarian tumors from one in five hundred to one in fifty over a twelve-year period after treatment.

■ At last, doctors have identified a breast-cancer gene. Researchers at the University of Utah, in Salt Lake City, have found the gene, called BRCA1 (breast cancer-1), which they hope will one day be used to identify women who carry the gene and give them early treatment options *before* detection devices such as self-exams and mammograms reveal a problem.

—ANDREW HOLTZ, *HealthWorks*

## Don't give him a tie this Christmas

If you were planning to rely on ties as stocking stuffers this holiday season, think again: Fashion pundits say that the classic men's accessory is on the decline. Designers are using fewer ties in their shows, reflecting the relaxed dressed codes and casual-wear Fridays now popular in many corporations. But does this mean the tie is dead? Hardly, since quirky ties are still a booming business, as evidenced by the success of whimsical tie-makers Nicole Miller and Jerry Garcia. So if you're planning on giving him a tie this year, at least make sure it's one that will be a conversation piece.

—ELSA KLENSCH, *STYLE WITH ELSA KLENSCH*

## QUOTE OF THE MONTH



**I loved the White House. I loved the people who worked there. I loved the life. I loved the fact that, every day, you could get up and do something that helped other people. But, the marvelous part is that it does not stop after you leave the White House.**  
—former First Lady Barbara Bush, while appearing on *Larry King Live*

## A quart of milk, a loaf of bread and a savings deposit

So you think those ATMs at your supermarket checkout counter were the last word in convenience? Now, many banks are setting up full-service branches in grocery stores. Customers can check out the latest CD rates, make a deposit, even open an account—all while they take care of their grocery shopping. Is banking at the local fast-food restaurant next?

—TERRY KEENAN, *MONEYLINE*

## Mothers know best

For the third year in a row, the number of women who breast-feed their babies is on the rise, according to a recent survey by a leading infant-formula manufacturer. They found that 56 percent of mothers breast-fed their babies in the hospitals, and 20 percent were still breast-feeding six months after birth. It's a trend for the better: Breast-fed babies have fewer illnesses and allergies, among other benefits.

—LINDA CIAMPA, *On the Menu*

Watch CNN's *Style with Elsa Klensch* for a look at the world of fashion and interior design (Saturday, 10:30 A.M., 2:30 P.M. E.T.) and *On the Menu* for enticing reports on food, nutrition and cuisine (Saturday, 3 P.M., Sunday, 10 A.M. E.T.).

There's just one problem with your soft cleanser.

Soft Scrub<sup>®</sup> cleanser is great. Until you try to rinse it. Then you can be left with an annoying gritty residue.

New DOW Smart Scrub<sup>™</sup> cleanser, on the other hand, has 100% water soluble Baking Soda so it rinses clean away in mere seconds. And no other soft cleanser cleans better.



Soft Scrub. Smart Scrub. After rinsing for 3 seconds.

You'll also love the easy handling bottle and the no-clog cap. For clean, grit-free counters, sinks, tubs, appliances and chrome fixtures, try new DOW Smart Scrub with Baking Soda.



**Introducing DOW Smart Scrub.**  
**Smart Enough To Clean Up After Itself.**

NATURAL

SENSUAL

INNOCENT

PASSIONATE

ROMANTIC

MYSTERIOUS

VANILLA



*Musk*

A NEW FRAGRANCE OF  
EXTRAORDINARY ELEGANCE

# HOLIDAY gift guide

*A collection of thoughtful gift suggestions for those special somebodies on your list*



## *Stetson Sierra*

*Take him away for the holidays with Stetson Sierra, a fragrance that captures the fresh adventure of the Sierras. Sexy... romantic, it's a man's power of attraction.*



## *This holiday: treat her feet to some heat.*

*This year, show some true warmth by giving her the new Vornado® HeatRest™. HeatRest caresses her cold feet with gentle streams of perfectly heated air, while its bumpy surface soothes her with a relaxing foot massage. HeatRest is perfect in cold offices or in front of her favorite chair at home. For the name of your nearest HeatRest retailer call 1-800-234-0604*

© 1994 Vornado Air Circulation Systems, Inc. Patents pending.



## *American Education Publishing*

*Children can now learn beginning reading skills with six new educational software titles featuring the lovable Muppet™ characters! Kermit and his friends help teach beginning reading skills in full color with sound – the software talks to children and no reading is necessary to understand and complete the lessons. Phonics, letter recognition and other reading skills are taught.*

*Visit your local store or call 1-800-542-7833 for information. Available for Windows, each title retails for only \$19.99!*

Copyright 1994 Jim Henson Productions, Inc.



### **Mr. Coffee® 24-Cup Automatic Drip Coffeemaker**

*The largest automatic drip coffeemaker available today. Brews great-tasting coffee 30% faster than percolators — while keeping it hot and fresh for hours without burning. And the level indicator lets you know you've got enough to keep the party going. For the retailer nearest you, call 1-800-MR-COFFEE.*



### **Mr. Coffee® Pump Espresso/Cappuccino Maker**

*Enjoy restaurant-quality espresso and cappuccino in the comfort of your own home. This pump-style espresso/cappuccino maker produces the same rich, full-bodied taste you'd get from a coffeehouse. A built-in steam tube makes frothing milk easy. Makes a great gift. For the retailer nearest you, call 1-800-MR-COFFEE.*



### **Mr. Coffee® Burr Mill**

*There's nothing like fresh-ground beans for the perfect cup of coffee. Simply pour in the beans, choose one of nine grind settings, and turn it on. The unique pulverizing action produces a consistent, precise grind for the greatest-tasting coffee and espresso. For the retailer nearest you, call 1-800-MR-COFFEE.*



### **Mr. Coffee® Accel® 12-Cup Coffeemaker**

*Here's something for those coffee lovers on your list. Accel has a stylish, European design and premium features. Like a programmable timer, 2-hour automatic shut-off, and even Pause 'n Serve to let you sneak a quick cup. Great looks. Great price. Great gift. For the retailer nearest you, call 1-800-MR-COFFEE.*





### 985 RA

Here's the perfect gift — the most advanced Norelco® razor. The 985 RA features the latest in "Lift and Cut"™ technology for our closest shave, ever.



### Maverick Beard & Mustache Trimmer

Or give him the Norelco Maverick Beard & Mustache Trimmer. With six adjustable settings, he'll find scissors just won't cut it anymore.



### Speedrazor

And for that man on the go, the gift that goes with him. The Norelco Speedrazor® gives him a close, comfortable shave anytime, anywhere.



### Silhouette

Or drop him a hint — you'd like the Norelco Silhouette Woman's Razor. Silhouette adjusts for optimum smoothness and comfort. It's designed to shave a woman where a woman shaves.

# THE BEST TOYS for under \$10



**W**ho better to choose really great holiday toys and games for kids than kids, of course! Our panel of judges, above, ranges in age from eight months to twelve years. We asked them to play with dozens of toys (which they thought was a perfectly wonderful assignment!) and select the ones they'd most like to receive as gifts. Take our word for it: These guys know how to have fun. By Linda Fears

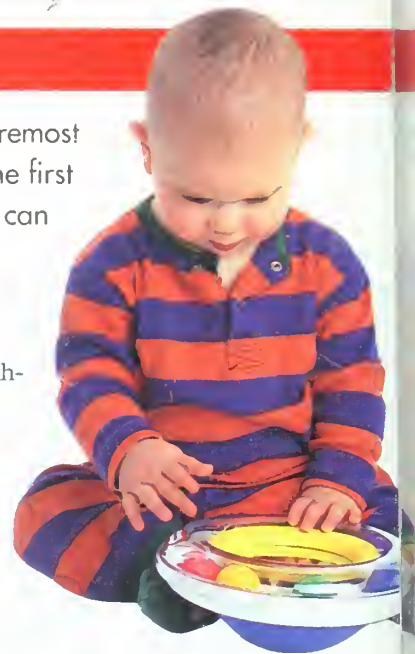
## FOR INFANTS

**B**abies learn and grow first and foremost by utilizing their senses—so for the first twelve months, look for toys that they can grasp, chew on, gaze at, make noise with and toss.

**WHAT'S COOKING?** wonders ten-month-old Una, left. She headed straight for the Happy Pot & Spoon from The First Years and started stirring things up.

What's not to like? Here are four chunky, colorful fruits to grab, a big spoon to stir with (or to chew on!) and an easy-grasp pot with a lid, \$6.99. Nine-month-old

Cameron, left, figured one toy is simply not enough for him. Smart boy. Shelcore's 8 in 1 Play Center (\$8.99) offers eight removable toys—everything that babies love, from a clicking telephone dial to a push-button squeaker. Just the thing to satisfy short attention spans. Josh, above, ten months, likes what he sees—and no wonder. Little Tikes' Rock 'n' Spin Mirror (\$10) features bright balls that spin round and round a mirror—an irresistible combo for curious tots.



# No spoonful of sugar



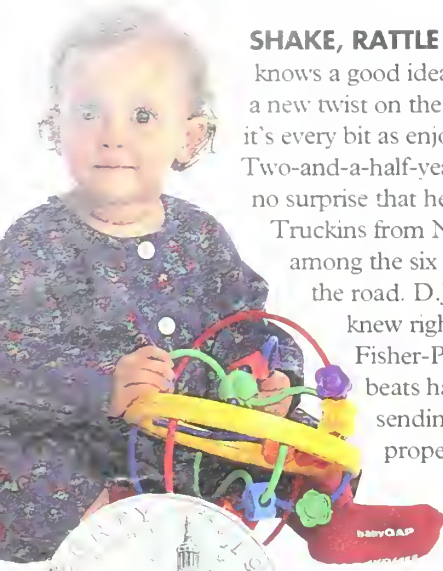
Seems like some cereals are full of sugar. But Kix is low in sugar, with no added colors or flavors. No gimmicks whatsoever.

Kix is simply a cereal with a corn crunch that kids really like. It's proof that you don't need a spoonful of something sweet to get your kids to eat.

## Kix<sup>®</sup> Kid-Tested, Mother-Approved.<sup>®</sup>

## TODDLERS

These one- to three-year-olds are on the go, go, go—and we know how hard it is to find toys that will grab their attention *and* help them grow. Encourage development of fine motor skills, language and imagination with shape sorters, push toys, blocks, balls, toys with moving parts, and easy puzzles.



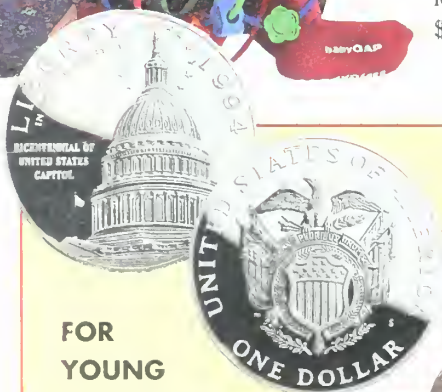
**SHAKE, RATTLE AND ROLL** Susannah, left, eighteen months, knows a good idea when she sees one. Fisher-Price's Bead Ball (\$9.99) is a new twist on the traditional bead maze. Small enough to hold and tote, it's every bit as enjoyable as the big bead toys, at a fraction of the price. Two-and-a-half-year-old Oliver, right, is a boy who loves his trucks. So it was no surprise that he selected the sturdy Scooters Animal Truckins from Nylint (\$8.95). Unable to choose among the six different models, he took two for the road. D.J., age two and a half, top right, knew right away that Boppin' Beads from Fisher-Price was the toy for him. Nothing beats hammering—except the reward of sending the shapes to their proper places. Fun and learning for \$9.99.



## SPECIAL PICKS

### FOR YOUNG COLLECTORS

U.S. Capitol Commemorative Silver Dollars will be prized possessions—only 500,000 have been issued. \$40 each; call 800-888-9911.



**ALL IN THE RHYMING** The object of the new board game A Rhyme In Time is to move around the board by creating original, silly rhymes. Great fun for all, \$29.95.



### LOST CLASSIC

Recently restored, the 1951 film *The Emperor's Nightingale*, based on a tale by H.C. Andersen, is a joy; \$24.98.



**X-CITING NEWS** Catapult Entertainment's new modem and video-game network, X-BAND, links Sega Genesis and Nintendo players across the country. (Don't worry about your phone bills; this system is parent-friendly.) \$69.95, ages 7 and up.



**STOCK OPTION** For a different gift, stack up. Buy your children stock in something they like: You can teach them about money and investments, and they'll have pride of ownership.



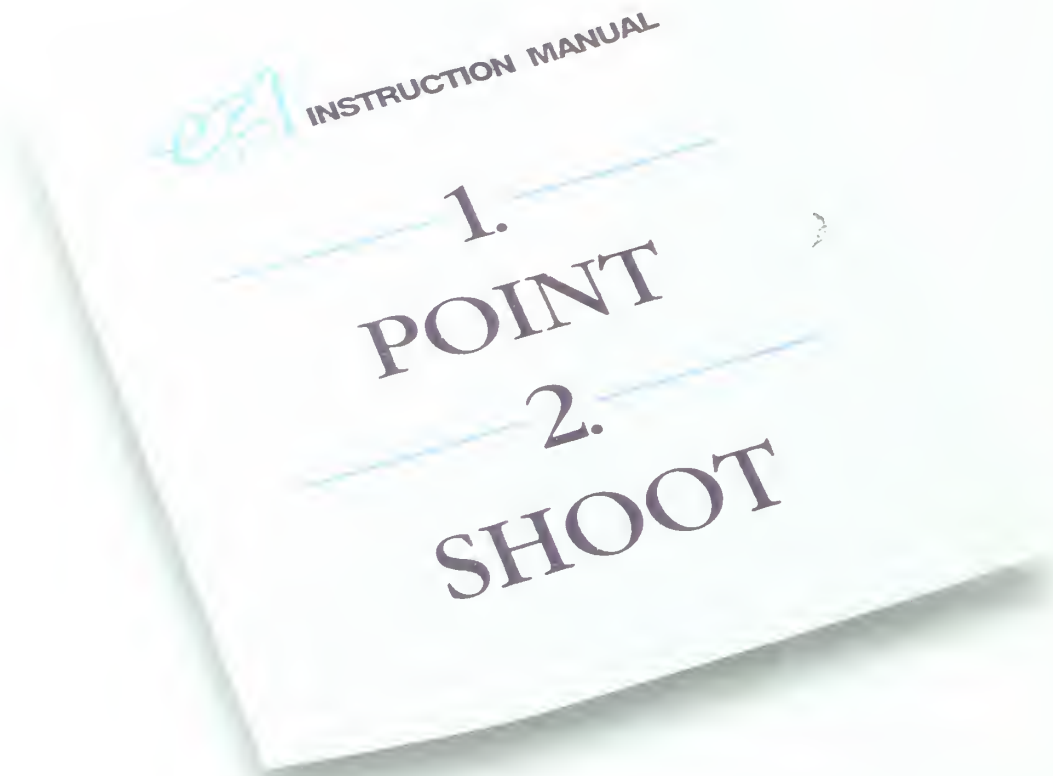
Earning grunts of approval  
from families everywhere.



Making travel less primitive.™



# IN CASE YOU LOSE THE INSTRUCTION MANUAL HERE'S ANOTHER COPY.



With the EZ1, if you can press a button, you can take great videos.  
It's the world's first Point and Shoot camcorder.



*The JVC EZ1  
It's so easy you'll fall in love.*

The Logical Choice  
Compact VHS

**JVC**  
The Inventor of VHS



*Eau de Parfum Spray*



*Heart Picture Frame with  
Cologne Spray and Body Lotion*



*Designed For Giving*

*We think opening a gift should  
be as wonderful as wearing it.*

*The Collection...\$10.00-\$20.00 To find Truly Lace  
at a store near you, call 1-800-528-7228.*



*Oil with Wildflowers*



*Luxurious Bath Essence*



MANUFACTURED IN U.S.A. EXPIRATION DATE 01/94

**Gift Certificate**  
Save \$2.00

on any purchase of \$10.00 or more from the Truly Lace Collection.

800071



5 31655 00082 9

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Retailer: Mail this Coupon to Coty, Inc., P.O. Box 870135, E.  
Passo, Texas 78587-0135 for redemption plus \$3.08 handling,  
provided you and the consumer have met the terms of the offer.  
Redeemable only by retail dealers handling Truly Lace. Good only on  
Truly Lace purchase of \$10.00 or more. Cash redemption value: 1/20  
of \$0. Reproductions are not redeemable. Coupon not assignable.  
Void where prohibited. In case of wrong sufficient purchases of Truly  
Lace to cover coupons presented for redemption must be shown  
upon request. Limit one per purchase.



*red Keepsake Box holds Eau de Parfum Spray  
Bath & Shower Gel, and Body Lotion*



*Cologne Spray and Body Powder*

## FOR PRESCHOOLERS

**T**hree- to four-year-olds have longer attention spans and greater curiosity: Challenge them with construction toys, lacing games and pretend play activities.

**BUILDING CHARACTER** Three-year-old Adam, top left, is a talented young architect in the making who is brushing up on his building skills with Roylco's Straws & Connectors, \$9.99. Meanwhile, three-and-a-half-year-old C.J., right, is another crafty kid who was immediately drawn to Shelcore's classic Bucket 'O Buttons. We were so impressed with his lacing finesse that we slipped him Bucket 'O Jewels and Bucket 'O Bugs, too! (\$4.99 each.)

Stephanie, four, left, loves puzzles and dollhouses, and she just had to have both. Small World Toys' Max The Moody Bear, \$10, allows Stephanie to change his clothes and his expressions. Mattel's Polly Pocket Pollyville is miniature play at its best, \$8.



**SPECIAL DOLL**  
The Dinkytown Daycare Kids are eight adorable dolls of various ethnic backgrounds that help teach young children cultural diversity and acceptance, and help promote self-esteem. \$14.99 each from Cultural Toys.

## FOR SCHOOL-AGE KIDS

**A**ges five to twelve are the time for more complex building toys and puzzles, arts-and-crafts projects, board games, sports equipment and electronic games. Even though these kids are full-time students, remember to build in time for play—it's an important part of learning.

**EXTRACURRICULAR ACTIVITIES** Drawing is a favorite pastime for ten-year-old Amanda, top left, so Disney's *How-To-Draw Aladdin* book, \$8.95, was a natural choice for her. The book offers instructions for drawing all the Aladdin characters in a variety of poses and moods, and it also includes facts about the movie. Elizabeth, age eleven, bottom left, who also loves art, became an instant tie-dye expert with Creativity For Kids Beginners Tie Dye kit, \$9.95. Seven-year-old Ted raced right for Nikko's Road Runner Truck, \$9.99, the second he saw it. Just aim the battery-operated transmitter at one of the coolest vehicles on the road and let it ride!





**First Alert**® makes your . . .

# HOME

SAFE & SOUND

*The Leader in Home Safety*

## Is Your Home Decked Out For Disaster?

The holiday season is here again. That magical time of year. Hours spent decorating, and shopping for just the perfect presents. Hours spent baking, and planning family festivities...

With so much to do, you're probably not thinking about how safe your home is. But you should. Because for all the magic the holidays hold, they hold some very real dangers, too.

Every year, you read about deadly fires, started by space heaters, lights on live Christmas trees, or candles. You hear about families overcome by carbon monoxide poisoning, from a faulty furnace or fireplace. And you hear about families who are robbed of precious possessions, while out attending holiday parties or religious services.

These holiday tragedies don't have to happen. With just a few simple precautions, you can make your home safe and sound, and have the magical, memorable holidays you want.



# 40% of all home fire deaths happen during

## Looks Pretty. But Is It Safe?

Few things put people in the "holiday mood" like seasonal decorations. All those twinkling lights, flickering candles, pretty packages...but decorations can also put you in danger, unless you're careful. How can you watch out for holiday hazards? Never put your Christmas tree or presents near a fireplace or heat source. Use only UL-approved holiday light sets, and look them over carefully for frayed or cracked insulation or broken sockets. Don't use indoor lights outdoors. If you have a live tree, check it every day to see that it has water. Be careful with candles. Never use them on or near your tree.

Never use electric lights on an aluminum tree. Don't overload extension cords, or run them under rugs or through doors or windows to the outside. Install a

smoke detector on every level of your home, and in every bedroom. And make sure they all have working batteries. First

Alert makes a wide variety of smoke detectors, specially designed for different areas of your house. It's also a good idea to keep a multipurpose fire extinguisher on hand, too, like the First Alert FE1A10. And what if you need to make a trip to the basement fusebox, or investigate any strange noises from the chimney? A rechargeable flashlight

like the First Alert FL5 General Duty Light is ideal.

Of course, fire hazards aren't the only ones to watch out for. Many people don't realize that some of the prettiest holiday decorations are dangerous to small children. Poinsettias, holly,

and mistletoe can all be toxic. Small ornaments can be easily swallowed, and cause choking, while others may have sharp edges or contain lead. Better to keep things like this out of reach, or skip them altogether, if you'll have small children around.



the holiday season.

## Your House Is Cozy. But Is It Deadly?

Everyone likes a nice, cozy house during the holidays...especially if you live where it's snowy and cold. But poorly ventilated furnaces, fireplaces and fuel burning appliances, like water heaters, can harbor an invisible killer: deadly carbon monoxide.

Carbon monoxide is the number one cause of poisoning death in America.

1,500 people die from it each year, and another 10,000 people are injured — most of them children. Carbon monoxide is invisible. You can't see it, smell it or taste it. Chances are,

you won't even know you're being poisoned — until it's too late, because the symptoms of CO poisoning mimic the flu. You feel nauseous, dizzy, tired and have a headache. How can you protect your family? Check your furnace and all your fuel burning appliances on a regular basis.

Never leave a car engine running in your garage. And most important of all — install a carbon monoxide detector in your home.

The Consumer Products Safety Commission recommends that every residence have a carbon monoxide detector. First Alert offers one that's battery operated and approved by Underwriters' Laboratory. It's easy to install, and it can save the life of someone you love.



First Alert® makes your...

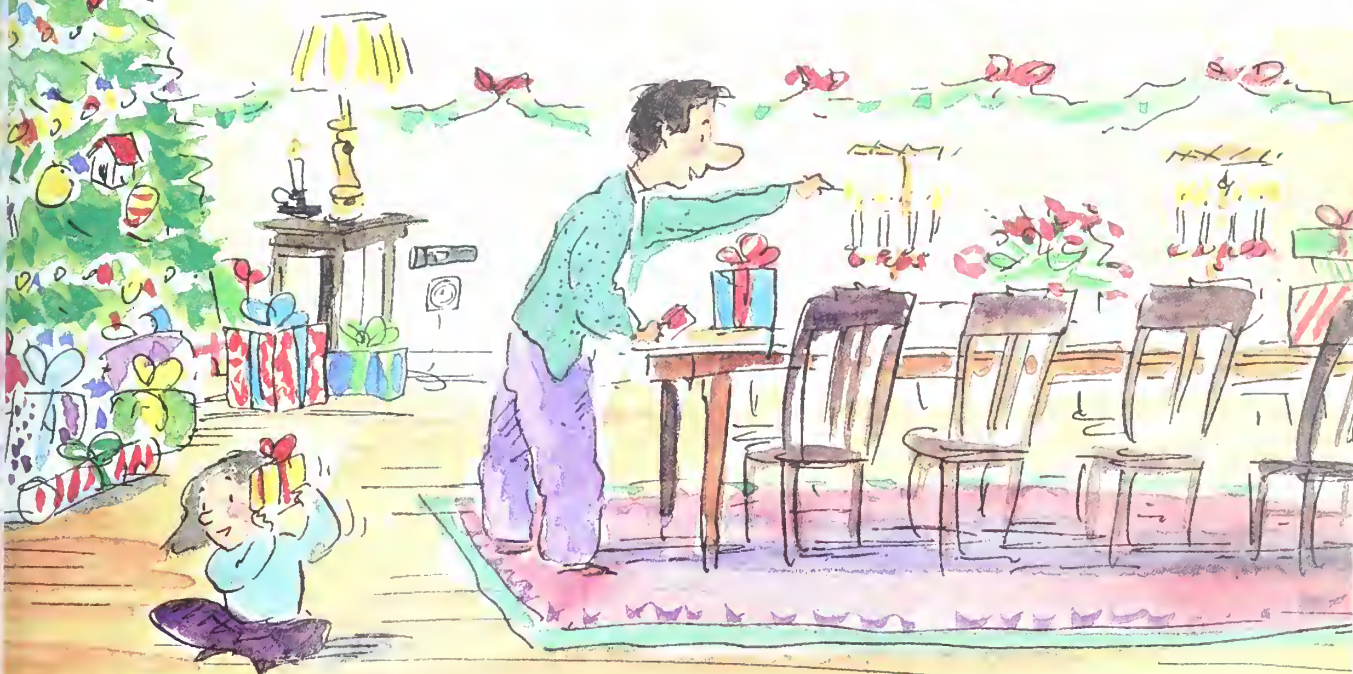
# HOMES

SAFE & SOUND

The Leader in Home Safety

## Don't Make It A Cinch For The Grinch.

Being robbed is never a pleasant experience. But there's something particularly awful when it happens during the holidays. It's supposed to be a time of joy. The season of giving — not taking. But for thieves, the holiday time of year can be very jolly, indeed. There are all those presents, sitting



conveniently in shopping bags, and waiting to be grabbed. The holidays mean more hours of business — more hours for thieves to strike. The holidays mean get-togethers — games with family, friends and co-workers, religious services, school pageants. That means your house will be empty more often. But thieves don't have to know that no one's home. Indoor timers are an inexpensive and easy way to help fool them. Set your timers to turn lights on and off, at different times, in different parts of your house, and it'll appear as though you're home. First Alert makes a wide variety of indoor timers. Some are automatic, like the First Alert model LS510W. It turns on at dusk and stays on for the period of time you select. Outdoor motion-sensor

lights are another smart idea. They go on automatically when they detect movement, flooding the area with light. Imagine a burglar's surprise at that. First Alert motion-sensor lights are pre-assembled. Easy to install. And

First Alert offers 24-hour customer assistance. Will you be out of town for the holidays? Law enforcement officials recommend that you leave your drapes partly open. Drapes that are always drawn say no one's home. Also, have someone collect your newspapers and mail. If possible, leave a car in the driveway. And arrange to have your driveway plowed or, if you're not in a snowy region, your lawn mowed.



## Wrap Up A Safe Season.

You may not have thought of it, but many home protection items would make welcome holiday gifts. Does someone on your list have a new house or new baby? Give them a smoke or carbon monoxide detector. How about a night light? Indoor light timer? Or, outdoor motion-sensor light? Everyone can use a good multi purpose fire extinguisher. Rechargeable flashlights and 9-volt batteries make great stocking stuffers, too. You'll find a full range of First Alert

products at your local retailer who carries home protection products. And even if you don't buy a First Alert product has a special mail-in coupon, good for a free copy (plus \$1.50 postage and handling) of *Home Safe & Sound*, a 44-page guide filled with smart strategies and tips for making your home safe and sound — during the holidays and all year 'round.



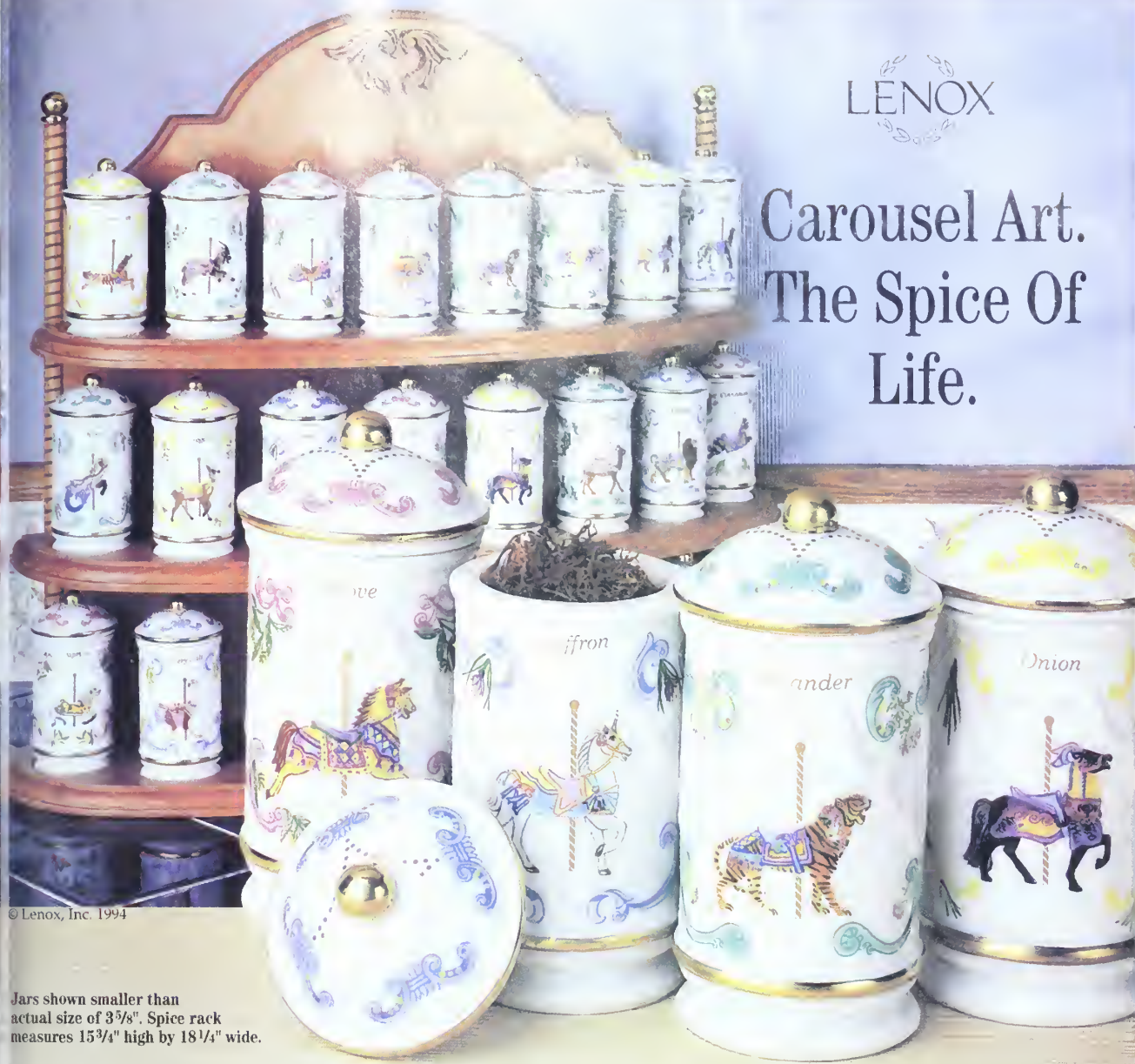
**BREAK AWAY TO SPRING TRAINING CAMP SWEEPSTAKE**

**Enter the First Alert Spring Training Sweepstakes.**

You could win a trip for four to see your favorite major league ball club "warm up" at Spring training camp. Just think — a fun-filled, sun-filled week for four. Or, you could win other prizes, like a glove and official major league baseball. To enter, just visit your local retailer selling home protection

LENOX

# Carousel Art. The Spice Of Life.



© Lenox, Inc. 1994

Jars shown smaller than actual size of 3 5/8". Spice rack measures 15 3/4" high by 18 1/4" wide.

## Brighten your home with this tempting new spice jar collection in fine porcelain

For over a century, carousel art has captured the imagination. Exhibited in museums and prized by collectors, it brings back the romance and glitter of a fondly remembered time.

Now, the art of the carousel adorns a collection of original spice jars in fine porcelain. To beautify your home. And keep your spices close at hand, fresh and flavorful.

**Sparkling designs — 24 karat gold**  
Take a pinch of clove from the saucy prancing horse. A bit of coriander from the artful tiger. Or a touch of celery salt from the gloriously plumed ostrich. Each jar portrays a colorful carousel animal, accented by a bouquet of the spice named on the jar. The jars are washable, with

snug-fitting lids designed like carousel canopies and accented with 24 karat gold. Each bears the prized Lenox® hallmark.

### Carousel display included

Your spice jars will glow in the custom-designed carousel display that is part of the collection. Crafted of hardwood with brass accents, this unique spice rack has insets for all 24 jars.

The Lenox Spice Carousel is not currently sold in art galleries or even fine collectible stores. It is available by subscription exclusively from Lenox, at just \$9.50 for each imported jar. The spice rack is yours for just \$14.95—and shipping is FREE. And Lenox guarantees your satisfaction. Begin your collection today. 1042720

— SUBSCRIPTION FORM —

### The Lenox Spice Carousel

Not sold in collectible stores • Mail by December 30, 1994

Please enter my subscription to *The Lenox Spice Carousel*, consisting of 24 porcelain spice jars embellished with 24 karat gold, to be sent to me at the rate of two jars every other month.

I need send no money now. I will be billed for one jar per month—just \$9.50\*. The hardwood carousel display will be provided for just \$14.95.

Signature \_\_\_\_\_

Name \_\_\_\_\_

PLEASE PRINT CLEARLY

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

1042720

Telephone ( \_\_\_\_\_ ) \_\_\_\_\_

Plus \$3.98 per shipment for shipping, handling and insurance. Sales tax will be billed if applicable. All subscriptions subject to acceptance.

Mail to: Lenox Collections

P.O. Box 3020 • Langhorne, PA 19047-9120

LENOX SINCE 1889

# TO STOP A THIEF

What's the best way to protect your house? *Ladies' Home Journal* sent security experts to three homes to find out how to stop the Grinch from stealing Christmas

**T**he statistic is as simple as it is frightening: Every sixteen seconds, a home is burglarized in this country. And break-ins over the holidays—when many families travel to visit relatives—are particularly common. While nothing can make your home completely burglarproof, experts say that every precaution can help.

To learn more about the best ways to foil a thief, LHJ arranged for security evaluations of three typical homes around the country. In each case, a security expert from the local police department assessed the home's security measures and offered suggestions for improvements. (Many police departments around the country offer similar advice at no charge.)

## CITY SMARTS

Samantha Gregory,\* forty-two, lives in a town-house complex in a residential area of Minneapolis with her three children: Michael, twelve, Kimberly, ten, and Steven, seven. Gregory, a paralegal, bought the town house after her husband died from a rare heart problem about eight years ago.

Just ten days after Gregory moved in, her jewelry box and a valuable camera were stolen from a closet while the family slept. One of the living-room windows had not been locked.

\*All names have been changed.

After that incident, Gregory decided to buy a burglar-alarm system for \$1,000 and agreed to pay \$29.95 a month to have the system monitored. But after two false alarms (her kids accidentally set it off), she decided to discontinue the monitoring service. Although the alarm itself remained, the siren would sound only



in the town house—which proved to be no help when a second burglary occurred. Gregory and the kids returned home one night to find their new TV gone; they hadn't even taken it out of the box. The burglary was probably over in seconds, and the neighbors had no time to react to the siren.

Needless to say, Gregory was interested to learn how to burglarproof her home, from Officer Jeff Hoberg, of the Minneapolis Police Department's Community

Crime Prevention/SAFE program. This is what he told her:

**Learn from past mistakes** Unlocked windows made Gregory an easy target. In addition to keeping them locked, especially at night and when the family is away, Hoberg recommended that she "pin" all of the double-hung windows on both floors.

Hoberg's instructions: With the window closed, drill a set of holes with a 5/32" drill bit at a slight downward angle through the two sashes where they overlap; stop drilling three fourths of the way through the outside sash. When two 16-penny nails are inserted in these holes, the window cannot be opened from the outside without breaking the glass. (The nails should be easy to remove from inside the house in case of fire.)

**Improve on a good thing** When the family moved into the town

house, Gregory replaced

the common key-in-the-knob-type spring-latch lock on the front door with a dead bolt. That was a smart move; however, Hoberg pointed out that she also needs a maximum-security strike plate (the metal piece surrounding the area where the dead bolt enters the doorjamb) held in place with at least four 3-inch-long screws that can't be pried out of the frame. In addition, the long, narrow window next to the front door should be reinforced with a grille, screen (continued on page 69)

# How To Be A Smart Cookie.

'Tis the season to bake cookies. Read on to find out ways to make yours as good as they can be. Like using the one flour more smart cookie bakers use than any other. Gold Medal Flour.

Start with the best ingredients for cookie dough that's smooth, easy to roll, and won't tear or crumble. Gold Medal must pass 15 strict quality checks so you can be sure it's the best it can be.

Be careful not to overwork your dough.

Avoid rolling more than twice.

The result could be tough cookies.

Refrigerating your dough before rolling will also make your cookies more tender.

We continually bake cookies under home conditions in the Betty Crocker Kitchens. It helps us guarantee that the cookies you bake will be your best time after time, batch after batch.



Bake with Gold Medal.<sup>®</sup>  
America's #1 flour.







A made-to-measure fit  
in an off-the-rack world.



Most new cars are built according to rather abstract and impersonal engineering specifications. But the new Monte Carlo was designed to be your own personal space. So instead of assuming what drivers wanted, we asked. Look inside the cabin. You'll discover front seats that are deeply contoured and feature thick, cushioned bolsters for support. You'll notice that every instrument and control is placed exactly where you'd expect to find it. That every surface not only flows beautifully into the next, but every texture is soft to the touch and easy on the eyes. In short, we've made every effort to ensure that the new Monte Carlo is a perfect fit. Why not visit your Chevrolet dealer and try one on?

The New Monte Carlo



GENUINE CHEVROLET™

# PUMPKIN DUTCH APPLE PIE?"



## LIBBY'S PUMPKIN DUTCH APPLE PIE

### APPLE LAYER

2 medium-size green apples,  
peeled, cored and thinly sliced  
(about 2 cups)  
1/4 cup granulated sugar  
2 teaspoons all-purpose flour  
1 teaspoon lemon juice  
1/4 teaspoon ground cinnamon  
1 unbaked 9-inch (4-cup volume)  
pie shell with high fluted edge

### PUMPKIN LAYER

2 eggs, lightly beaten

1 1/2 cups LIBBY'S Solid  
Pack Pumpkin  
1 cup undiluted CARNATION  
Evaporated Milk  
1/2 cup granulated sugar  
2 tablespoons butter or  
margarine, melted  
3/4 teaspoon ground cinnamon  
1/8 teaspoon ground nutmeg  
1/4 teaspoon salt

### CRUMBLE TOPPING

(recipe follows)

**FOR APPLE LAYER:** Toss apples with sugar, flour, lemon juice and cinnamon in medium bowl; place in pie shell.

**FOR PUMPKIN LAYER:** Combine eggs, pumpkin, evaporated milk, sugar, butter, cinnamon, nutmeg and salt in medium bowl; pour over apples. Bake in preheated 375°F oven for 30 minutes. Remove from oven; sprinkle with Crumble Topping. Return to oven; bake for 20 minutes or until custard is set. Cool on wire rack.

**CRUMBLE TOPPING:** Combine 1/2 cup all-purpose flour, 5 tablespoons granulated sugar; 3 tablespoons softened butter and 1/3 cup chopped walnuts in medium bowl with pastry blender until crumbly.



## To stop a thief

*continued from page 64*

or high-impact-resistant plastic.

**Secure the garage** Gregory's garage houses a vintage car and several expensive bikes. In addition, the garage adjoins the town house and has a connecting interior door—a thief who got inside would have easy access to tools as well as a concealed place to work.

Hoberg's tips: cover the garage-door windows to conceal its contents, use a padlock on the garage-door track and install a deadbolt lock on the interior service door.

**Too close for comfort** Since the balcony outside Gregory's master bedroom is only two feet from the balconies of the homes on either side, Hoberg recommended that the sliding doors here (as well as those leading to the ground-floor patio) be secured with a removable track filler—a long piece of wood that fits snugly inside the track to prevent the door from being opened.

Finally, Gregory should turn the proximity of her neighbors into an advantage by starting a neighborhood crime-watch program.

—NANCY STESIN

## SMALL-TOWN SAFETY

The Gilberts and their two children, ages three and one, live in a seventy-five-year-old, two-story home in a Missouri town of about twenty thousand. Flaine, thirty-six, works as a project manager for a local hospital; Jeff, thirty-five, is an optometrist.

Detective Sergeant Lawson Burford, chief of detectives for the local police department, did the Gilberts' home-security inspection. Here's what he said they should do:

**Let there be light . . . lots of it** Light is a major deterrent to burglars, who tend to target houses that provide places to hide and work unseen. The Gilberts have a front-porch light as well as a lamppost in the backyard, but Burford said both should be equipped either with sensors, which turn the lights on at dusk and off at dawn, or with motion-sensitive lights, which turn on when anyone approaches the house.

**Nowhere to hide** "You want the perimeter of your home to be clear of places where people could conceal themselves," Burford said. The storage room directly off the Gilberts' back porch is a prime hiding spot. They should put a padlock on that door so they can tell at a glance whether someone has been in there.

### Under lock and key

"This kind of lock is not good at all," Burford said, pointing to the spring-latch lock. What the Gilberts need,

he explained, is an all-metal dead-bolt lock with a case-hardened cylinder guard and a bolt that extends at least one inch into the doorframe.

But the lock is only one part of the problem with the front door. "This is a hollow-core door [made with two thin panels with nothing but air sandwiched between them], which is appropriate for interior use only," Burford said. It should be replaced with a solid-core door constructed from a single slab of material that is one and three-quarter inches thick. And the hinges must be on the inside, or a burglar could remove the hinges and lift the door away from its frame.

The Gilberts' back door has a glass window, so Burford recommended a double-cylinder dead-bolt lock (a key is required from either side of the door). This is often the best choice when there is glass within forty inches of the lock, but a key must be kept near the door for use in case of fire.

The exterior door to the basement—which has another flimsy lock—also needs a dead bolt. If the door is never used, Burford said, the Gilberts might want to barricade it from the inside with two-by-fours bolted into the concrete.

**Safety pins** Several of the Gilberts' windows were usually left unlocked, and some locks on the upstairs windows didn't work at all. They should begin by oiling the existing locks and replacing the ones that are broken. Then, since even good window locks can be forced open, they should pin all of the windows.

Securing the basement *(continued)*

companies offer discounts to homeowners with such systems, which can help offset the additional cost.)

In general, alarms fall into three basic categories: **local alarms** (the least expensive), which sound a loud siren on the premises when the sensing device is triggered; **central-reporting alarms**, which send a silent signal to the monitoring company and **direct-reporting alarms**, which send a silent signal directly to the local police department.

Any system can be either hard-wired (with electric wire linking the sensors and control unit and reporting done via telephone lines) or wireless (radio waves carry the signals). Wireless systems are often easier to install but tend to be more expensive and less reliable. Hard-wired systems, on the other hand, can be disabled if a thief knows which wires to cut.

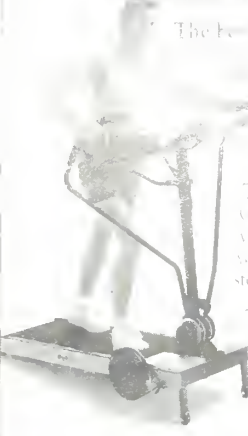
## SECURITY-SYSTEM BASICS

In addition to such simple precautions as trimming your bushes and locking your windows (two security flaws in the home shown here), you may want to consider buying a security system. Prices vary widely—although some do-it-yourself alarms can be found for as little as \$50, the cost of a dealer-installed system can range anywhere from \$300 to several thousand dollars. With monitored systems, you will also pay a monthly monitoring fee. (However, many insurance



# WalkFit burns up to 79% more calories than ordinary treadmills.

WalkFit™ burns up to 79% more calories than ordinary treadmills. WalkFit™ exerciser leaves ordinary treadmills behind. Ordinary treadmills only burn up to 20% more calories than ordinary treadmills. Your lower body muscles. But research at a major university shows that the total-body workout you get with WalkFit can burn up to 79% more calories than ordinary treadmills.



The best way to take the weight off. It's as simple as three, 20-minute workouts a week. But that's only if you get into the WalkFit exercise routine, you can burn up to 79% more calories per hour. What's more, exercise like you get with WalkFit also helps raise your metabolic rate, so even when you're not exercising, your body is burning more calories. As a result, it will help take the weight off by combining your regular workout with a sensible diet.

**The best way to improve your cardiovascular fitness.** Our flywheel and independent resistance settings let you set the pace. You improve your cardiovascular fitness 53% more efficiently than with ordinary treadmills because you power the total-body exerciser, not a motor. You can start, speed up, slow down or stop whenever you want to keep your routine interesting and enjoyable.

**The best way to look and feel great.** And while you're burning calories, you'll be toning your whole body, reducing stress, increasing your energy and strengthening your cardiovascular system. Rain or shine, in the comfort of your home, WalkFit is simply the best way for you to get a total-body workout. And wait till you see the results! You'll have a thinner waist, flatter stomach — and a well-toned and firmly shaped body. Plus you'll feel as good as you look.

NordicTrack's  
**WALKFIT**

30-day  
in-home trial!

Best of all,  
it's from **NordicTrack**  
A CML Company

**FREE Video and Brochure! Call 1-800-441-7512 Ext. F3TL4**

Please send me a FREE brochure  
 Also a FREE VHS videotape

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_

©1994 NordicTrack, Inc. A CML Company • All rights reserved.

## To stop a thief

*continued*

windows—which are a common point of entry for burglars—should be another high priority. Local fire codes permitting, the windows should either be replaced with glass blocks or have security bars bolted to the inside.

**Give the dog its due** The mere presence of a dog may discourage a burglar, particularly if it's on the large side, as the Gilberts' dog is, Burford said. "But it's a mistake to rely solely on the dog as a burglar alarm."

**Consider an alarm system** Burford suggested the Gilberts look into getting an alarm system, noting that systems have come down in price quite a bit from seven or eight years ago. Added the detective: "If the homeowners take the precautions I've outlined and install a basic alarm system, they will have a very secure home."

—DEBORAH DIAMOND

## HOME ALONE

Joyce and David Adams live in a two-story, wood-frame house in rural

Idaho. Although burglary isn't common in this isolated area, the Adamses realize that it's not completely safe. Their main concern is for their two daughters, Melissa, thirteen, and Kelly, ten, who are home alone every day for a short time after school. Both Joyce, forty-four, a psychotherapist, and David, forty-four, a biologist, work in a nearby small town.

Deputy Douglas McPherson, from the county sheriff's department, conducted the evaluation. His findings:

**Country living** Since there are no street lights to illuminate their parking area, McPherson recommended installing photosensitive lights that turn on at dusk and off at sunrise. Similar lights should also be used around the home's exterior, he said.

**Preserving appearances** McPherson conceded that some security precautions might take away from the home's 1910 vintage charm. For example, he pointed out that the glass panes on the front door could easily be broken. "I usually recommend a steel door with a peephole and chain, but it's hard to do that with older homes and keep the traditional

look," he said. In the end, he decided that a thief would be more likely to enter through the back or side of the bus where they would be less visible.

In fact, the side door turned out to be a real weak point: As the house has settled over the years, a gap has appeared between the door and its frame. The door does have a dead bolt, but it penetrates the doorjamb only about half an inch, instead of the one inch needed to prevent the door from being pried open. The door also has a small window that could be broken easily, as well as thin panels that could be kicked out. McPherson recommended that the Adamses have the frame rebuilt so that the bolt fully engages and that they consider buying a solid-core door.

**Safe kids** Both girls are well versed in the security rules of being home alone, but McPherson suggested a few additional precautions. First, the family should get an answering machine so the girls won't need to answer the phone without first knowing who's calling. Cordless phones might make it easier to call for help in an emergency, he added, and large, well-lit address numbers on the front door would help police and firefighters locate the house.

**Money-saving strategies** Securing a home doesn't necessarily require spending a lot of money, particularly in a crime area, the Adamses learned. "You know those rubber stops that keep the door open? They also work very well to keep the door closed," McPherson noted. As an added precaution, the family put them in place before going to bed.

Trimming the lilac bushes by the front steps is another no-cost option the Adamses might want to consider. (A good rule of thumb is to keep shrubs trimmed to no more than three feet tall.)

McPherson also advised that tools such as screwdrivers and hammers, which a burglar might find useful, be kept locked up.

As for more sophisticated protection for country dwellers, McPherson said, "Alarms only do so much—if a thief drives by and you've got good lighting and a dog prowling around, ninety-percent of the time, he's going to be looking for easier pickings down the road."

—ANNE WEATHERS

Additional research by Karyn Dabaghi

# HOME JOURNAL

## SOUPERB HOLIDAY RECIPES



FROM CAMPBELL'S® SOUPS AND SELECT QUALITY BRANDS

Thermostat® Stand-Out™ Insert is a trademark of SYNERGISTIC MARKETING, INC. 1144 Jackson Ave. J.J.Y. BLY, NJ 07022 (212) 751-2253

### A Christmas House Tour

# WalkFit burns up to 79% more calories than ordinary treadmills.

WalkFit's 9% higher caloric burn is due to the fact that the WalkFit™ exerciser leaves ordinary treadmills behind. Ordinary treadmills only burn 100 calories per 10 minutes. But research at a major university shows that the side door on the WalkFit™ exerciser allows you to get with WalkFit can burn up to 79% more calories than ordinary treadmills.

look," he said. In the end, he decided that a thief would be more likely to enter through the back or side of the house where they would be less visible.

In fact, the side door turned out to be a real weak point: As the house has settled over the years, a gap has ap-

## Winter Warmth

Hot and wholesome ways to warm your winter meals.

### Oriental Turkey Bake

Prep Time: 20 min. • Cook Time: 30 min.

- 1 can (10 3/4 oz.) Campbell's® Condensed Cream of Celery Soup
- 1/2 cup water
- 2 tbsps soy sauce
- 2 medium green onions, sliced

- 1 can (15 oz.) Veg-All® Mixed Vegetables, drained
- 2 cups cubed cooked turkey or chicken
- 1 bag Success™ Rice, cooked
- 1/2 cup canned Durkee® French Fried Onions

1. In 2-qt. casserole mix soup, water, soy, green onions, vegetables, turkey and rice.
2. Bake at 350°F. 25 min. or until hot.
3. Stir. Sprinkle French fried onions over turkey mixture. Bake 5 min. or until onions are golden. Serves 4.



Non  
W

Please  
Also a

To stop  
continued

windows of entry other hi permittit be repla security Give th ence of glar, pa side, as said. "B on the d Consid suggeste ting an : tems ha bit from Added

owners take the precautions I've outlined and install a basic alarm system, they will have a very secure home."

—DEBORAH DIAMOND

### HOME ALONE

Joyce and David Adams live in a two-story, wood-frame house in rural

conceded that some security precautions might take away from the home's 1910 vintage charm. For example, he pointed out that the glass panes on the front door could easily be broken. "I usually recommend a steel door with a peephole and chain, but it's hard to do that with older homes and keep the traditional

alarms only do so much—if a burglar drives by and you've got good lighting and a dog prowling around, ninety-percent of the time, he's going to look for easier pickings down the road."

—ANNE WEATHERS

Additional research by Karyn Dabaghi

# HOME JOURNAL



Prep Time: 10 min. • Cook Time: 20 min.

- 2 cans 14 1/2 oz. each Swanson® Ready to Serve Clear Vegetable Broth
- 1/2 tsp. dried basil leaves, crushed
- 1/4 tsp. garlic powder
- 1 can (about 14 1/2 oz.) whole peeled tomatoes, cut up
- 1 cup dry cork screw macaroni
- 1 can 15 oz. Veg All® Mixed Vegetables

In saucepan mix broth, basil, garlic powder and tomatoes. Heat to a boil. Stir in macaroni. Cook over low heat 10 min., or until macaroni is done, stirring often. Add vegetables and heat through. Serves 6.



All photos, Michael Luppino

## A Christmas House Tour

# WalkFit burrs up to 79% more calories than ordinary treadmills.

WalkFit™ exerciser leaves ordinary treadmills behind. Research at a major university shows that you get with WalkFit can burn up to 79% more calories than ordinary treadmills.

look," he said. In the end, he decided that a thief would be more likely to tent through the back or side of the bus where they would be less visible.

In fact, the side door turned out to be a real weak point: As the house had settled over the years, a gap had ap

## Festive Fare

Fancy, flavorful dishes for the Holidays or any day.

### Pasta Primavera with a Twist

Prep Time: 15 min. • Cook Time: 15 min.

- 1 can (10 1/2 oz.) Campbell's Condensed Cream of Chicken & Broccoli Soup
- 1 cup milk
- 1 cup grated Parmesan cheese
- 1/2 tsp garlic powder
- 1/4 tsp pepper

- 2 cups broccoli flowerets
- 2 medium carrots, sliced
- 2 1/2 cups cooked cocks-eye macaroni
- 2 cans (5 oz. each) Swanson's Premium Chunk White Chicken, drained

- 1 In saucepan mix soup, milk, cheese, garlic powder, pepper, broccoli and carrots. Heat to a boil.
- 2 Cover and cook over low heat 5 min. or until vegetables are tender-crisp, stirring occasionally. Add macaroni and chicken and heat through. Serves 4.



### To stop

windows of entry other hi permitt be repla security Give th ence of glar, pa side, as said. "B on the d Consider suggeste ting an . tems ha bit fro Added

owners take the precautions I've outlined and install a basic alarm system, they will have a very secure home."

—DEBORAH DIAMOND

### HOME ALONE

Joyce and David Adams live in a two-story, wood-frame house in rural

conceded that some security precautions might take away from the home's 1910 vintage charm. For example, he pointed out that the glass panes on the front door could easily be broken. "I usually recommend a steel door with a peephole and chain, but it's hard to do that with older homes and keep the traditional

Adams only do so much—if a truck drives by and you've got good lighting and a dog prowling around, ninety-percent of the time, he's going to be looking for easier pickings down the road."

—ANNE WEATHERS

Additional research by Karyn Dabaghi



# HOME JOURNAL



**Chicken Nachos**  
 Prep Time: 10 min. • Cook 15 min.

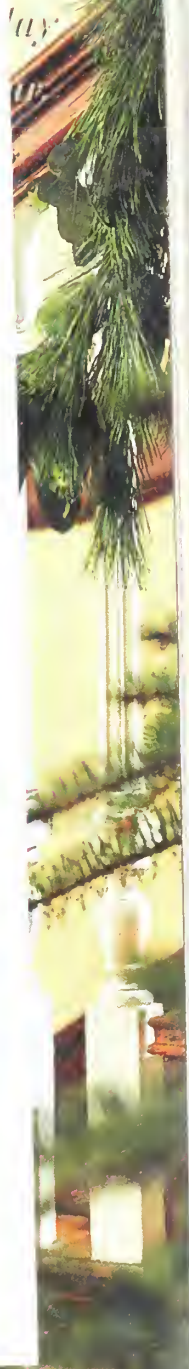
1. In a saucepan, mix soup, salsa, and chicken. Over low heat, heat through, stirring occasionally.

2. Serve over chips. Top with onions and olives.

**TIP:** If desired, warm chips in microwave. Divide between 2 microwave-safe plates. Microwave 1 plate at a time on HIGH 1 min.

**Ingredients:**  
 1 can (14 1/2 oz.) Campbell's® Condensed Chicken Cheddar Soup  
 1/2 cup salsa  
 1/2 cup chicken  
 1/2 onion, sliced  
 1/2 cup sliced ripe olives

**Directions:**  
 1. Preheat oven to 350°F. Spread chips on a large sheet of parchment paper.  
 2. Mix soup, salsa, and chicken in a saucepan.  
 3. Pour mixture over chips. Top with onions and olives.  
 4. Bake 15 minutes.



## A Christmas House Tour

All photos, Michael Luppino.

# WalkFit burns up to 79% more calories than ordinary treadmills.

Up to 79% higher calorie burn than ordinary treadmills. The WalkFit™ exerciser leaves ordinary treadmills behind. Ordinary treadmills only work your lower body muscles. But research at a major university shows that the time you spend in the WalkFit workout you get with WalkFit can burn up to 79% more calories than ordinary treadmills.

look," he said. In the end, he decided that a thief would be more likely to enter through the back or side of the house where they would be less visible.

In fact, the side door turned out to be a real weak point: As the house settled over the years, a gap had

# Hearty Homecomings

Savory favorites for traditional family meals.



## Green Bean Casserole

Prep Time: 10 min. • Cook Time: 30 min.

- 1 can (10 1/2 oz.) Campbell's® Condensed Cream of Mushroom Soup
- 1/2 cup milk
- 1 tsp. soy sauce (optional)
- Dash pepper
- 1 bag (16 oz.) Birds Eye® Frozen Cut Green Beans, cooked
- 1 can (2.8 oz.) Durkee® French Fried Onions

1. In 1 1/2-qt. casserole mix soup, milk, soy, pepper, beans and 1/2 can onions.
  2. Bake at 350°F. 25 min. or until hot.
  3. Stir. Sprinkle remaining onions over bean mixture. Bake 5 min. or until onions are golden. Serves 6.
- Durkee® is a registered trademark of Burns Philp Food, Inc.



**Nor W**

Please  
Also a

To stop  
continued

windows of entry other hi permitti be repla security Give th ence of glar, pa side, as said. "B on the d Consider suggeste ting an tems ha bit fro Added

owners take the precautions I've outlined and install a basic alarm system, they will have a very secure home."  
—DEBORAH DIAMOND

### HOME ALONE

Joyce and David Adams live in a two-story, wood-frame house in rural

connected that some security precautions might take away from the home's 1910 vintage charm. For example, he pointed out that the glass panes on the front door could easily be broken. "I usually recommend a steel door with a peephole and chain, but it's hard to do that with older homes and keep the traditional

themselves only do so much—if a car drives by and you've got good lighting and a dog prowling around, ninety-percent of the time, he's going to look for easier pickings down the road."

—ANNE WEATHERS

Additional research by Karyn Dabaghian

# HOME JOURNAL

## Savory Meat Loaf & Roasted Potatoes

Prep Time: 10 min. • Cook Time: 1 1/2 hr

- 1 can (10 3/4 oz) Campbell's Condensed Tomato Soup
  - 1 lb ground beef
  - 1 can (2 3/4 oz) Durkee® French Fried Onions
  - 1 egg, beaten
  - 1/4 cup French's® Worcestershire Sauce
  - 8 medium potatoes, cut into quarters
- Mix 1/2 cup soup, beef, 1/2 can onions, egg and Worcestershire thoroughly. In baking pan shape firmly into 8" by 4" loaf. Place potatoes around meat loaf.
  - Bake at 350°F, 1 hr. Stir potatoes.
  - Spoon remaining soup over meat loaf. Bake 25 min. or until meat loaf is done (160°F.). Stir potatoes. Sprinkle remaining onions over meat loaf. Bake 5 min. or until onions are golden. Serves 8.

Durkee® is a registered trademark of Burns Philp Food, Inc.



A Christmas House Tour

# WalkFit burns up to 79% more calories than ordinary treadmills.

WalkFit's 79% higher calorie burn rate is due to the fact that the WalkFit™ exerciser leaves ordinary treadmills behind. A study by the Cleveland State University School of Health, Behavior and Society shows that the combination of a 10 percent incline and a 1.5 mph walk on the WalkFit can burn up to 79% more calories than an ordinary treadmill.

look," he said. In the end, he decided that a thief would be more likely to enter through the back or side of the bus, where they would be less visible.

In fact, the side door turned out to be a real weak point: As the hours had settled over the years, a gap had ap-

## Fancy Favorites

Tastefully tempting recipes that make any meal festive.

### Turkey with Sausage Walnut Stuffing

Prep Time: 30 min. • Cook Time: 4 1/2 to 5 hr.

- 1 lb bulk pork sausage
- 1/2 cup margarine or butter
- 2 stalks celery, sliced
- 1 large onion, chopped
- 1 can (14 1/2 oz) Swanson® Ready to Serve Clear Chicken Broth

- 1 bag (14 oz.) Pepperidge Farm® Cubed Country Style Stuffing
- 1 medium apple, cored and chopped
- 1/2 cup chopped California walnuts
- 12 to 14 lb turkey

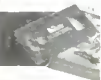
- 1 In saucepan over medium high heat, cook sausage until browned, stirring to separate meat. Add margarine, celery and onion and cook until tender.
- 2 Add broth. Heat to a boil. Remove from heat. Add stuffing, apple and walnuts and mix lightly.
- 3 Stuff and roast turkey according to directions on turkey package.\* Serve with **gravy**. Serves 12 to 16.

\*Bake any remaining stuffing in covered casserole with turkey 30 min. or until hot.

**To make gravy:** In roasting pan, mix 1/4 cup turkey drippings and 1/4 cup all purpose flour. Gradually add 1 can (14 1/2 oz.) Swanson® Ready to Serve Clear Chicken Broth. Cook over medium heat until mixture boils and thickens, stirring constantly. Makes 2 cups.



Nor  
W



For more Norwalk  
TV Shows

▶ Please  
▶ Also a

To stop  
continue

windows of entry other hi permitti be repla security Give th ence of glar, pa side, as said. "B on the d Consid suggeste ting an tems ha bit fro Added

owners take the precautions I've outlined and install a basic alarm system, they will have a very secure home."

—DEBORAH DIAMOND

### HOME ALONE

Joyce and David Adams live in a two-story, wood-frame house in rural

conceded that some security precautions might take away from the home's 1910 vintage charm. For example, he pointed out that the glass panes on the front door could easily be broken. "I usually recommend a steel door with a peephole and chain, but it's hard to do that with older homes and keep the traditional

chains only do so much—if a truck drives by and you've got good lighting and a dog prowling around, ninety-percent of the time, he's going to look for easier pickings down the road."

—ANNE WEATHERS

Additional research by Karyn Dabagh

# HOME JOURNAL



**Country Style Turkey**  
 Prep Time: 10 min • Cook Time: 30 min.

1 Turkey, 10-12 lbs. Can peel & remove skin. Use skin for Soup or Salad

1 1/2 cups celery, finely chopped  
 1/2 cup onion, finely chopped  
 1/2 cup green peas, whole & unpeeled  
 1/2 cup Pepperidge Farm Country Style Stuffing

MIX 3/4 cup water, celery, onion, and stuffing. Season mixture to taste. Place Chicken in stuffing mixture. Mix mayonnaise, sugar, and mustard. Spread over chicken.

Use at 400 F. 30 min. or until chicken is done. Remove chicken. Stir stuffing. It parsley. Serves 4.



## A Christmas House Tour

All photos, Michael Luppino.

# WalkFit burns up to 79% more calories than ordinary treadmills.

Up to 79% higher calorie burn than ordinary treadmills. Ordinary treadmills burn fewer calories because they only work your lower body muscles. But research at a major university shows that the combination of upper and lower body workout you get with WalkFit can burn up to 79% more calories than ordinary treadmills.

look," he said. In the end, he decided that a thief would be more likely to come through the back or side of the house where they would be less visible.

In fact, the side door turned out to be a real weak point: As the house has settled over the years, a gap has ap-

# Quick Cuisine

Rich and robust dishes for your busy Holiday season.

## Saucy Beef Burgers

Prep Time: 15 min. • Cook Time: 30 min.

- 1 can (11 oz.) each Campbell's Condensed Italian Tomato Soup
- 1 tbsp. French Worcestershire Sauce
- 1 lb. ground beef
- 1 cup dry bread crumbs
- 1 small onion, finely chopped
- 1 egg, beaten
- 1 cup water
- 2 bags Success® Rice, cooked

1. Mix 2 tbsp. soup, 2 tbsp. Worcestershire, beet, bread crumbs, onion and egg. Shape into 4 patties, 1/2" thick.
  2. In skillet over medium-high heat, cook patties until browned. Set patties aside. Pour off fat.
  3. Add remaining soup, remaining Worcestershire and water. Heat to a boil. Return patties to pan. Cover and cook over low heat 20 min. or until patties are done (160 F.). Serve over rice. Serves 4.
- HP: To make parsleyed rice, mix cooked rice with 2 tbsp. chopped fresh parsley.



Nor  
W



No Water No  
Dry Battery

Please  
Also a I

To stop  
continued

windows of entry other hi permissi be repla security Give th ence of glar, pa side, as said. "B on the d Consid suggeste ting an tems ha bit from Added

owners take the precautions I've outlined and install a basic alarm system, they will have a very secure home."

—DEBORAH DIAMOND

## HOME ALONE

Joyce and David Adams live in a two-story, wood-frame house in rural

conceded that some security precautions might take away from the home's 1910 vintage charm. For example, he pointed out that the glass panes on the front door could easily be broken. "I usually recommend a steel door with a peephole and chain, but it's hard to do that with older homes and keep the traditional

chains only do so much—if a thief drives by and you've got good lights and a dog prowling around, ninety-percent of the time, he's going to look for easier pickings down the road."

—ANNE WEATHERS

Additional research by Karyn Dabagh

# HOME JOURNAL

day  
day

## Quick Vegetables & Beef

Prep Time: 10 min. • Cook Time: 10 min.

- 1 Tbsp vegetable oil
  - 1 cup broccoli flowerets
  - 1 can (19 oz.) Campbell's® Chunky® Old Fashioned Vegetable Beef Soup
  - 2 Tbsp French's® Worcestershire Sauce
  - 1 bag Success® Rice (cooked)
1. In saucepan over medium heat, heat oil. Add broccoli and cook until tender-crisp.
  2. Add soup, Worcestershire and rice. Heat through. Serves 2.



## A Christmas House Tour

# WalkFit burns up to 79% more calories than ordinary treadmills.

Up to 79% higher calorie burn than ordinary treadmills. The WalkFit™ exerciser leaves ordinary treadmills behind. Ordinary treadmills burn calories and target only the lower body muscles. But research at a major university shows that the unique upper-body motion of the WalkFit can burn up to 79% more calories than ordinary treadmills.

look,” he said. In the end, he decided that a thief would be more likely to get through the back or side of the house where they would be less visible.

In fact, the side door turned out to be a real weak point: As the house settled over the years, a gap has ap-

## Family Favorite

A rich and creamy taste experience for that special occasion

### Creamy Vegetable Medley

Prep Time: 10 min. • Cook Time: 25 min.

- 1 can (10 1/2 oz.) Campbell's Condensed Golden Corn Soup
- 1/2 cup milk
- 1 bag (16 oz.) Birds Eye® Frozen Farm Fresh Mixtures Broccoli, Cauliflower, Carrots
- 1/2 cup shredded Cheddar cheese

1. In saucepan mix soup, milk and vegetables. Over medium heat, heat to a boil.
2. Cover and cook over low heat 15 min. or until vegetables are tender, stirring occasionally. Stir in cheese. Heat until cheese is melted. Serves 6.

Nor  
W



NO MORE NO  
DIE P. 100

Please  
Also a

To stop  
continue

windows of entry other hi permissi be repla security Give th ence of glar, pa side, as said. “B on the d Consid suggesti ting an tems ha bit from Added

owners take the precautions I've out lined and install a basic alarm system, they will have a very secure home.”

—DEBORAH DIAMOND

## HOME ALONE

Joyce and David Adams live in a two-story, wood-frame house in rural

conceded that some security precautions might take away from the home's 1910 vintage charm. For example, he pointed out that the glass panes on the front door could easily be broken. “I usually recommend a steel door with a peephole and chain, but it's hard to do that with older homes and keep the traditional

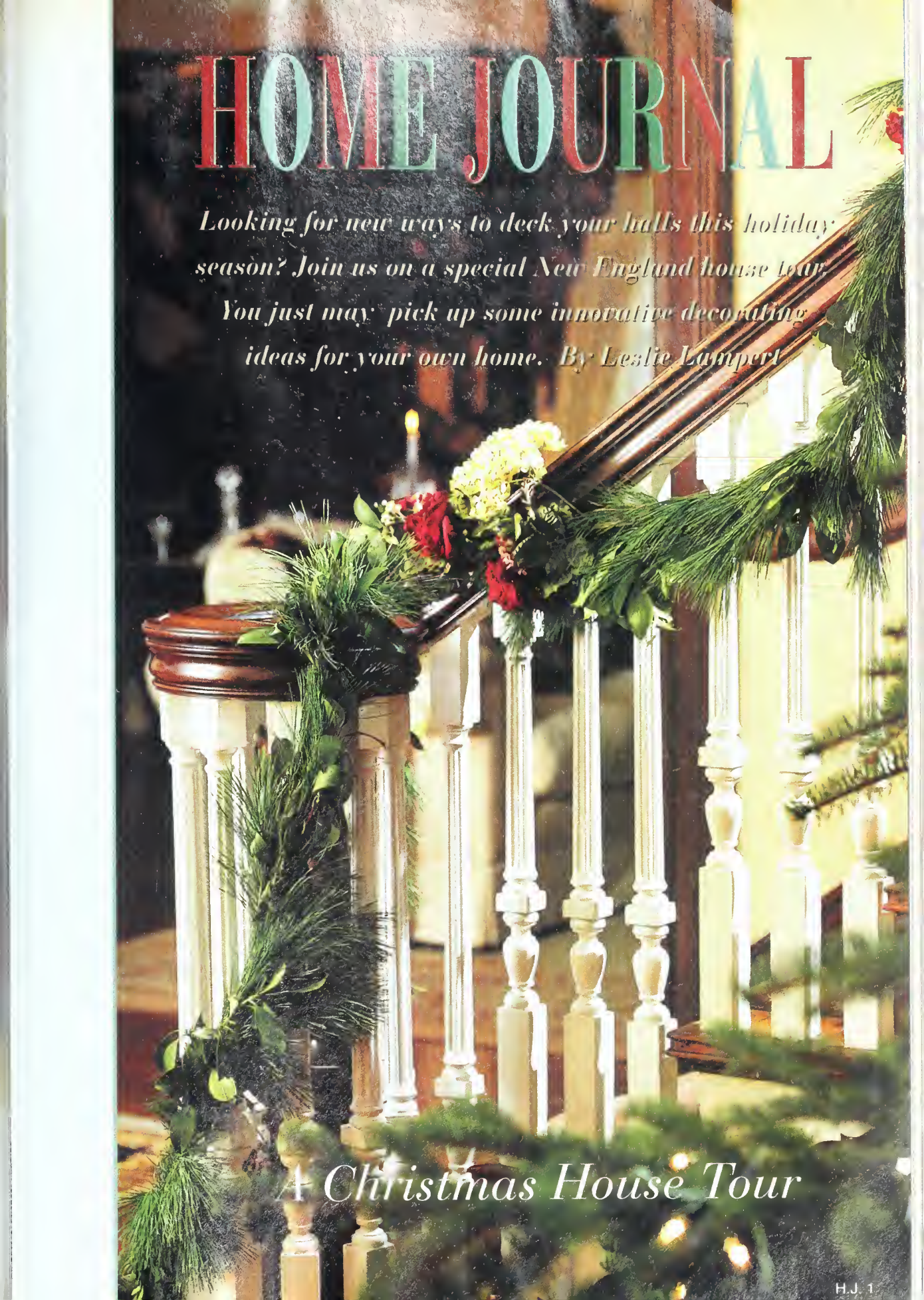
frames only do so much—if a thief drives by and you've got good lighting and a dog prowling around, ninety-nine percent of the time, he's going to look for easier pickings down the road.”

—ANNE WEATHERS

Additional research by Karyn Dabaghian



# HOME JOURNAL



*Looking for new ways to deck your halls this holiday season? Join us on a special New England house tour. You just may pick up some innovative decorating ideas for your own home. By Leslie Lampert*

*A Christmas House Tour*



**F**irst stop on the holiday house tour: Arthur and Vita Muir's Colonial Revival-style home in the historic village of Litchfield, Connecticut. Here, the living-room mantel is festooned with boxwood

greens, white pine, dried hydrangea and peach silk roses. "I like a grand-looking fireplace," says Vita, executive director of Litchfield Performing Arts. The result? A lush, romantic look.

The Muirs' cozy red and dark wood library is the perfect backdrop for a fanciful Christmas tree that the whole family decorates. "We love to change the theme of the tree each year, and everyone participates in the decision," says Vita. "This year's theme is a country foxhunt, and the tree is bold, bright and chock-full of ornaments, including shiny French horns, shields, foxes and hounds."



MOTHER NATURE TAUGHT US  
A VERY IMPORTANT COOKING LESSON.



*Corners as rounded as wind-sculpted stone. A design that fits flush with cabinetry to blend in seamlessly with its environment. Convection heat that browns as evenly as the sun. Just a few of the thoughtful details in the freestanding range designed by KitchenAid. From an idea sparked by Mother Nature. Call 1-800-422-1230 to learn more.*

**KitchenAid**<sup>®</sup>  
FOR THE WAY IT'S MADE<sup>™</sup>



**A**cross the street from the Muirs, Christmas at The Upper Bull House—an 1839 Federal Colonial—is a toast to tradition. Stockings hang from the mantel in the library, which is bedecked with pine and holly sprigs, and glowing with soft candlelight. “This is our special place to exchange gifts and savor the holidays,” say the owners.

The main tree in the sunny yellow living room is a tribute to the twelve days of Christmas—a yearly family tradition. In addition to dozens of little white lights, fresh fruit and cranberries, the family loves to display their vintage ornaments: charming carved wooden Santas, elves, turtle-dores and pears.



*Some holiday moments last forever.*



The Lenox China Jewels Nativity Collection.™

A grouping of ivory fine china figurines, each intricately detailed in gold and accented with hand enameling. Yours to collect piece by piece. A beautiful expression of the season.

To give or receive.

LENOX®



## CHOCOLATE BUNDLES

- 1 sheet Pepperidge Farm Frozen Puff Pastry
- 1 package (6 oz.) semi-sweet chocolate chips
- ¼ cup chopped walnuts
- Confectioner's Sugar

**T**haw pastry 30 minutes. Preheat oven to 425°F.

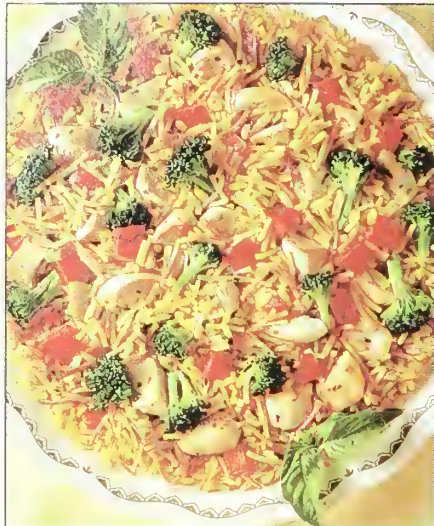
On a lightly floured surface, roll pastry to a 12-inch square; cut into four 6-inch squares.

In the center of each square, place ¼ cup chocolate and 1 tbsp. walnuts.

Bring pastry corners together just above chocolate; twist and turn. Fan out corners.

Place on ungreased baking sheet. Bake 10-15 minutes or until golden brown. Let stand at least 10 minutes.

Sprinkle with confectioner's sugar and serve. Makes four individual servings.



## ONE-PAN TOMATO BASIL CHICKEN

- 1 package (6.9 oz.) Rice-A-Roni® Chicken Flavor
- 1 pound chicken breast, chopped
- 2 cups broccoli flowerets
- 1 medium tomato, chopped
- 1 teaspoon dried basil
- 1 cup (4 oz.) shredded mozzarella cheese (optional)

**I**n large skillet, saute rice-vermicelli mix as package directs.

Add 2 cups water, chicken, and Special Seasonings. Cover; simmer 10 minutes.

Stir in broccoli, tomato, and basil. Cover; simmer 5 to 10 more minutes. Sprinkle with mozzarella cheese before serving, if desired.

Serves 4.

For over 170 more recipes, just call The Rice-A-Roni Main Dish Helpline 1-800-421-2444.



## THE CHEWY OATMEAL COOKIE

- ¾ cup Butter Flavor Crisco\*
- 1 ¼ cups firmly packed light brown sugar
- 1 egg
- ⅓ cup milk
- 1 ½ teaspoons vanilla
- 3 cups Quaker® Quick Oats (not instant or old-fashioned)
- 1 cup all-purpose flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ teaspoon cinnamon
- 1 cup raisins
- 1 cup coarsely chopped walnuts

**H**eat oven to 375°F. Grease baking sheet with Butter Flavor Crisco. Combine Butter Flavor Crisco, brown sugar, egg, milk and vanilla in large bowl. Beat at medium speed of electric mixer until well blended. Combine oats, flour, baking soda, salt and cinnamon. Mix into creamed mixture at low speed just until blended. Stir in raisins and nuts. Drop rounded tablespoonfuls of dough 2 inches apart onto baking sheet. Bake at 375°F for 10 to 12 minutes, or until lightly browned. Cool 2 minutes on baking sheet. Remove to kitchen counter. About 2½ dz. cookies.

\*Butter Flavor Crisco is artificially flavored. ©1993 Procter & Gamble Co. Quaker® is a registered trademark of The Quaker Oats Co.

**PEPPERIDGE FARM®**

**RICE  
A  
RONI®**  
THE ORIGINAL

**CRISCO**

## I P E G U I D E



## RED & GREEN STUFFED BELLS

1 1/2 pound lean ground beef  
 1 small onion, chopped  
 1 cup diced red bell pepper  
 1 clove garlic, minced  
 1 can (8 3/4 oz.) whole kernel corn,  
 rinsed and drained  
 1/2 cup Kikkoman Stir-Fry Sauce  
 1/2 teaspoon crushed red pepper  
 1/2 cup shredded Monterey Jack  
 cheese  
 1 medium-size green bell peppers  
 (about 1 lb.)

1. Cook beef with onion, red bell pepper and garlic in large skillet over medium heat until onion is translucent. Stir in corn, stir-fry sauce and red red pepper; bring to boil. Remove from heat and stir in cheese. Cut green bell peppers in half lengthwise; remove seeds. Stuff each pepper half with equal amount of beef mixture; place in single layer in baking pan. Bake in 375°F oven 30 minutes, or until peppers are tender. Serve immediately. Makes four to six servings.



## HIDDEN VALLEY RANCH® CHEESE SPREAD

- 1 package (8 oz.) cream cheese softened
  - 1 packet (1 oz.) Hidden Valley Ranch® Original Ranch® Salad Dressing Mix
- Fresh-cut vegetables, crackers or thin slices french bread

**B**lend together cream cheese and dry salad dressing mix in small bowl. Serve as a spread.

For additional Hidden Valley One-Step Recipes™, call toll free 1-800-723-2343.



## ONE-PAN POTATOES AND CHICKEN ROSEMARY

- 4 medium potatoes, sliced 1/4-inch thick & microwaved 8 to 10 minutes until tender
- 1 lb. boned and skinned chicken breasts, cut into 1/2-inch strips
- 2 cloves garlic, minced
- 2 tbsp. olive oil
- 2 tsp. dried rosemary, crumbled

**W**hile potatoes cook, in large skillet toss and brown chicken and garlic in oil over high heat 5 minutes. Add potatoes and rosemary; sauté and toss until potatoes are lightly browned. Season with salt and pepper. Time: 20 minutes  
 Servings: Four

ORIGINAL  
**RANCH**  
 SALAD  
 DRESSING MIX

Hidden  
 Valley  
 E-Ranch.

*Potatoes*  
 AMERICA'S FAVORITE VEGETABLE

**KIKKOMAN**



## SUN-MAID'S RAISIN OATMEAL CLASSICS

- 3/4 cup butter or margarine, softened
- 1 cup firmly packed brown sugar
- 1/2 cup sugar
- 1 egg
- 1 teaspoon vanilla
- 1 cup all-purpose flour
- 1 teaspoon cinnamon
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 3 cups rolled oats
- 1 pkg. (1 cup) Sun-Maid Baking Raisins

**H**eat oven to 350°F. Grease cookie sheets. Combine butter, brown sugar, sugar, egg and vanilla; beat until well blended. Combine flour, cinnamon, baking soda and salt. Add to butter mixture; mix well. Stir in oats and Sun-Maid Baking Raisins. Drop by tablespoonfuls onto greased cookie sheets. Bake in upper third of oven at 350°F for 12 to 15 minutes. Remove from cookie sheets; cool on wire racks. Makes three dozen cookies.



## ORANGE GLAZED CORNISH HENS

- 1 Reynolds Oven Bog, large size (14"x20")
- 3 tablespoons flour, divided
- 4 Cornish hens (1 1/2 pounds each)
- 1 cup orange marmalade
- 2 tablespoons soy sauce
- 1 1/2 teaspoons ground ginger

**P**reheat oven to 350°F. Shake 1 tablespoon flour in oven bag; place in 13x9x2-inch baking pan. Wash hens; pat dry. Place hens in bag. In a small bowl, combine remaining flour, marmalade, soy sauce and ginger. Spoon sauce over hens in bag. Close bag with nylon tie; cut 6 half-inch slits in top. Bake until juices run clear and hens are tender, 1 to 1 1/2 hours. Let stand in bag 5 minutes. Serve with sauce, if desired.

Makes four servings.



## PASTA ACCENTS FIESTA CHICKEN

"Accent"-uate your holiday cooking with this delicious, quick recipe idea from Green Giant:

- 3/4 lb. thin strips chicken breast
- 1 tablespoon oil
- 1 package Green Giant Pasta Accents Garlic Seasoning Frozen Vegetables and Posto
- 3/4 cup salsa
- 1 tablespoon chopped fresh cilantro, if desired

**I**n large skillet, brown chicken in oil.

Add vegetables and posto and salsa. Cover; simmer 8 to 10 minutes until vegetables are crisp-tender, stirring occasionally.

Stir in cilantro.

Makes four servings.



SUN-MAID  
RAISINS

Reynolds®







## LIBBY'S PUMPKIN PECAN PIE

(MAKES ONE 9-INCH PIE)

### PUMPKIN LAYER

1 egg, lightly beaten  
 1 cup LIBBY'S Solid Pack Pumpkin  
 1 cup granulated sugar  
 1 teaspoon pumpkin pie spice  
 1 unbaked 9-inch (4-cup volume) pie shell

### PECAN LAYER

1/2 cup light corn syrup  
 2 eggs, lightly beaten  
 1/2 cup granulated sugar  
 2 tablespoons butter or margarine, melted  
 1/2 teaspoon vanilla extract  
 1/2 cup pecan halves

### Pumpkin Layer:

Combine egg, pumpkin, sugar, pie spice in medium bowl. Spread bottom of pie shell.

### Pecan Layer:

Combine corn syrup, eggs, sugar, butter, vanilla in same bowl; stir in pecans. Spoon over pumpkin layer.

Bake in preheated oven 350°F. oven 30 minutes or until filling is set. Cool on wire rack.



## DOUBLE CHOCOLATE FANTASY BARS

MADE WITH M&M'S® MINI BAKING BITS

- 1/3 cup butter or margarine (not spread), melted
- 2 cups chocolate cookie crumbs
- 1 14 oz. can sweetened condensed milk
- 1 12 oz. package (1 3/4 cups) M&M's® Semi-Sweet Chocolate Mini Baking Bits
- 1 cup shredded coconut
- 1 cup chopped walnuts or pecans

**P**reheat oven to 350°F (325°F for glass pan).

In a bowl, combine butter and cookie crumbs; press mixture into the bottom of a 9" x 13" baking pan. Pour sweetened condensed milk evenly over the crumbs. Combine the M&M's® Semi-Sweet Chocolate Mini Baking Bits, coconut and nuts. Sprinkle mixture evenly over condensed milk; press in lightly. Bake 25 to 30 minutes or until set. Cool completely before cutting. Store in tightly covered container. Makes 32 bars.



## SUGAR COOKIE JEWELS

MADE WITH M&M'S® MINI BAKING BITS

- 1 cup butter or margarine (not spread)
- 1 cup granulated sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 12 oz. package (1 3/4 cups) M&M's® Semi-Sweet or Milk Chocolate Baking Bits
- granulated sugar as needed

**P**reheat oven to 350°F.

Cream together butter and sugar until light and fluffy; add egg and vanilla. Combine flour and baking soda; add to creamed mixture just until blended. Stir in M&M's® Chocolate Mini Baking Bits.

Shape dough into 1-inch balls. Place on greased cookie sheets about 2 inches apart. With bottom of glass dipped in sugar, flatten dough very slightly so as not to crush baking bits. Bake 10 to 12 minutes or until edges are light golden; let cool 1 minute before transferring to wire rack to cool completely. Store in tightly covered container. Makes about four dozen cookies.



*W*hen we walk into the home of Ellen Ebbs, it's hard to believe that this family has a passion for collectibles. The tree is an eclectic mix of antique ornaments (handblown glass Santas, birds and bells) and the children's homemade



trinkets. Strags of cranberry garlands add a merry splash of color. "The finishing touch is our angel Christmas-tree topper that's been in the family for years," says Ellen. "I love the feeling of an angel watching over our holiday festivities."

The Ebbs' two-story home is filled with charm—from hand-painted wall stencils by Ellen to displays of holiday memorabilia. At right, the family's around-the-world doll collection makes a unique mantel decoration—fresh greenery, pinecones and red ribbons make it cozy. "On Christmas Eve, we hang twenty-three stockings—one for each of our children and grandchildren," says Ellen.





**NEW GE PROFILE. BECAUSE  
YOU WANT MORE ROOM FOR FOOD.  
NOT YOUR REFRIGERATOR.**

Only GE could  
come up with  
a refrigerator  
this big.  
GE Profile™ 30.

Inside you get a huge 30-cubic-foot capacity, the  
most of any side-by-side, ever. And thanks to our  
exclusive Smartspace design, the outside won't  
take up an inch more space than a  
24-cubic-foot GE refrigerator.

To make the most of that roomy  
interior, we've also added lots of  
ingenious, spacemaking features.  
QuickSpace™ door bins so big, they hold the

largest items, even  
a 24-pack of soda.  
A Quickspace™  
shelf that tucks

away to make room for tall things. Two slideout  
shelves that keep spills from spilling over. And, in the  
freezer, adjustable shelves and baskets.

See? You didn't need more kitchen  
space. Just more refrigerator.

To find out more about the new  
GE Profile™ 30 Refrigerator, call the  
GE Answer Center™ at 800.626.2000.



*Profile™*

*We bring good things to life*



**J**an and Maggie Noel's family love to join in the fun of creating the rose-and-green moiré ribbon chain that graces the bauister. On Christmas Eve, the couple place rotive caudles in antique silver cups to give the staircase a magical glow.

## Product Information Guide

**Nuclear Energy Institute** provides information on nuclear energy—a clean, safe, domestic source of electricity. Write to the Nuclear Energy Institute, 1776 I Street, N.W., Suite 400, Washington, DC 20006-3708.

**Genie Garage Door Opener Safety and Maintenance Guide**—A valuable brochure to teach your family about garage-door safety and the ins and outs of garage-door and garage-door-opener maintenance. For a free copy, call 800-82-GENIE.

**KitchenAid Style and Substance**... the functional elegance of KitchenAid major appliances is detailed in full-color literature featuring the complete line of KitchenAid built-in and freestanding refrigerators, gas and electric cooktops, built-in ovens, freestanding and drop-in ranges, dishwashers, clothes washers, dryers and more. For information, call toll-free, 800-422-1230.

**CARPET—The Choice For Every Walk Of Life**, from The Carpet and Rug Institute, provides helpful information about carpet selection. To receive this fact-filled guide, send a fact-addressed, stamped envelope to The Carpet and Rug Institute, P.O. Box 2048, Dalton, GA 30722-2048.

**Armstrong Floors**—all vinyl no-wax floors alike. Before you buy, take time to find out what makes them different. Call the Armstrong Solarian Line, 8704-8000, for a FREE copy of the "Understanding A No-Wax Floors" booklet.

**Andersen Window's "Windows and Patio Door Factbook"** offers creative ideas using windows and patio doors. It's a great source for building and modeling projects. Write Andersen Windows, Inc., #111223-0994, P.O. Box 3900, Peoria, IL 61614; call 800-426-4261.

## After playing five of America's finest golf courses, what's a body to do?



Naturally, as the home of PGA of America, we offer unforgettable golf on five tournament courses. But we also have the ambience and facilities of a world class spa, with all the trappings of an international, Four Star resort. You'll find some memorable challenges here at PGA National Resort & Spa, but deciding how to unwind isn't one of them.



**THE SPA**  
AT PGA NATIONAL RESORT

400 Avenue of Champions  
Palm Beach Gardens FL 33418  
407-627-3111 • 1-800-843-7725

# INTRODUCING A SOLID CONTENDER FOR THE NOBEL PRIZE IN EDUCATION!



**THE NEW 2-XL  
HOLASTIC SERIES.  
GETS MORE LEARNING.  
GETS MORE FUN.**

2-XL is the amazingly popular interactive toy robot. Over 10 million kids of all ages already enjoy him for his jokes, facts, and fun. And now you can multiply his intelligence 2x, with tapes that make math more interesting, teach safety, and help them test their spelling.

Or your children can explore foreign languages, discover the secrets of the earth, and find out about different careers. 2-XL's new **Holastic Series** puts a lot of brain power at a kid's fingertips. Now, with \$10.00 off on any new 2-XL, the cost of a higher quality education is finally within everybody's reach.

\$10

**MANUFACTURER'S REBATE  
OFFICIAL 2-XL® REBATE OFFER FORM**

\$10

To receive a \$10.00 rebate from Tiger Electronics, Inc. when you purchase a 2-XL talking robot. Send this completed form with the UPC symbol and numbers found on 2-XL packaging and cash register receipt with date of purchase and purchase price circled to:

2-XL Rebate Offer  
P.O. Box 7218  
Osseo, Minnesota 55569-7218

Use only original rebate form and proof of purchase; no facsimiles or copies accepted. Offer good only for product purchased at retail in the U.S.A. between November 7 and December 31, 1994. Offer void where prohibited, taxed or restricted by law. Manufacturer's rebate not for store redemption. Requests must be postmarked by January 31, 1995. Limit one rebate per family, household or address. Allow 6-8 weeks for delivery of check. Offer void if rebate check is not cashed within 90 days.

NAME \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_ APT# \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

TIGER

© 1994 Tiger Electronics  
Printed in U.S.A.

the best health research and best wellness strategies



**I**t's holiday time, and you're all set for a day of shopping. You tuck your gift list in your pocketbook and head for the door.

Hold on! You may be forgetting something. Ella Polster, R.N., head nurse at Family Physician's Group, located in the Mall of America, in Bloomington, Minnesota, suggests these ways to protect your health and well-being:

**FILL UP FIRST** You'll feel better if you take the time to eat before you dash out the door. A high-carbohydrate meal, such as a bagel and cereal,

will give you energy—and will help you resist tempting treats like high-calorie cinnamon buns. If you do head for the food court, go for a healthy alternative, like salad or grilled chicken.

**DRESS FOR SUCCESS** The weather outside may be frightful, but the mall is downright balmy. To avoid getting overheated, leave your coat in the car trunk or in a locker. Wear a sweater that you can take off if you get too warm.

**MIND YOUR FEET** High heels are hard on your feet—and a potential hazard. "You can trip if your heel gets caught in the

grooves on the escalator stairs," Polster says. Also, the various surfaces used in different mall stores—from tiles to carpeting—make flat, sturdy, comfortable shoes with good arch support a must. Sneakers or walking shoes are your best bet.

#### WATCH YOUR BACK

Don't lug too many packages: They can trip you up, block your view and, of course, hurt your back. Carry bags evenly, so you don't strain one side of your body. When you feel overloaded, stash your things in the car trunk or a locker.

**TAKE A BREAK** Busy malls at the holidays create perfect conditions for sensory overload. That's draining for everyone, and can even trigger angina, asthma, anxiety attacks or migraines in people who are prone to them. If possible, find a quiet spot to relax every now and then.

—CHRISTINA FRANK

## DYSLEXIA

**R**esearchers have pinpointed a slight brain abnormality that helps explain dyslexia, a perceptual problem that makes it difficult to read and write despite normal intelligence.

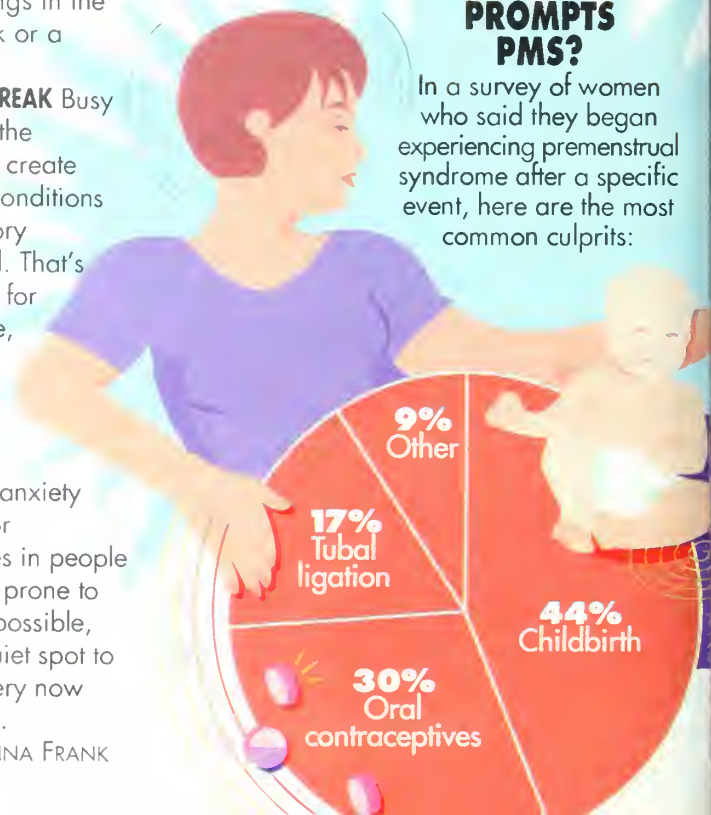
A new study in the *Journal of the National Academy of Sciences* reports that the brain neurons that detect fast sound are slightly smaller than normal in people with dyslexia. An earlier study found similar differences in the neurons in the brain's visual pathways.

Small neurons carry information more slowly than larger ones, which could account for the fact that dyslexics cannot process rapid images and sounds—tasks that are critical to learning language and, therefore, to developing reading and writing skills.

—KATHERINE LEE

## WHAT PROMPTS PMS?

In a survey of women who said they began experiencing premenstrual syndrome after a specific event, here are the most common culprits:





Because Santas come  
in all styles and types,  
Norelco does too.



Here's the perfect gift—  
our most advanced  
Norelco razor. The 985RX  
features the latest in  
"Lift and Cut™"  
technology for our  
closest shave, ever.



The Norelco Maverick  
Moustache Trimmer  
makes a terrific gift.  
Its unique adjustable  
settings make it the  
precise, easy way to get  
just the look he wants.



Or give him the Norelco  
Maverick Beard &  
Moustache Trimmer.  
With six adjustable  
settings, he'll  
find scissors just  
won't cut it anymore.



And for that man on  
the go, the gift  
that goes with him.  
The Norelco Speedrazor®  
gives him a close,  
comfortable shave  
anytime, anywhere.

**Norelco** brings you closer for the holidays.

## NOW HEAR THIS

People who exercise may be doing more than trimming body fat and warding off heart disease: They may also be preventing hearing loss.

Researchers at Miami University, in Oxford, Ohio, divided volunteers by fitness level and exposed them to various levels of noise.

The result: Those who were most fit suffered the least amount of temporary hearing reduction, which typically occurs after exposure to noise and is known to contribute to permanent hearing loss. What's more, the most fit group consistently showed improved hearing ability right after exercising. —K.L.

## ask the doctor

### My hands and feet sometimes get cold for no apparent reason. Should I be concerned?

Most of the time, cold hands and feet are simply your body's way of saying it's not warm enough. To protect internal organs from low temperatures, a chilled body reduces blood flow to some areas so it can increase circulation to vital organs. So your extremities—hands, feet and even your nose—tend to feel the effects of cold first.

But if you also notice other symptoms—if your hands temporarily turn white, then blue (a sign of restricted blood flow) and then, finally, turn red and throb painfully for several minutes when the attack ends and the blood rushes back—it may be Raynaud's phenomenon. This is a condition in which the smallest parts of the arteries in the hands constrict,



impeding blood flow.

Raynaud's phenomenon is most prevalent among women in their late teens to mid-forties, though anyone can suffer from it. It's usually triggered by changes in temperatures or by emotional stress, and most of the time it's harmless.

However, if chronically cold

hands are accompanied by other symptoms, such as arthritis or joint swelling, you should see your doctor. In rare cases, that could signal something more serious, such as scleroderma or lupus.

*Bill Ginsburg, M.D., is a rheumatologist on staff at the satellite office of The Mayo Clinic in Jacksonville, Florida.*

## WHAT'S WRONG WITH MY STOMACH?

Oh, no—you feel queasy. Here's how to know what's ailing you: **Is it food poisoning?** Yes, if within a few hours after eating you experience vomiting, crampy abdominal pain and diarrhea. It rarely lasts more than twenty-four hours, but it can leave you feeling drained and exhausted.

After it's over, try a "rehydration cocktail" (eight ounces of apple juice, ½ teaspoon honey and a pinch of salt) to replenish fluids.

**Is it an intestinal virus?** Yes, if it starts with fatigue, light-headedness, achiness, and low fever, and then progresses to nausea, diarrhea and sometimes vomiting. Symptoms usually last three to five days. The best Rx: Rest, fluids and acetaminophen.

**Did you eat too much?** Yes, if you sometimes feel bloated after a heavy meal but don't vomit or develop abnormal bowel habits. Resist the urge to lie down, which can hinder digestion and result in heartburn. Instead, go for a walk.

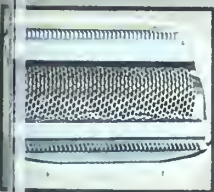
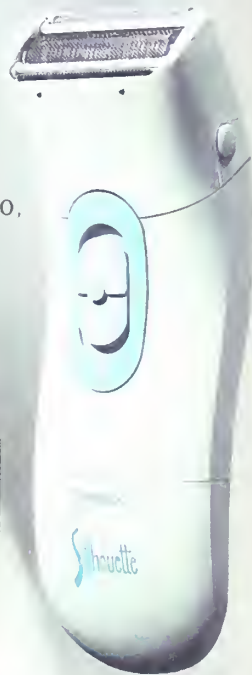
Source: gastroenterologist Bart Kummer, M.D., New York Downtown Hospital, in New York City



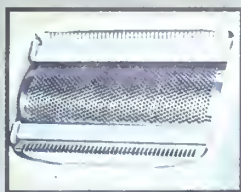
FOR YEARS,  
SOMETHING'S BEEN OVERLOOKED IN THE DESIGN OF WOMEN'S RAZORS.  
THE WOMAN.

THAT'S WHY NORELCO DESIGNED SILHOUETTE.

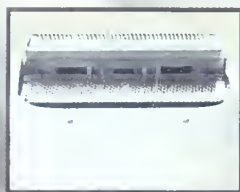
FROM PLACE TO PLACE TO PLACE...YOUR SKIN HAS DIFFERENT SENSITIVITIES, YOUR HAIR HAS DIFFERENT TEXTURES. YET  
A RAZOR COULD ADJUST FOR OPTIMUM SMOOTHNESS, OPTIMUM COMFORT. UNTIL NORELCO® DESIGNED SILHOUETTE, WITH  
AN OPTI-SHAVE SYSTEM OF ADJUSTABLE SHAVING SURFACES CALLED "FOILS." THE LEG FOIL HAS LARGER HOLES THAT LET A  
WOMAN GET CLOSE WITH A SINGLE STROKE. THE UNDERARM FOIL HAS SMALLER HOLES, TO PREVENT A WOMAN'S SENSITIVE  
SKIN FROM GETTING CAUGHT AND BECOMING IRRITATED. SILHOUETTE EVEN HAS A POP-UP BIKINI  
TRIMMER ALREADY BUILT-IN. AND THE RAZOR'S CURVES AND CONTOURS FIT YOURS PERFECTLY. SO,  
WHEN NORELCO DESIGNED SILHOUETTE, NOTHING WAS OVERLOOKED. ESPECIALLY YOU.



The leg foil leaves you soft, smooth.



The underarm foil shaves more gently.



There's even a pop-up bikini trimmer.



And it's safe to shower with Silhouette.

silhouette

DESIGNED TO SHAVE A WOMAN WHERE A WOMAN SHAVES.

# How *not* to gain five pounds this month

Presents aren't the only thing Lynn DeRobertis, thirty-four, a registered nurse and health educator in Middletown, Connecticut, can count on getting during the holiday season. She also usually acquires a couple of extra pounds. "It's all the food that's around all the time," says DeRobertis, the mother of a two-year-old girl. "I'm pretty much used to having three meals a day most of the time. But at this time of year, I even eat when I'm not hungry."

Her plight is as common during the holiday season as the strains of *Silent Night*. According to John Foreyt, Ph.D., director of the Nutrition Research Clinic, at Baylor College of Medicine, in Houston, people gain an average of seven pounds between Thanksgiving and New Year's Day. To put it in perspective, that's a whopping weight gain of about 1.2 pounds per week.

The reasons are obvious: "First, there are more opportunities to eat because of all the parties," Foreyt says. "Second, there are emotional factors during the holidays that can lead to overeating." He explains



Cookies. Candy. Eggnog. No wonder this is the easiest time of year to put on weight. But as this holiday game plan shows, extra pounds aren't inevitable. By Donna Christiano

that many people experience some depression at this time of year because of family conflicts or other troubling issues. Others are anxious because they feel overextended and stressed-out. Often, depressed and anxious people look for solace in a

readily available source of comfort: food.

But take heart! Holiday weight gain *isn't* inevitable. The following advice can help you escape the season without even an extra ounce: **DO allow for indulgences.** Many holiday foods are loaded with calories and fat, which can quickly add up to extra pounds. But you don't have to eliminate these foods completely. Rather, you should "budget for the extra fat and calories, just as you would for an expensive item you want to buy," says Wahida Karmally, M.S.R.D., director of nutrition at the Irving Center for Clinical Research, at Columbia Presbyterian Medical Center, in New York City. "If you know you're going to have some cookies and eggnog at a party, plan ahead by reducing your fat and calorie intake for a few days before. Cut back on desserts. Don't put butter on your morning muffin. Use nonfat dressing on your salad."

**DON'T eliminate exercise.** With your crammed holiday schedule, you may be tempted to abandon your exercise routine. Don't let that happen. Adequate exercise is a foolproof weight-management tool that *(continued)*

Seeing Spots May Be Caused By A Serious Iron Deficiency.



## The Remedy. Norelco Drip Stop System.

Water drops. A frustrating symptom of a steam iron. Well, Norelco® has a cure. The new Norelco EasySTEAM and ULTIMA irons give up to twice the steam of other irons. And their unique Drip Stop System virtually ends spitting, leaking and dripping. The ULTIMA iron also includes

the Clean Steam Process, providing cleaner, stronger steam performance by reducing mineral buildup. So if you're sick of seeing spots, Norelco has the remedy. For the Norelco dealer nearest you, dial 800-446-5420.

 **Norelco®**



**EasySTEAM** line



**ULTIMA** line

comfort, more ways...

Comfy footwear by

**Daniel Green**

1-800-342-2232 for the store nearest you. 10 a.m. to 5 p.m. EST

## How not to gain five pounds

*continued*

can also help reduce stress. "If there's one thing you should do this season, it is to stick with a regular exercise program," says Foreyt. But don't fret if you do miss a day. Just try to resume your regular exercise program as soon as possible.

### **DO psych yourself to eat right.**

Professional athletes mentally prepare for games by using visualization exercises—that is, closing their eyes and imagining themselves engaged in an ace performance. You can try the same technique for weight management: "Before you go to a party or sit down to a holiday dinner, visualize yourself as you hope to be," says Foreyt. "See yourself sticking with your eating plan. Imagine yourself taking a bite of the pecan pie, then stopping before you eat the whole thing." The goal is to experience the success in imagery, and then, hopefully, to replicate it in real life.

**DON'T make food your focus.** Eating isn't the only reason for

holiday gatherings. More important, social events offer the opportunity to visit with family, catch up with friends and meet new people. "One of my strategies for not gaining holiday weight is to talk to every single person at each party I attend," says Jodie Shield, R.D., a registered dietitian

and spokesperson for the American Dietetic Association. "It's awful hard to eat a lot when you're talking

Another pound-preventing strategy: Incorporate a fun physical activity into social events. "Organize a predinner jog or a postdinner walk Thanksgiving," Shield suggests.

### **DO MAKE UP FOR MISTAKES**

Okay, so you couldn't resist another couple of cookies or a second piece of pie. That doesn't mean you're doomed to be fat. You can compensate for those setbacks by exercising a bit more than usual.

#### **YOU JUST ATE . . .**

5 butter cookies  
(225 calories)  
A slice of pumpkin pie  
(241 calories)  
Two candied sweet potatoes  
(285 calories)  
Turkey (6 oz.) with gravy  
(375 calories)  
1 cup of stuffing  
(440 calories)  
1 cup of eggnog with rum  
(340 calories)

#### **NOW GET OUT THERE AND . . .**

Run for a half hour  
(Burns 200-275 calories\*)  
Bike for an hour  
(Burns 190-265 calories)  
Walk for an hour  
(Burns 230-335 calories)  
Play tennis for an hour  
(Burns 330-440 calories)  
Ski for an hour  
(Burns 460-558 calories)  
Play racquetball for a half hour  
(Burns 310-450 calories)

\*These vary, depending on body weight and amount of effort exerted (e.g., running uphill burns more calories than running downhill).

...s dancing at a party, kick up heels and work up a sweat."

**take matters into your own hands.** If you aren't sure there will be low-fat alternatives at a gathering, bring a dish of your own. Make a healthful salad. Bake or buy a reduced-calorie dessert. This will ensure that you won't be caught at a holiday event unable to make any healthy food choices.

**DON'T weigh yourself too often.** Stepping on the scale after every holiday meal is not a reliable way of tracking your weight. Even if you do notice you've gained one or two pounds, it could be the result of water retention and not a true weight gain. If you want to weigh yourself, do it only once a week, at the same time of day.

**beware of liquid calories.** Alcohol is loaded with calories: One drink has about 150 calories; one and a half ounces of liquor or a five-ounce glass of wine has about 100. If you want to drink, opt for a wine seltzer that you can sip slowly. Otherwise, switch to mineral water, seltzer or another low-calorie beverage.

**DON'T keep food around.** If you somehow end up with extra holiday food at home—Christmas cookies a neighbor made, a box of candy you got as a gift—get rid of it quickly. "The best thing you can do is to take the food elsewhere," says Shield. Bring it to the office, give it to your kids to take to their class or drop it off at a soup kitchen or nursing home.

**DO eat before you go.** Food will look a lot less appetizing if you arrive at an event with a full stomach. Eat a piece of fruit, a salad or a whole grain roll before you go. Drink a big glass of water—it can make you feel full.

**DON'T get too tired.** If you're feeling exhausted, you'll be less likely to exercise good judgment in your food choices. What's more, doctors say that fatigue can cause a superficial depression. And that might make you turn to food in an attempt to pick yourself up.

**DO look your best.** Wear your favorite outfit, your favorite lipstick, your favorite jewelry. Wear a tight-fitting belt; that will help remind you when you've eaten enough. Get a

great haircut or a facial. When you look good, you feel good. And when you feel good, you're less likely to seek comfort in food.

**DON'T be unrealistic** and expect to lose weight during the holiday season. Simply try not to gain. "Worrying about whether you'll lose weight will increase the chance that you'll get depressed, which increases the chance that you'll overeat," Shield says. "Instead, go into the season with a realistic break-even attitude."

*Donna Christiano is a writer specializing in health, psychology and women's issues.*

### DID YOU DO IT?

Take the *Ladies' Home Journal* challenge: This year, see if you can manage to get through the holiday season without gaining weight.

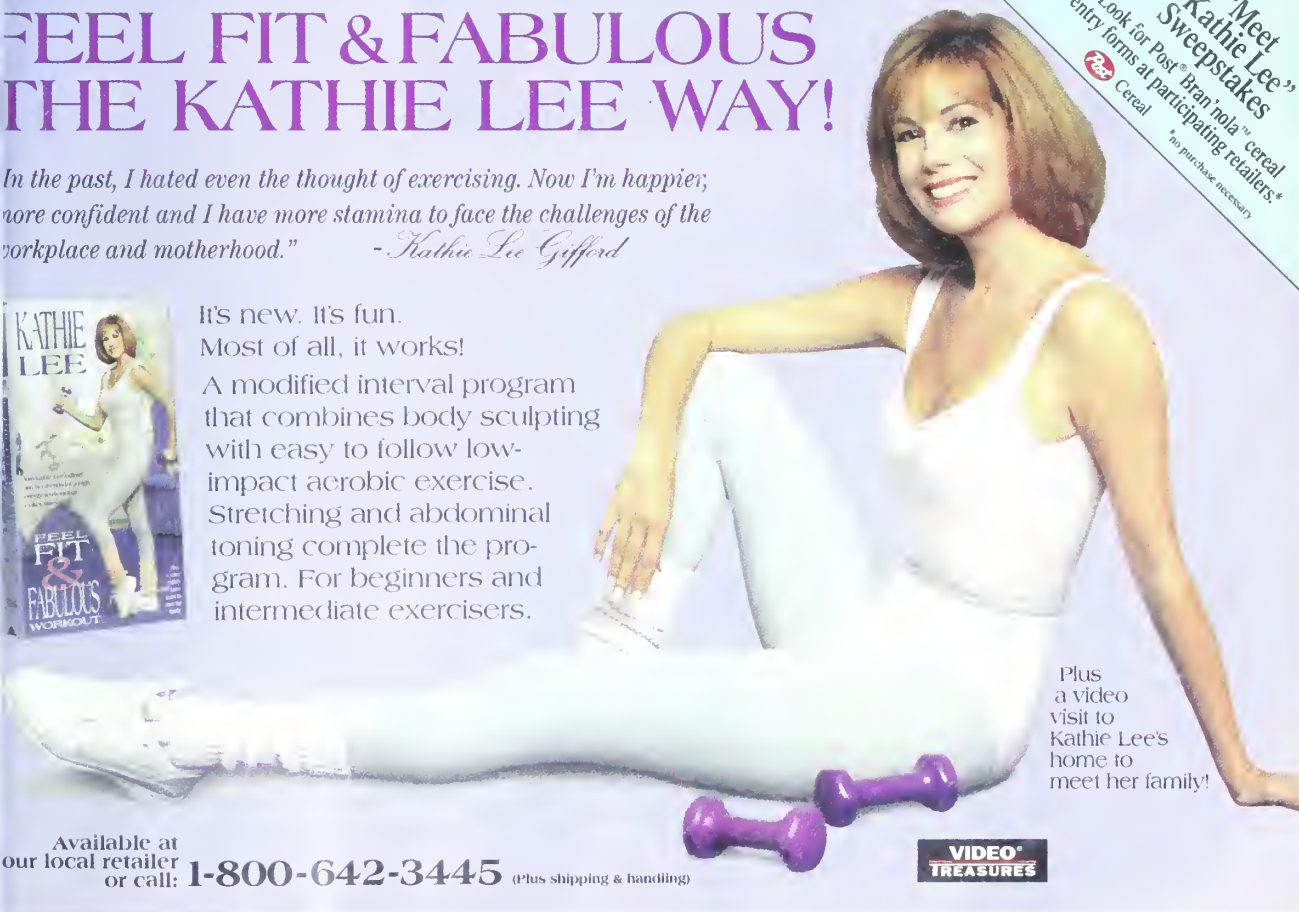
After New Year's, write to us and let us know how you've done. Selected stories may be published in a future issue. Send your stories to: LHJ, Department W, 100 Park Avenue, New York, NY 10017.

# FEEL FIT & FABULOUS THE KATHIE LEE WAY!

*In the past, I hated even the thought of exercising. Now I'm happier, more confident and I have more stamina to face the challenges of the workplace and motherhood.* —Kathie Lee Gifford



It's new. It's fun. Most of all, it works! A modified interval program that combines body sculpting with easy to follow low-impact aerobic exercise. Stretching and abdominal toning complete the program. For beginners and intermediate exercisers.



Plus a video visit to Kathie Lee's home to meet her family!

Available at our local retailer or call: **1-800-642-3445** (plus shipping & handling)



"Meet Kathie Lee" Sweepstakes  
Look for Post® Bran'nola™ cereal entry forms at participating retailers.\*  
\*no purchase necessary



Most people know about the dangers of driving drunk. But few realize that it can be just as hazardous to drive drowsy. Here's how to stay safe during the busy holiday-travel season. By Mary C. Hickey

**"I COULDN'T STAY AWAKE"**

How easy is it to fall asleep behind the wheel?

I recently discovered that it's a lot easier than I ever imagined.

As part of my research for this story, I spent two days at the Sleep Disorder Center at New York University/Bellevue Medical Center, in New York City. The purpose was to determine how my reflexes and reaction time changed with my level of sleepiness and to find out how readily I could nod off.

My reflexes and reaction time were tested by a simple computer game: Four small boxes appeared on the screen. A smaller red square moved around in them, and my task was to hit a corresponding key as quickly as I could when the red square jumped to a new box. "This tests your ability to perceive information, process it and act upon it—skills that are important when it comes to driving," sleep researcher Rochelle Zozula told me.

I took the test a total of eight times over two days, and, sure enough, my scores changed with my fatigue level. My highest score—98 percent—was when I felt most well rested and refreshed, *(continued)*

*A woman from Dyersburg, Tennessee, is severely injured when she drives off the road at seven forty-five A.M. and slams into a light pole.*

*A young woman from McLean, Virginia, is killed instantly when her car misses a curve and careens off the road.*

*A Milford, Massachusetts, woman is badly bruised and burned after her vehicle hits a tree and bursts into flames.*

**N**one of these accidents received much notice beyond the readership of the local newspapers in which they were reported. But the cause of them deserves a considerable amount of national attention: In each of these cases, the driver had fallen asleep at the wheel.

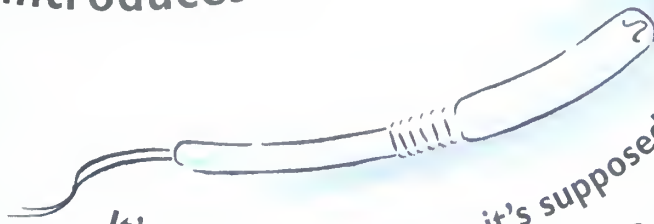
"Sleepiness is a major problem plaguing our highways," says Kästle Lund, spokesperson for the National

Sleep Foundation, a public-awareness organization in Washington, D.C.

The problem is particularly acute during the holiday season. Lund notes that many people are likely to drink more than usual, and even a single cup of Christmas punch can hamper a driver's ability to stay awake. People also tend to travel long distances this time of year, and the risk of fatigue-related accidents appears to increase with the number of hours spent behind the wheel. Finally, in the pace of the busy season, many people push themselves to the point of exhaustion. Says Lund: "People aren't aware of it, but driving drowsy can be as dangerous as driving drunk."

In fact, alcohol is the number-one cause of car crashes and traffic deaths. But what's less well known is that sleepiness and *(continued)*

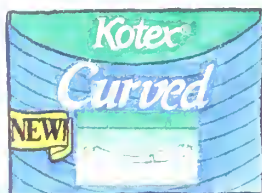
**Kotex® introduces the Natural Curved Tampon.**



*It's easier to get where it's supposed to get  
to do what it's supposed to do.*

New Kotex Natural Curved won't remind you of any other tampon. It's curved, not straight. It's easier to position accurately to help prevent leaks and give you very few reminders. It works so well you can practically forget about your period.

**Forget your period.  
Remember this tampon.**



Curved plastic applicator

(continued) the...  
fell... sleep...  
...by per...  
...mid-after...  
...ay...  
...ng...  
...  
What com...  
me was he...  
...up in...  
...on. It...  
...I could...  
...off sitting be...  
...of the car on a...  
...drive.

How did I find this out? During my stay at the clinic, I was wired to a scanner that monitored my brain waves and detected sleep. A number of times over the two-day period, Zozula put me in a room and instructed me to sit in a chair, staring ahead of me, and to stay awake. "Piece of cake," I thought, and when I was well rested, it was.

But when I was tired, it proved a lot more difficult than I ever would have thought. In fact, on two occasions, I actually fell asleep without even realizing it!

Before each session, I filled out a questionnaire about my level of fatigue. On those two times, I had acknowledged feeling tired. But when asked if I would fall asleep, I responded, "No way."

Was I wrong! When Zozula told me I had slept, I was skeptical. I hardly remember closing my eyes. But the scan of my brain waves left little doubt: I had, in fact, fallen asleep.

In each case, I slept for only a very brief period—nine seconds one time, and fifteen seconds the next. But, as Zozula reminded, "that's long enough to be deadly if you're driving a car."

The bottom line: People need to realize that, when you're tired, it's quite possible for anyone to fall asleep at the wheel. Even me. —M.C.H.



(continued) fatigue are believed to be the second most common explanation. The U.S. Department of Transportation estimates that drowsiness contributes to roughly 50,000 traffic accidents each year.

That figure may just be the tip of the iceberg, however. In a survey by the Better Sleep Council, a research arm of the bedding-supply industry, one in five Americans admits that he has dozed off while driving. And two thirds acknowledge that their driving suffers when they're fatigued. This suggests that drowsiness may be behind far more than the official estimates of fatigue-related automobile crashes.

"It's very hard to get reliable statistics on sleep-related accidents," says David Willis, executive director

of the American Automobile Association (AAA) Foundation for Traffic Safety, in Washington, D.C. Willis explains that, in many localities, there's no special category for sleepiness in official accident reports—making it hard to accurately track. Furthermore, motorists are often embarrassed to admit that they were tired or had fallen asleep, or may not even realize that's what happened. And in cases where there's a single driver who is killed, there are often no eyewitnesses to tell officials what preceded the crash.

However, there are some telltale signs. Often, there's just a single vehicle involved because these accidents tend to happen at late-night hours, when there aren't many cars on the road, according to Major Craig Masterson, director of traffic services for the New York State

Police. "A car might veer off the road and hit something like an embankment or guardrail or utility pole," Masterson says. "Typically, there won't be skid marks or indications that the driver tried to slow down or steer back onto the road."

Masterson, who is part of a statewide task force studying drowsy driving, says that sleep-related accidents are particularly common on high-speed roads that are used to travel long distances. And they are especially likely to occur after a driver has been in the vehicle for several hours. "It's called white-line fever," he says. "If you're tired, a monotonous stretch of highway can easily put you to sleep."

That's what happened three years ago when Teresa Birch, a twenty-six-year-old mother of six, was about midpoint in the five-hour drive from her sister's house in Seattle to her home in Spokane, Washington. Birch's husband hadn't come with her, and her children were taking an afternoon nap in the backseat of the family van. "It was a long, boring drive," she says.

Birch had stayed up late several nights during the previous week, so she knew she was tired. But with six children under the age of eight, "I don't know that I was ever *not* tired," she says.

This time, however, the consequences of her sleepiness were tragic. The car was in cruise control, and Birch was driving along at about 65 mph when she nodded off and plowed into a guardrail. "When I awoke with a jolt, I thought, Stop the car," she says. "But before my foot could even react to hit the brakes, we were in the air."

The impact threw the vehicle into an adjacent irrigation canal and submerged it in the twelve-foot-deep water. Rescuers managed to save Birch and three of her children. But the three others—Jonathan, who was five, Katie, three, and Jacob, three months—died. "You never think this kind of thing can happen to you," Birch says numbly. "But it can."

Indeed, when fatigue-related accidents do occur, they tend to be deadly. That's because drivers are often traveling at high (continued)





SWEET SENTIMENTS.  
FROM THE NEW ROMANTIC PERIOD.



*Lindt* 

OF SWITZERLAND

A PASSION FOR CHOCOLATE SINCE 1845

 Holiday



Everyday

**NEW!**



Introducing Reynolds Wrap® 12-Inch  
Everyday™ Heavy Duty Aluminum Foil

Heavy duty strength in a new 12-Inch  
size...perfect for all those tough  
cooking, freezing, and storage  
jobs you have  
every day.



Protects against freezer burn.



Perfect size for your  
kitchen drawer.

© 1994 Reynolds Metals Company.

**Reynolds**

at the wheel  
ed

experts say. In a study of accident patterns on the New York State highway, crashes caused by a driver asleep accounted for 3 percent of those in which a vehicle sustained damage—but a full 50 percent of those involved fatalities.

This figure is believed to be even higher among professional drivers such as truckers, who travel long distances and frequently do so without sleeping for rest. But experts point out that nobody is immune to falling asleep at the wheel. "We live in a 24-hour society where a lot of people are tired all the time," says Walsleben, Ph.D., director of the Sleep Disorders Center at New York University/Bellevue Medical Center, in New York City. She cites statistics showing that, over the past few years, Americans have shortened

their sleep time by as much as 20 percent. Though individual needs vary greatly, on average, people require seven to eight hours of sleep a night. Often, they get much less.

And though many believe it's okay to skimp on sleep, the biological fact is that it's as necessary as food and water. "The body has certain rhythms, and there are times of the day when we're naturally inclined to sleep," Walsleben says.

Not surprisingly, those natural sleep times correspond to the peak times for fatigue-related traffic accidents. Sleep researchers say the body's rhythms slow and sleepiness sets in between midnight and seven A.M., and again between one P.M. and four P.M.

According to data from the Association of Professional Sleep Societies, most drowsy-driver crashes occur between midnight and six A.M. A secondary peak occurs (continued)

### STAY-AWAKE STRATEGIES

Following safety tips can help prevent the likelihood of fatigue-related accidents:

**Be when rested.** Get a good night's sleep before a long trip, and don't yourself to drive too many hours in one stretch. Be especially cautious if you haven't been sleeping well in the previous days or weeks. Even if you don't feel especially tired at a particular moment, it's easiest to nod off when you're sleep-deprived. Also be on guard if you've got a chronic sleep disorder such as sleep apnea, a breathing obstruction that hinders sleep in as many as one in ten adults.

**Watch what you drink and eat.** Remember that alcohol is a sedative, and even a single drink can make you sleepy. Heavy meals also tend to make you feel tired, so if you stop to eat during a road trip, opt for lighter fare. Be cautious if you're taking medications that might induce drowsiness, such as allergy pills, as well as antidepressants, fall into this category.

**Stay stimulated.** Take breaks during a long drive. Drink a cup of coffee, but realize that its beneficial effects are limited. Get out of the car every two hours or so for an exercise break: Walk quickly or jog around the parking lot at each rest stop, for instance.

If you're driving with others, make sure at least one person in the car stays awake with you. Engage in conversation to keep stimulated. Share the driving when possible.

If you feel weary and can't stop, open the windows. Chew gum. Listen to a radio talk show at high volume. (Talk radio will keep you more alert than music, which can lull you into sleepiness.)

**Watch for the danger signals.** Watch for these signs that you're about to fall asleep:

Your eyes are burning, you're blinking frequently or you're having trouble focusing.

Your head is nodding, and you can't stop yawning.

Your driving is erratic, you find yourself drifting from lane to lane, and you're having trouble remembering the last mile or so.

These symptoms should signal a red alert. Says Lund of the National Highway Traffic Safety Foundation: "That's when you have to pull off the road immediately and take a break."

# Out-Of-The-Bag Sandwiches From Reynolds Wrap.



These hearty sandwiches are too much for a sandwich bag. So wrap them fresh and tight in Reynolds Wrap aluminum foil.

#### NUTTY HAM AND CHEESE

- |                                |                                          |
|--------------------------------|------------------------------------------|
| 1 sub roll (8-inch), split     | 2 leaves curly lettuce                   |
| 3 Tbsp cream cheese, softened  | 4 oz sliced ham                          |
| 2 Tbsp coarsely chopped pecans | 2 slices Swiss cheese, halved diagonally |
| 2 Tbsp chopped green onion     | 1 cup alfalfa sprouts                    |
| 1 tsp garlic salt              | Reynolds Wrap aluminum foil              |

Combine cream cheese, pecans, green onion and garlic salt; spread on roll. Layer ingredients in order listed. Wrap in Reynolds Wrap aluminum foil.

#### SMOKEHOUSE CALIFORNIAN

- |                                      |                              |
|--------------------------------------|------------------------------|
| 2 slices whole grain bread           | 2 slices Cheddar cheese      |
| 2 Tbsp mayonnaise                    | 2 slices cooked turkey bacon |
| 1 Tbsp thick & chunky salsa, drained | 1 medium avocado, sliced     |
| 6 fresh spinach leaves               | Reynolds Wrap aluminum foil  |
| 2 slices tomato                      |                              |
| 3 oz sliced smoked turkey            |                              |

Combine mayonnaise and salsa; spread on bread. Layer ingredients in order listed. Wrap in Reynolds Wrap aluminum foil.



—wheel

and four of the 10 most dangerous times of the highest volume of traffic," notes the National Transportation Safety Board. "And yet you can have a lot of accidents occur."

Research shows that even when drivers are staying awake during those times, if they're tired, they are likely to drive badly. "When you're sleepy, your reflexes slow down," says Walsleben. "It takes longer for your brain to process information and for you to react to that information. You tend to blink more often, and this can be extremely hazardous when you're driving."

A report on traffic accidents by the New York State Thruway Authority lists other hazards. "Drowsiness induces tunnel vision [loss of peripheral vision], affects attention span and increases the likelihood that drivers will attempt risky maneuvers, such as passing other vehicles without fully surveying the situation,"

the report says, concluding: "Fatigue has a detrimental effect on overall vehicle control."

Researchers even talk about a phenomenon called "microsleep," a very brief period when a person actually falls asleep without realizing it. "You may be asleep for only a few seconds," says Walsleben. "But when

you're behind the wheel, traveling at sixty miles an hour, a lot can happen in a few seconds."

### AWARENESS INCREASING

Fortunately, public awareness about driver fatigue is on the rise. Last spring, Congress heard testimony

the road's shoulder, grooves in the pavement jolt its driver into alertness.

There's also a push for legislation that would make it illegal for drivers to get behind the wheel when they're tired. "People should be as responsible for the fact that they drive when they can't stay awake as they are for when they drive

when they're drunk," says Rita Marone, founder of Victims of Irresponsible Drowsy Drivers (VOIDD), based in Westchester County, New York. Marone started the fledgling group last year after her eighteen-year-old daughter was killed in an accident that occurred when her friend, another college-age girl, fell asleep while driving home at three A.M.

Experts say the obstacles to the implementation of such laws are formidable. It's hard to accurately assess whether accidents are caused by drowsiness. And it's impossible to test for fatigue level in the same way you can test for alcohol. "I think the best thing we can do is to make people aware of the dangers of driving when

they're tired," says Willis, of the Foundation for Traffic Safety. He points out that alcohol-related accidents have declined significantly in recent years as people have been alerted to the dangers of driving and drinking. "We have to do the same thing with letting people know that, if they're feeling sleepy, they shouldn't be driving," he says. ■



# Jingle Beans

Jelly Belly beans are the perfect gift for the holidays. They're not your ordinary jelly beans — and they're just 4 calories per bean. Available in holiday gift boxes, bags, bulk or jars in up to 40 "true-to-life," fun flavors.



Jelly Belly® beans are available worldwide wherever fine candies are sold. For free recipes & your nearest retailer

CALL: 800 JB BEANS

(800-522-3267) toll-free Monday - Friday 8 a.m. - 5 p.m. ©Registered trademarks of Herman Goeltz, Inc. ©1994 Herman Goeltz, Inc.

**It's America's Favorite Jelly Bean.**

from sleep researchers and traffic authorities in an effort to come up with policy recommendations on how to prevent drowsy driving. On a local level, several states have undertaken preventive measures. In New York, for instance, "rumble strips" have been installed on the New York State Thruway so that when a car goes onto

# WHAT DO MEN REALLY WANT?



They don't want another tie. They want toys, gadgets, stuff, especially electronic stuff. At Radio Shack we've got it. Great gifts for the men (and women and kids) in your life, including a special way to deliver them called Radio Shack Gift Express—just about the next best thing to Santa himself. Read on!

A LITTLE SOMETHING  
FROM  
**Radio Shack**<sup>™</sup>

**SEND IT RADIO SHACK GIFT EXPRESS. SIX DISCS, NO WAITING.**



A special person deserves a special gift, and this is definitely it: Radio Shack's top-of-the-line Optimus six-disc CD changer, with bells and whistles. Program up to 32 tracks from each disc, with memory storage;

Automatic Digital Level Control equalizes volume on different discs; direct access, highlight scan; random play; digital fader; fluorescent display and headphone jack with its own volume control. An ultimate toy for a music lover. Priced less than many comparable changers. (42-5045k) **\$249.99\***



**A SURE BET FOR FUN.**

Do you have an Uncle Al, or anyone else on your list with an unbridled sense of fun and adventure? We've got the perfect gifts: Radio Shack's line of handheld casino games that run the gamut from the \$24.99 two-player poker and blackjack combo shown here to \$9.99 mini-slots and card games. (60-2431k) **\$24.99\***



**FOR THE PERSON WHO HAS EVERYTHING. ALL OVER THE PLACE.**



Radio Shack's personal data organizer stores over 250 names, company names, addresses, phone and fax numbers; searches for entries by company name or person's name; schedules appointments and sounds an alarm as a reminder; displays the date, plus world-time for 32 major cities (pause here for breath), a 10-digit calculator and a password code that protects sensitive information. For \$39.99, the only thing it doesn't do is let out the cat. We're working on it.

(65-830k) **\$39.99\***

**CHECK ONE: WHEN HE WAS A KID, HE WANTED TO BE:  
[ ] A PILOT, [ ] A FIREMAN, [ ] A POLICEMAN, [ ] AN ACCOUNTANT?**

Let's face it: boys like toys. And boy, does Radio Shack have them! Radio Shack scanners—from portable models to powerful home receivers—get you in on the action on police, fire and emergency bands. The home scanner shown here not only scans for active frequencies, but lets you store and scan your favorites with the touch of a button. (20-408k) Regularly \$139.99 **Special \$99.99\***



**LET YOUR PHONE BOOK DO THE TALKING.**



Busy guy? Needs reading glasses, but never has them handy? Or, just a lover of great gizmos? Radio Shack's talking telephone directory actually "reads" the telephone number out loud. Busy people will be able to dial while they listen. Along with storing, seeking and speaking all the phone information, this directory also functions as a clock with alarm, a calculator, and an electronic account manager, storing up to six bank or credit card accounts. That's a lot for only **\$34.99.\*** (65-852k)

**THROW A LITTLE LIGHT ON THE SUBJECT.**

After all, most of us watch TV in the semi-darkness, and it's all too easy to get bleary-eyed trying to read the controls. Radio Shack's programmable +m-1 universal remote with lighted buttons solved that problem. It's only \$24.99 and perfect for anyone who wishes their remote was easier to read. And it couldn't be easier to use—enter simple 3-digit codes for TV, cable box, VCR and one other component. Q: How do you get your guy to do some sit ups? A: Buy him this remote and tape it to his toes. (15-1911k) Regularly \$29.99 **Special \$24.99\***



**SMALL IS GOOD.  
SMALL AND GOOD IS EVEN BETTER.**



Love a big sound but don't have the space for big speakers? Enter the Optimus Pro X7—a mini-powerhouse that will fill a room with sound without filling the room with "audio furniture." They stand about 8 inches tall and only about 5 inches wide and deep, yet the powerful 4" woofer delivers a solid bass line, and the dome tweeter reproduces mid and high ranges beautifully. They're \$69.99 each and they look great—stone gray finish with removable black cloth grill. (40-2071k) **\$69.99 each\***

...ing behind the wheel, traveling at the road's shoulder, grooves in

**HOW ABOUT A PICTURE THAT CAN  
PRACTICALLY HIDE IN THE PALM OF YOUR  
HAND?**



Here's a picture-perfect portable color TV just 5½ inches tall. You won't believe how good this little color picture is: digital technology locks in both VHF and UHF stations; the backlit LCD provides a crisp, clear picture. The earphone jack allows for private listening. The set shown here has a 2.2-inch screen and runs only **\$139.99\***. (16-164k)

**STICK IT ON YOUR EAR.**

If you know someone who thinks traditional personal portables are too bulky and too heavy, doesn't want to carry cassettes, and complains about tangled headset wires, Radio Shack has the answer: this ultralight AM/FM Stereo Headset. It only costs \$39.99 and it only weighs 2 ounces, yet it delivers sensational stereo sound, including switchable Extended Bass. And, it easily folds into a pocket for easy carrying. (12-103k) **\$39.99\***



**A GIFT FOR THE TWO OF YOU.**

You like Streisand and the Spin Doctors. He's into Country & Western. Give him an Optimus portable CD player. Both of you will get the most remarkable sound and features at a most remarkable price. It has an Extended Bass switch, a 20 track programmable memory, a 3 billion Hz ceramic pickup, preview scan, automatic play and auto search. He can "cancel out the stuff" privately through headphones... and you can do the same. It connects to your home stereo. (42-5042k) Regularly \$199.99 **Special \$99.99\***





## BIG ON TALK, SMALL ON SPACE.

And now just \$49.99. Thanks to its upright handset design, Radio Shack's value priced cordless phone will fit almost anywhere—in a crowded kitchen, a small studio apartment, on a jam-packed worktable. Move around freely while talking, without giving up handy features like a redial button and a flash button for services like Call Waiting and 3-Way Calling. (43-1004k) Regularly \$59.99

**Special \$49.99\***



## CHECK YOUR MATE.

Radio Shack's Chess Partner is a top-quality electronic game that's fit for a king. (Or a prince—youngsters can learn the game from the bottom up and advance their level of play.) A custom LCD screen provides a wealth of information, including which of the 16 levels of play is activated. A special set-up function lets you set pieces at will, to practice escaping difficult situations. The sensory keyboard and 2" pieces are set in a stylish cabinet. (60-2428k) **\$69.99\***



## NO SNAR, NO CRACKLE, NO POP.

No kidding! Our 900-MHz Digital Spread Spectrum cordless telephone is the ultimate in sound quality and security, as well as in range away from the base. It's so powerful, you can take it out to the garage, to the yard or to a neighbor's. A warning light lets you know when you've gone too far. And it has a lighted dial for easy nighttime use. It scans 100 channels for the clearest path, and offers 100,000 security code combinations. At \$299.99, it's one of the most versatile, powerful cordless phones available anywhere. (43-1014k) **\$299.99\***





### WHOSE TOY IS THIS, ANYWAY?

Radio Shack is America's HQ for the sleekest, hottest, most fun- and fantasy-filled radio-controlled cars you can find. They start at just under \$12, complete with controller. There are elegant, glossy racers, rugged all-terrain 4-wheelers and fantastic specialty cars and trucks, like the 4x4 Off-Road Tiger shown here for \$49.99. It even has high gear for speed, low gear for climbing power.

(60-4113k) Regularly \$59.99

**Special \$49.99\***

### SECRET CODES, FORTUNE TELLERS AND FUNNY, FUNNY FACES.



"My Magic Diary" is a data organizer that's organized especially for kids. They can put in their friends' names, addresses and phone numbers—and "draw" silly faces for each of them on its display! They can type in their secret thoughts, or consult with The Matchmaker or The Fortune Teller for important advice. And only their own secret password can open the Magic Diary. It's \$9.99, and it also has a built-in calculator, alarm clock, scheduler and a world-time clock with map. It makes youngsters feel grown up at the same time it provides them with hours of fun.

(65-832k) **\$59.99\***

### YES, BUT WILL IT CLEAN THEIR ROOM?

Radio Shack's \$29.99 Super Armatron is a robot that will sharpen kids' agility and dexterity while it delights and beguiles them. The robot arm moves up and down, forward and right; the pincer "hand" rotates, opening and closing to pick up and move objects. It even has a countdown timer so the kids can compete with each other, picking up objects before the buzzer sounds. (60-2558k) **\$29.99\***





### YAKKITTY YAK.

Some things kids love: talking, having secrets, being cool. Radio Shack's Headset Walkie Talkies give them all three. They can stay in touch while they're playing or just play at staying in touch. They can talk their heads off—no one will hear but them.

And cool?—these are voice-activated, hands-free walkie-talkies with a high/low volume switch and an adjustable headband. Best of all, they're only \$24.99 for the set.

(60-4023k) \$24.99\*

### A HIGHLY PERSONABLE PERSONAL PORTABLE.

Only \$19.99 fetches a child his or her very own personal stereo tape player. The buttons are big enough for little fingers, and different colors so kids can easily operate it by themselves. It comes with its own headphones and carry-strap and it has Auto-Stop to save battery wear—because you know how kids never turn anything off. (14-864k) \$19.99\*



### A RADIO-CONTROLLED TOY FOR THE LITTLEST ENGINEER.

Why shouldn't your littlest Christmas angels enjoy radio-controlled toys like their older brothers and sisters? The Choo Choo is one of several toys that preschoolers will find easy to operate and great fun to play with. It chugs, it whistles, it goes straight ahead, it spins—just \$19.99, complete with controller. The smiles and giggles and wonder it elicits are free of charge.

(60-2517k) \$19.99\*



# Radio Shack Gift Express, It's Easier Than Ever To Give The Gifts People Love To Get.



**Y**ou just buy it. We can wrap it. We can pack it. We can have it shipped, virtually anywhere in the USA. We can even add a personalized greeting card.

And since there's a Radio Shack on almost every corner, returns, exchanges, service and information are easy.

Radio Shack Gift Express—the easiest way to send the gifts people love to get.

- FedEx<sup>(®)</sup> Delivery Service
- Personalized Card and Gift Box Available

For the store nearest you, or to order, **CALL 1-800-THE SHACK**

The diagram illustrates the Radio Shack Gift Express process. It starts with a wrapped gift box, followed by an open cardboard box, then a personalized card with a heart, and finally a FedEx delivery van. A dotted line connects these steps from left to right. The text 'Radio Shack Gift Express' is at the top, and 'and have it shipped for you.' is at the bottom right.

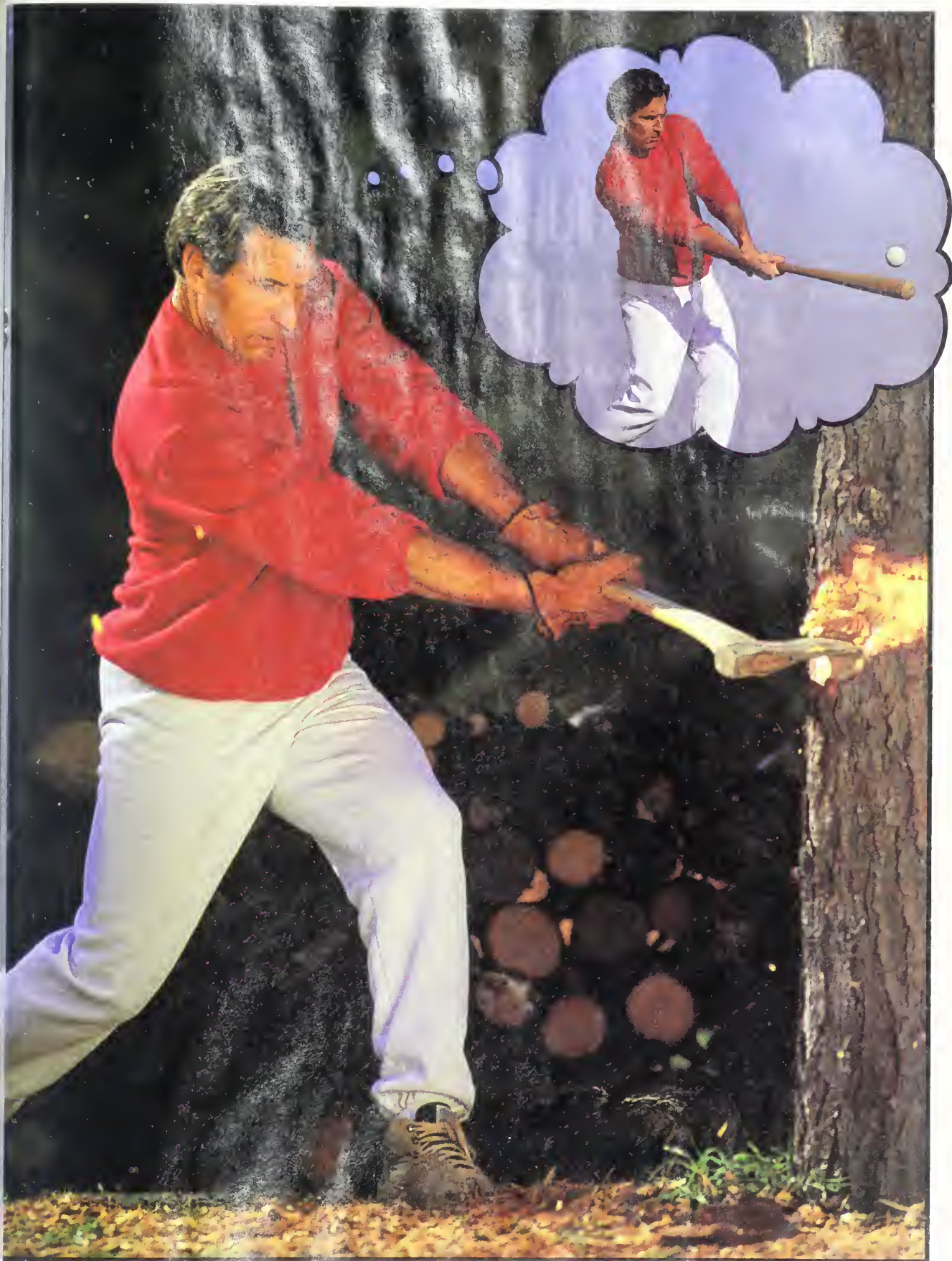
**Radio Shack** Gift Express<sup>SM</sup>

We wrap, pack, include a card, and have it shipped for you.

© 1994 Radio Shack Corporation. All trademarks used by permission.

\* Limited time offer. Guarantee guaranteed through 12/24/94.

For product warranty information write: Customer Relations, 1400 One Tandy Center, Ft. Worth, TX 76102



Activewear for every thing you do. (And dream of doing.)  
For the retailer nearest you, call 1-800-379-5379.

**JERZEES**  
AmericanActiveWear

Quality T-Shirts & Sweats

# What nurses know (and doctors don't tell you)

Nurses reveal how they get the most from their own doctors . . . how to tell the good doctors from the bad . . . and their insider secrets to getting the best health care possible. By Linda Collison, R.N.

**W**hile it's easy to feel you're overpowered or outnumbered when dealing with doctors, giant health-insurance companies or hospitals, you do have an ally in the health-care system: the nurse.

Nurses are insiders in the world of doctors and hospitals, and as daily witnesses to how doctors think and work, they know some surprising facts: They know, for instance, that physicians don't always suggest the treatment that's the best option for each patient. Nurses know that patients who disagree with their doctors often get the best care. And they know when you should look for a new doctor, when to speak to a nurse instead, and when to stay home and take care of the problem yourself. When you're negotiating the best health care for yourself and your family, nurses can offer you the best possible advice. Among their tips:

## DON'T CLAM UP IN THE DOCTOR'S OFFICE

It's a fact of life that many doctors are lacking in interpersonal skills—so, say nurses, it's up to patients themselves to create good doctor/patient communication.

Speaking openly with your doctor can not only ease your concerns



about your health but can help ensure you get the right diagnosis and treatment. In fact, studies show the majority of diagnoses are based on what patients tell their doctors, rather than on diagnostic tests.

Approach your doctor's visit as you would a job interview. "Work on your agenda before the visit," says Linda Frazier, M.D., assistant professor in the Department of Community and Family Medicine at Duke University Medical Center, in Durham, North Carolina. "Write a list of your concerns and your symptoms, as well as any questions.

It's easy to forget them if you're feeling pressed for time or you're dealing with an upsetting issue," says Frazier. Ask the important questions first so they get addressed. "Don't wait until the doctor is holding the door for you on the way out to ask the blockbuster questions," she advises.

As a nurse who sees doctors rattle off important information to patients, I know it helps to bring a pen and pad to take notes. While the information may seem clear in the office, it's easy to become confused later on. If you sense your doctor is getting impatient, be forthright, saying, "This may be basic, but I really don't understand it yet." If you're feeling intimidated or rushed, have a

discussion about that—it may make him adjust his behavior. Be sure to ask these questions:

*Will my condition improve on its own, without any treatment?* Doctors presume that patients want to leave with a prescription in hand. But you may not want to take the medication, for instance, if the drug is for symptom relief rather than a cure.

*Do I have any other treatment choices, and what are the benefits and drawbacks of each?* Your doctor may assume you'd prefer one type of treatment over another. Knowing your choices will help (continued on page S.E. 6)



**THERE'S HAIR. AND THERE'S HAIR WITH STYLE.**



**TO GET IT, YOU NEED THE ELEMENTS OF STYLE.**



**SALON SELECTIVES.**

A newly redesigned system  
of interlocking formulas.

Elements you put together

for the precise level of

cleaning, conditioning and

finish you need. To go

beyond hair that's just 'there'

to hair with style.

**SALON SELECTIVES**  **THE ELEMENTS OF STYLE**

You linger at the jewelry counter.  
Emeralds shimmering in the light.  
When, from out of the corner of your eye,  
another flash of green enchants you.







Go ahead. Follow that feeling.  
With Libbey, you can afford to be impulsive.  
Whether it's our dazzling Juniper Green, or  
any of our other vivid color collections, Libbey offers  
so many choices, you're sure to find just  
the right glassware to set the mood for your table.  
Glasses for any moment. And any occasion.

**Libbey**<sup>®</sup>

*For more information on Libbey products, write:  
Libbey Inc., P.O. Box 10060, Dept. J-LII, Toledo, OH 43699-0060.*

... an active ...  
... decisions.  
... you learn ... diagnostic  
... the results ... way you  
... treat me? E ... of the preva-  
... malpractice ... doctors  
... to ... tests to cover  
... But if you raise con-  
... or instate ... that you're wor-  
... the cost of a test or the  
... radiation exposure of an X ray—she  
... may decide that the test isn't neces-  
... sary or that you can postpone it.

### DISAGREE WITH YOUR DOCTOR

When your doctor suggests a diagnosis, don't just nod your head if you don't think he's on target. "I would rather the patient tell me that she disagrees, instead of leaving my office without speaking up," says Frazier. Disagreeing is an important part of the diagnostic process. When you tell your doctor why you think the diagnosis is wrong, you'll be giving him direction and may be providing information that you had previously left out.

Likewise, if you disagree with a particular treatment, she may be able to recommend an alternative. For instance, a doctor may take an aggressive approach to a back problem, suggesting a drug or surgical procedure, while you prefer to take a more conservative approach, trying physical therapy instead. Or your doctor may tell you not to exercise because of an injury, but you feel that if you stop exercising, you'll gain weight. In that case, she may allow you to do nonimpact exercises.

Don't be afraid to let your doctor know you've done some research on your own. A good doctor enjoys dealing with people who have read up on the problem. She'll also know she can explain the illness in greater detail.

### CONFIDE IN THE NURSE

While doctors often fall short in communication skills, nurses tend to excel in them. "Nurses are trained in listening and are actually graded on it," says Virginia Trotter Betts, R.N., president of the American Nurses Association. "A doctor's education focuses on science, illness and disease," while a nurse's education emphasizes looking

at the client as a whole person, with individual needs and concerns."

Whether you are visiting the doctor's office, in a hospital or going to a clinic, ask to speak with a nurse, who can further explain the doctor's diagnosis or your treatment options. "Many doctors have a point of view about what they want you to do and may push you in that direction, whereas nurses can be more objective," says Trotter Betts. More specifically, because of their emphasis on illness prevention, nurses are helpful with questions about diet, stress reduction, exercise and other lifestyle factors. They can also address how a

### AVOID THE WAIT

Doctors are notorious for making patients wait . . . and wait. While sometimes they just overbook themselves, doctors do face unavoidable interruptions, such as phone calls from laboratory technicians and follow-up calls from other patients, as well as emergencies that take them away from the office.

These tips can help cut the wait:

■ When you make an appointment, ask the clerk what time of day the doctor is least likely to get behind (it's usually first thing in the morning because doctors get backed up as the day goes on).

■ Call the day of your appointment to see if your doctor is very behind. If she is, and you don't have the time to wait, the nurse might suggest a slower time that day or can reschedule you for another day.

■ Arrive early for your appointment and sign in immediately; some doctors see whoever signs in first, regardless of the time of her appointment.

■ Get to know everyone in the office by her first name. If the staff knows you, they may make an effort to expedite your visit by reminding the doctor that you're waiting.

■ The American Medical Association recommends that doctors don't make their patients wait more than thirty minutes. If you're consistently waiting longer than this, let your doctor know that you're unhappy. If it continues, you may want to consider changing doctors.

medication will affect your lifestyle. For instance, if you're going on vacation soon, the nurse can find out if there's a faster-acting drug you can take. Finally, ask your nurse about resources in your community, such as follow-up home care, physical therapists, social workers and dietitians.

### CHOOSING DR. RIGHT

If you never get your questions answered, if your doctor makes you feel uncomfortable or if you're not confident with his advice, you'll probably want to look for a new doctor. Be diligent in your search, because doctor hopping can be expensive and frustrating. First, seek a referral from another health-care provider you know, such as a gynecologist. Be sure to emphasize that you're looking for medical competence as well as good bedside manners. Next, ask friends or co-workers, who are more likely to speak candidly about their doctor's personality and qualifications. Top most hospitals and medical centers offer doctor-referral hot lines as well, though these recommendations may be limited to doctors who are affiliated with the particular center.

When you get a referral, call to schedule for a consultation visit, to interview the physician and discuss your health-care needs. Since consultations are brief, they are less costly than a standard visit. While some doctors may not offer consultations, most will talk to potential new patients on the phone. If you feel comfortable by the end of the phone conversation, ask if you can stop briefly to meet face-to-face before making an appointment.

When choosing a doctor, look for these traits:

- She shows common courtesy and respect for you, isn't patronizing, listens to you and provides understandable answers to your questions.
- His general approach to illness, whether conservative or aggressive, matches your philosophy.
- She admits when she doesn't know something and is not afraid to consult another authority.
- He presents you with treatment options whenever possible.
- She doesn't rush you through.
- He respects your (continued)

*"I was  
using a maxi  
for light  
bladder control  
protection.  
Until now."*

SUZANNE BLOCK  
A WOMAN WITH POISE

Poise® Pads are about the same size as the leading maxi pads, but Poise gives you superior protection because they are made exclusively for bladder control. Poise Pads lock liquid into a gel that won't leak. You feel more confident. And Poise Pads are curved and feminine soft for added comfort. Look for Poise Pads next to Depend® Products.

*Consult your doctor about bladder control problems.*



POISE PADS  
LOCK LIQUID IN.



AVAILABLE IN REGULAR, EXTRA AND  
NEW EXTRA PLUS ABSORBENCIES.

FINALLY, THE PROTECTION YOU NEED, THE SIZE YOU WANT.

## What nurses know

Continued

lifestyle, cultural differences and personal values.

● She is board certified in her specialty by her employer, such as the American Board of Postgraduate Practice or the American Board of Internal Medicine.

● He keeps up on medical advances by reading journals and attending seminars. A nurse who is affiliated with a teaching hospital or university or who works in a practice with others, rather than working solo, is more likely to stay up-to-date because he's constantly being evaluated by peers.

### EXPLORE THE ALTERNATIVES

Many doctors are referring patients to specialists who were once on the fringes of medicine. Dietitians, massage therapists, physical therapists, biofeedback technicians, social workers and psychologists make up the doctor's support team today. These professionals are not only more knowledgeable in their areas of expertise than doctors, but they

work closely with patients and offer important follow-up and support. For instance, while a doctor may advise a patient with high cholesterol to cut out fats, a dietitian can figure out how the patient can alter her diet in a way that fits her lifestyle.

Some HMOs, clinics and hospitals employ *nurse practitioners* as supplements to physicians. These professionals are registered nurses with an advanced education and are qualified to treat basic health problems, do minor surgical procedures such as removing a mole, perform gynecological exams and, in thirty-nine states, are permitted to prescribe medications. Nurse practitioners tend to take a personalized and a more holistic approach to health care, explains Loraine Domine, R.N., a nurse practitioner in Portland, Oregon. Ask your HMO, managed-care group or doctor if they are affiliated with a nurse practitioner.

### Rx FOR A HAPPY-AS-POSSIBLE HOSPITAL STAY

Although you might not be able to get your pillow fluffed or a shoulder rub

at your beck and call, there are things you can do to make a hospital stay as comfortable as possible:

*Get acquainted with your primary care nurse.* Many hospitals appoint one primary nurse to each patient to handle all of the patient's needs, rather than having different staff members tend to different aspects of a patient's care.

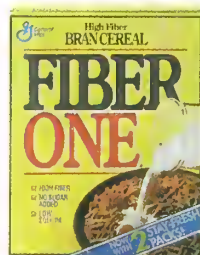
*Find out how fast you can expect to have the call light answered.* Talk to your nurse if you feel it's taking too long to get a response.

*Ask what you can do for yourself.* Patients tend to assume they need a nurse to assist them with everything, but with staff shortages in many hospitals, you could be waiting a long time for help. Ask your nurse if you can do some things on your own, such as sitting up or taking a bath. Also, ask how your family can assist as well.

*Ask to see the dietitian.* If you are happy with the food, the dietitian may be able to request a specialized diet, such as vegetarian or Kosher, which may be slightly tastier. Ask your nurse if your family can bring you food from home or if you can order out.

There's something  
extra in your high fiber cereal.  
(And we're not  
talking about bananas)

More  
sodium\*



Artificial  
sweetener

\*Compared to NALISCO 100 Bran cereal.

your doctor to write an order for you to your own medications from home. An rin from a hospital costs much e than one from the supermarket e down questions as they occur to during the day. Keep the list at r bedside, so you're prepared r your doctor drops by.

your nurse in advance if she can be when your doctor visits. She can ensure that he answers your tions, and can help clear up any- g you don't understand. m your primary nurse if you are dis- fied with your hospital care. If she t solve your problem, ask for the ent-care representative or advo- —most hospitals have one. a family member or friend to check ith the primary nurse. Some nurses ore likely to meet the needs of a ent who has someone asking every about her status.

### SES' HOME REMEDIES

le doctors deal in major illness, es are experts in minor maladies. e's what they suggest for treating ost common ailments:

**Sore throat** Gargle with warm salted water and drink warm fluids—they're more soothing than cold fluids. Take ibuprofen for long-term relief.

**Menstrual cramps** If they're mild, place a heating pad on your abdomen. But if moderate to severe, take ibuprofen or naprosyn at the first sign of cramps for fastest relief.

**Nausea** Suck on ice chips or take small sips of clear liquid frequently. "I drink flat cola, not diet, to settle my stomach," says Veronica Stevenson, R.N., an emergency-room nurse at Presbyterian St. Luke's Medical Center, in Denver. Stir soda to get bubbles out before drinking—carbonation

will actually make nausea worse.

**Heartburn** Avoid lying down for two to three hours after you eat, and take an over-the-counter antacid.

**Tension headache** Lie down for thirty minutes to relax. Rub your eyebrows, which are pressure points. Caffeine often relieves pain by constricting the swollen blood vessels that are pressing on nerves. Drink a cup of coffee or take aspirin (if you don't have reactions to it), which contains caffeine.

**Coughing** Drink lots of fluids. The membranes of the lung need fluid to move mucus along. Avoid antihistamines, which tend to dry up membranes. Use a saline nose spray to prevent postnasal drip.

**Diarrhea** While antidiarrhea drugs often stop the problem, it's better not to take anything, if possible, so your body can expel the bacteria or virus that's causing the diarrhea. Avoid milk products and drink clear fluids to prevent dehydration. ■

*Linda Collison, R.N., has been a hospital emergency-room nurse for ten years.*

### WHAT TO ASK YOUR DOCTOR WHEN SHE PRESCRIBES A DRUG




1. What does the drug do?
2. What will happen if I don't take it?
3. When and how should I take the drug (with or without food, for instance)?
4. Is there a generic or less-expensive version?

# Only 100% Bran™ has 1/2 the sodium of All-Bran Original without the artificial sweetener of Fiber One®.



**NABISCO 100% BRAN.**  
It's just everything you ever wanted in a high fiber cereal.

With Nabisco 100% Bran, you get the natural, crunchy goodness of wholesome bran with 11 vitamins and minerals. And there's one little extra that makes it an even better choice — Nabisco 100% Bran is surprisingly delicious, too.

MANUFACTURER'S COUPON		EXPIRATION DATE 2/28/95	
<p>RETAILER Kraft General Foods Inc. is a subsidiary of Nabisco.</p>  <p>100% Bran High-Fiber Wheat Bran Cereal with other ingredients.</p>	<p>Save 50¢ ON NABISCO® 100% Bran Cereal</p> <p>LJ0BPMH410</p>		
<p>5 13130 12250 9</p>		<p>00248</p> 	

# We're dreaming of a white Christmas... and other holiday myths

The Christmas myths so joyously handed down from generation to generation this time of year . . . deserve some serious examination. Who's to say whether Santa keeps a master list of good kids and bad? What solid proof do we have that giving is better than receiving? How can we be certain that absolutely nobody likes fruitcake? In the interest of assuring you a sensible, scientific holiday, your favorite magazine contacted a roster of experts to determine, once and for all, **the truth behind our cherished illusions.** By Lenore Skenazy



**MYTH**

*Santa comes down the chimney.*

Most modern chimneys range from 8"x8" to 12"x12" on the East Coast, with slightly wider flues out West, says Sue Fine, editor of *Sweeping Magazine*, the official publication of the National Chimney Sweep Guild, in Gaithersburg, Maryland. "So Santa would have to be pretty skinny."

Historically, however, the chimney hasn't always been so Claus-trophobic. "Back at the time when the Santa Claus story came into being, we had a lot of chimneys that were big—certainly big enough to hold a man," says Fine. Homes were constructed with several fireplaces connecting to one big flue. "That's how the legend made sense at all."

While Fine says she has never personally bumped into any white-bearded, sleigh-driving gift-givers on the job, she confides, "I know a number of sweeps who have gone into chimneys and actually pulled out a scrap of red cloth."

**MYTH**

*A list of the naughty and nice determines Santa's gift distribution.*

Children are inevitably naughty and nice, contends clinical psychologist Nancy Julius, Ph.D., of New York City; therefore, such a list cannot exist.

"It should be, 'Because we love you, you're getting gifts for Christmas,' not 'because you've been good,'" says Julius. "You know, I've never liked that song for that reason."



*“LIVE...FOR THE MOMENTS.”*

—PRISCILLA PRESLEY

AVAILABLE IN MOST LARGE K. PENNEY STORES

"The kids wanted to listen to some CD's."





Featured diamond and gold fine jewelry  
from \$89.99 to \$1,999.99

"I was interested in a different kind of rock."

Come see the softer side of **SEARS**

## MYTH

### *Good things*

“Let’s just put it in the box,” says David Taylor, California’s largest gift retailer. “In a big package, the customer would dictate the price. If you figure that it’s worth the value—and often, it does. In Texas we like big houses, large steaks.”

### *Small packages.*

“Whenever you see something that’s not what you expect. Human nature is to want a small box and a huge box, you’d expect the value—and often, it does. In Texas we like big houses, large steaks.”



## MYTH

### *Like Rudolph, reindeer are sweet and friendly creatures.*

Not exactly, says Dean Lofgren, an animal keeper at the Brookfield Zoo’s Children’s Zoo, in

Brookfield, Illinois. “With reindeer, the problem you’re dealing with is they’ve got that full rack [of antlers], and they know how to use it,” he explains. “The male will let me halter him, and he pulls the sleigh, but as far as affectionate and cute? No. I can’t really pet him.”

### *Then like home holidays.*

A good chunk of the American public apparently disagrees. “We’re very busy during the holidays,” says Pam Brandon, a spokeswoman for Walt Disney World, in Lake Buena Vista, Florida. “Christmas and the Fourth of July are really our two biggest days in the park.”

In fact, Christmas is so popular at the theme park that when Brandon’s own relatives came to Florida for the holidays one year, she reports, “They didn’t even stay at my house! They said, ‘No, we’d really rather stay at Disney World.’” And so she visited them there.

## MYTH

### *Everyone’s dreaming of a white Christmas.*

Marilyn Young, the first female mayor of arid Yuma, Arizona, admits that some of her constituents prefer a traditional holiday. “Some people will drive from here to Prescott [Arizona] to be in the snow,” she says.

But Young likes her adopted town’s weather just fine. “I lived in snow for thirty-five years of my life. I am *not* dreaming of a white Christmas.”

## MYTH

### *“It’s a Wonderful Life” is so beloved because it captures the true Christmas spirit.*

*It’s a Wonderful Life* is a great Frank Capra film extolling the virtues of love and family over greed and materialism.

Its popularity, however, can be directly attributed to the latter, explains Paul Petersen, co-author of the *It’s a Wonderful Life Trivia Book* (Crown Publishing, 1992). Independent TV stations usually pay

a film company \$600 or \$700 to run a movie with an active copyright. But in 1973, Republic Pictures accidentally let its copyright on the film lapse. The result? “Every station everywhere could run it without cost!” Petersen says. Which they did—before Republic recaptured the copyright in April 1993. Did someone say “Scrooge”?

## MYTH

### *Nobody likes fruitcake.*

Don’t say that to Richard Sullivan, executive vice president of the Maraschino Cherry and Glacé Fruit Processors Association, in Matawan, New Jersey. “Of course that’s not the truth!” he declares. “I love fruitcake!” Yes, but isn’t he rather biased?

“Fruitcake is such a varied thing!” he says. “It’s a question of the *kind* of fruitcake. There’s one called a Yahoo Cake, made with pecans, candied cherries and chocolate. I brought it to a [company] meeting, and it was just superb.”

Has he ever met anyone outside the processed fruit industry as enthusiastic as he is about fruitcake? “Everybody likes fruitcake except Johnny Carson,” Sullivan insists. “There are always people who make fun of things, and he made fun of fruitcake. We didn’t like that very much, actually.”



## MYTH

### *Kids like the boxes their gifts come in more than the toys themselves.*

Christopher Byrne, editor of *Season’s Greetings* magazine, in New York City, scoffs at that notion. “‘Oh, look, Johnny! Santa brought you a box!’ That’ll work till they’re three or four. Then I don’t think they care about the box at all,” Byrne says. “If you’re lucky enough to get your mitts on some Power Rangers, they’re gonna be ripping the boxes off and playing with the toy.”

On the other hand, if they started advertising those boxes on Saturday morning cartoons. . . .

## MYTH

### *‘Tis better to give than to receive.*

“Receiving is very important, too,” says Georgia Witkin, Ph.D., a New York clinical psychologist and author of *The Female Stress Syndrome* (Newmarket Press, 1991). “That’s why women sometimes run up their bills, giving themselves little gifts—because no one else does. If other people give us presents, we feel loved.” (Hint: You may want to tape this article to the fridge.) ■

*Lenore Skenazy is a reporter for the New York Daily News.*

# Dermatologists aren't the only experts who recommend Dove.

*Dove leaves my skin soft and moisturized. I use Dove and that's it.*

Virginia Warshaw, Jacksonville, Illinois

*My dermatologist recommended Dove. It makes my skin feel clean and healthy.*

Lauren Burke, Spring Lake, New Jersey

*It works. I'm living proof it works. I owe Dove my wonderful complexion.*

Lisa Stanley, Detroit, Michigan

*My skin feels very clean and yet it's not dry. Dove works beautifully.*

Mary Jane Higgins, Worcester, Massachusetts



Dove. Recommended by dermatologists. And other experts.

*Dolce Pane con Zucchini*  
**MADE BETTER BY BERTOLLI.**



**BERTOLLI**  
*Luce*

**IF YOU WANT IT TO BE BETTER  
 IT BETTER BE BERTOLLI**



Only Bertolli, Italy's best-selling, best-loved olive oil, could bring out the true, subtle flavors of such delicious foods as this.

**Olive Oil has No Cholesterol.**

And Bertolli not only makes foods better, it's better for you, as olive oil is naturally cholesterol free.

Of course foods like this are appreciated not only in Italy, where Bertolli has been made for over 125 years, but here, where families like yours have made it the best loved olive oil in America today.

**Bertolli Dolce Pane con Zucchini**

- |                     |                                      |
|---------------------|--------------------------------------|
| 5 cups flour        | 3 large eggs                         |
| 1 1/2 cups sugar    | 3 cups shredded, unpeeled zucchini   |
| 1 tsp cinnamon      | 1 1/2 cups dark raisins              |
| 1 tsp salt          | 1 1/2 cups golden raisins            |
| 1 tsp baking powder | 1 cup walnuts, chopped               |
| 1/2 tsp baking soda | 2 tsp vanilla                        |
|                     | 1 cup Bertolli Extra Light Olive Oil |

In a large bowl mix together the flour, sugar, cinnamon, salt, baking powder, baking soda, 1/2 cup raisins and nuts. In another bowl beat together the eggs, vanilla and olive oil. Pour the egg mixture and stir until thoroughly mixed. Pour batter into 12 greased individual loaf pans or pour batter into two 9x5 inch loaf pans. Bake at 350 F for 30-35 minutes or until toothpick comes out clean or pour batter into two 9x5 inch loaf pans. Bake at 350 F for 1 hour and 20 minutes.

**Lemon Icing**

- |                              |                                       |
|------------------------------|---------------------------------------|
| 1/2 cup confectioner's sugar | 3 Tbsp lemon juice                    |
| 1/2 tsp lemon zest           | 1 Tbsp Bertolli Extra Light Olive Oil |

Drizzle with lemon icing (all ingredients). Crizzle or room-temperature cake.



**FREE RECIPE BOOK!**  
 To get your Bertolli Olive Oil Handbook containing 100 recipes, tips and money-saving coupons and \$1.25, check or money order, for postage and handling, Bertolli Nutrition Center, P.O. Box 2399, Secaucus, NJ 07096-2399.

# LENOX

Free Display Cabinet! A \$75 Value!



Shown smaller than actual sizes of 3 3/4" to 4" high.

## The world's most beautiful flowers. A collection six years in the making.

Crafted with renowned Lenox realism and artistry in fine bisque porcelain.

Exquisite blossoms of the finest porcelain, crafted by the artist's own hand. Delicate petals painted by hand with stunning realism. These are the beautiful sculptures in *The Lenox Garden Flower Collection*, a garden of original porcelain masterworks, six years in the making.

From the brilliant ruffled *Iris*, to the blushing *Tea Rose*, to the favorite *Parrot Tulip* of spring, the col-

lection presents the most beloved flowers of the garden. And each imported work of art bears the prized Lenox backstamp in 24 karat gold.

The price of each sculpture is \$39—guaranteed to subscribers for the entire collection, and payable in convenient installments. You'll receive a floral sculpture at the rate of one about every three months. As a subscriber, you'll receive the hardwood display cabinet—a \$75 value—at no added cost. Mail your subscription today. 978122

### *The Lenox Garden Flower Collection*

Please enter my subscription to *The Lenox Garden Flower Collection* of original floral sculptures crafted in hand-painted porcelain.

I need send no money now. My collection will be sent to me at the rate of one sculpture approximately every three months, and I will be billed for each sculpture in three monthly installments of \$13\* each. The custom-designed hardwood display cabinet will be sent to me at no additional cost

Please mail by December 31, 1994.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone (\_\_\_\_\_) \_\_\_\_\_

\*Plus \$3.95 per sculpture for shipping and handling (not for display cabinet). Sales tax will be added in some states. All subscribers subject to acceptance.

Signature \_\_\_\_\_

Lenox, Inc. 1994



Hardwood cabinet included as part of the collection, 26" high, 21" wide.

Mail to: Lenox Collections,

P.O. Box 3020, Langhorne, PA 19047-9120

LENOX. SINCE 1889.



## “Not the holiday I expected”

For many women, the holidays are quite different from their childhood celebrations. But often the new traditions they create can mean even more. Here, three women who have something special to celebrate



### A change in faith

By Deborah Diamond

**D**ecember is a funny month for me, and probably always will be. As a child, it seemed to me that it was slightly magical. It was the time of year when the most earthbound of souls risked life and limb to hang lights to transform ordinary homes into spectacular

high-wattage fairylands. It was when entire families set out to find just the right tree. It was the time when people at least tried to be nice to each other. Even as a child, I perceived in those pre-Christmas weeks a kind of hyper-solidarity, a sense of us all trying to be better than we are. (And, of course, there was Santa Claus.)

I assumed that when I got married and had children, I would recreate for them the whole tinsel-draped scene.

But after I fell in love with a Jewish

man, I began reading about Jewish history and culture and faith. My desire to better understand Judaism became a desire to make it my own and to pass this heritage on to the children we planned to have. Michael worried that I felt obligated to do this for him. “No,” I said, “this is for me.”

And so nearly seven years ago became a Jew. Though my family always has been a pretty non-churchy bunch—Protestant in a vague sort of way—I know my conversion made *(continued on page 9)*

# "I Switched To Lowest Tar."

*Maybe you're like me...  
I used to think I'd have  
to sacrifice flavor for a  
low tar cigarette. But  
then I found Carlton...  
and I switched. How  
about it? Why not  
try lowest tar  
Carlton today?*

*U.S. Gov't. Test Method confirms of all king soft packs:*

***Carlton is lowest<sup>®</sup>  
in tar and nicotine.***

1 mg. tar  
0.1 mg. nic.



**U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
SURGEON GENERAL'S WARNING: Quitting Smoking  
Now Greatly Reduces Serious Risks to Your Health.**

Regal Coupe.

The views are breathtaking. And that's before you look out the window.

Don't even try to take your eyes off the all-new interior, from the efficiently designed instrument panel to luxuriously supportive seating. Dual air bags and four-wheel anti-lock disc brakes are standard. As is the responsive power of the Gran Sport Coupe's 3800 V6. To learn more, call 1-800-4A-BUICK.

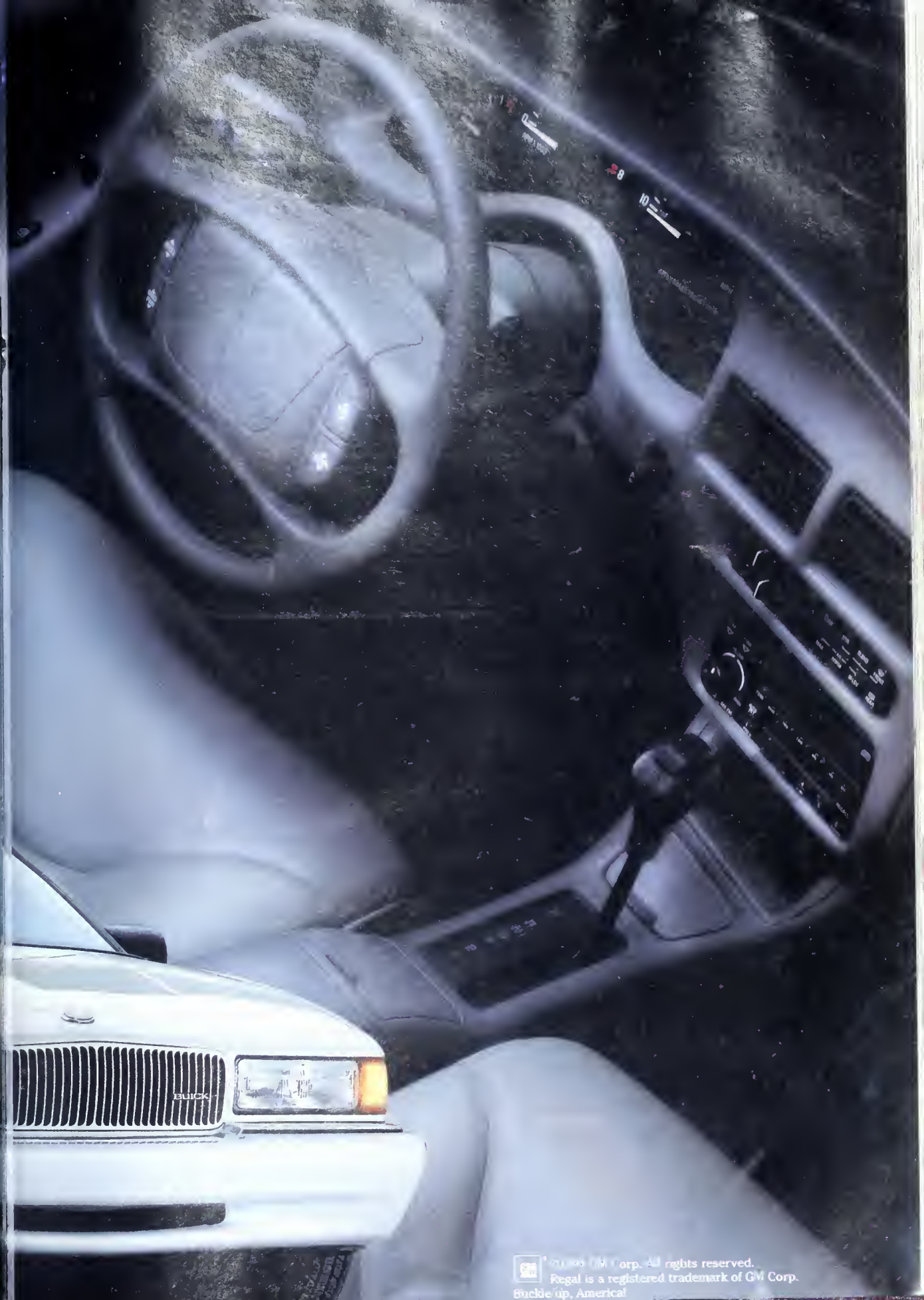


**BUICK**

The New Symbol For Quality  
In America.







© 1999 GM Corp. All rights reserved.  
Regal is a registered trademark of GM Corp.  
Buckle up, America!

pretty lights, have a tree or sit on Santa's lap—even though I did all those things when I was their age. "We are Jewish," I say. "We celebrate different holidays." But I can see the confusion and disappointment in their eyes. The thing to do, I realize, is to accentuate our own rich festivals and traditions.

The tricky part is, I'm still learning exactly how we as a Jewish family do celebrate holidays. So in my role as our family's Keeper of the Holidays, I read books, quiz my in-laws and Jewish friends, and generally make it up as I go along. We often visit my side of the family or join non-Jewish friends at Christmas, but in our home, we celebrate Chanukah. This seemed pretty clear-cut, we thought.

Until last year, that is. On Christmas Eve, Tova suddenly announced that we had to put out milk and cookies for Santa. "Hmm," I said. "I don't think Santa visits Jewish homes." Oh, yes, Tova replied fervently. Santa visits children all over the world. I knew the expression on that sweet face. It was the look that says, Please don't tell me there is no Santa.

Yikes. My eyes met Michael's. Neither of us had the heart to tell our child that Santa Claus is a delightful fellow, but he's not for you. So like the spineless parents we are, we leaped to sleep expecting to hear their ter-patter of little hooves on our porch. And I sat down to drink milk, nibble cookie and write a note from Santa.

The next morning, Tova sprang from her bed and ran downstairs. Waiting for her was a letter tucked under a pretty box. In the note, Santa thanked Tova and Simone for the snack. "I know you and your family are Jewish and celebrate Chanukah, but I couldn't resist paying you a visit my way. . . . I hope you had a very Happy Chanukah, and that you also have a celebrating Christmas with friends. You know, of course, that the important thing about all these holidays is love and friendship. . . ."

Tova was delighted, and we were temporarily off the hook. Did we do the right thing? I don't know. I'm sure plenty of people would have come up with a better solution. (I'm all ears.) What I am hoping, though, is

of uncertainty. . . . part.  
not the . . .  
logical . . .  
Chanukah? . . .  
Christmas tree . . .  
okay to . . .  
you and . . .  
And if so, . . .  
when? . . .  
Please . . .  
As . . .  
experience mixed . . .  
the matter myself. I have . . .  
I regretted my decision, but I . . .  
sometimes feel a little sad about all the . . .  
family Christmas traditions that I will . . .  
not pass on to my two daughters. Five- . . .  
year-old Tova often asks me "Is so-and- . . .  
so a Christmas person or a Chanukah . . .  
person?" Given the size of the Jewish . . .  
community in our town of Columbia, . . .  
Missouri, odds are that the person in . . .  
question doesn't celebrate Chanukah.

Pretty soon I will have to explain to Tova and her sister, Simone, two, that their mother started out life as a Christmas person and then chose to become a Chanukah person. Meanwhile, I am in the peculiar position of having to explain why we don't put up

# HOW IT WORKS.

Just fill with tap water. The Brita® Water Filtering Pitcher does the rest.

The tap water enters the patented, replaceable Brita filter. It's certified by NSF, the nation's leading testing authority for water filtration products.

Here's where the magic happens. 93% of the lead and copper is removed. Sediment, water hardness, chlorine taste and odor are all dramatically reduced.

Brita works so well, it's the nation's bestselling portable water filter system.

In just minutes you get a half gallon of great tasting water at a fraction of the cost of bottled water. Cheers



Substances removed may not be in all users' water

© 1994 BRITA (USA) INC

re our two daughters are grown we'll have taught them several things: that they know who they are, they are proud of who they are, that they have tolerance for those who are different. And so each year I light the menorah and dig out the recipes and try out new latke recipes. Every once in a while I find myself singing along with a Christmas carol on the radio, but I'm Jewish now, I'm comfortable with my choice. When I hear my daughters saying the ancient Hebrew blessings as I light the candles, I know in my heart there will be traditions aplenty to pass along. The magic is magic enough for us all.



## A special celebration

By Desda Moss

When I was growing up in the Midwest, my parents always made Christmas festive for my sister and me. We were showered with gifts and love, and our table was

filled with traditional favorites from my grandmother's kitchen.

Still, when I looked at displays of Santas and pictures of a holy family that looked nothing like mine, there was a part of Christmas that I never completely connected with.

That all changed in 1982, when I discovered Kwanzaa, a seven-day African-American holiday that celebrates family, culture and community. Suddenly, there was a holiday that every part of me could embrace.

Kwanzaa—which means “first fruits of the harvest” in Swahili—was created in 1966 by scholar and activist Maulana Karenga, Ph.D. The holiday offers African-Americans an opportunity for reflection and renewal through its message of responsibility, unity and self-love.

I'd read about Kwanzaa and was delighted when a friend invited me to participate. Our gathering moved to a different home each night, and we ate, talked, laughed and shared a deep feeling of camaraderie.

Now the holiday season wouldn't seem complete to my husband, Bill,

and me without including Kwanzaa in our festivities. And it has become especially important since the birth of our daughter, Alexandra, five years ago.

Every December, several weeks after we put up our Christmas tree in our Arlington, Virginia, home, we get out the candleholder that is the dominant symbol of Kwanzaa. Over the next seven days, we light one of the ceremonial candles that represent the principles of Kwanzaa: unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity and faith.

The holiday offers our family a chance to celebrate in many different ways. One night, we observe the festivities at home. The next, we gather at a friend's house. And sometimes we go to see local performers, artists and musicians who teach us about our heritage by sharing their talents.

I also find it refreshing that Kwanzaa stresses gifts that are modest, creative and educational. For instance, Bill and I give our daughter games that teach her about black history. Alexandra and *(continued on page 98)*

## HOW IT TASTES.



Find Brita at: Bed Bath & Beyond, The Bon Marche, Burdines, Dillard's, Elder-Beerman, Famous-Barr, Foley's, Hecht's, Kaufmann's, Lazarus, Lechter's, Linens 'n Things, Macy's, Rich's, The Broadway, Williams-Sonoma, better health food stores and other fine retailers.

For the retailer nearest you, call 1-800-44-BRITA.

 **BRITA**

**Makes tap water taste great.**



The bare facts are Alpha Hydrox reduces wrinkles, softens and smooths your skin, and acts as a natural exfoliant. And now we have a new line of Cleansers, Treatments and Moisturizers for all skin types and sensitivities. Available at grocery, drug and discount stores for under \$10. Call 1-800-55ALPHA with questions.



**Alpha Hydrox Foaming Face Wash** is soap-free and fragrance-free. It gently cleanses your skin, leaving it smooth, soft and perfectly balanced for alpha hydroxy treatment.



**Alpha Hydrox Face Creme** contains alpha hydroxy acid and will help reduce the appearance of fine lines and wrinkles by acting as a natural exfoliant. Try it for 2 weeks and see a brand new softness and radiance.



**Alpha Hydrox Sensitive Skin Creme** offers wrinkle-fighting benefits of alpha hydroxy in a formula that is gentle enough for even sensitive skin. See the radiant difference the softness and smoothness of your complexion in 2 weeks.

# *The Naked Truth About Skin Care.*



**Alpha Hydrox Oil-Free Face Gel** is perfect for daytime use under makeup. And because it contains hydroxy acid, you'll get all wrinkle-fighting benefits in a light gel. Exceptionally gentle on problem skin.



**Alpha Hydrox Hand and Body Lotion**, for all skin types, absorbs quickly and is delicately scented. It's a powerhouse of alpha hydroxy benefits - leaving rough, damaged skin silky smooth all over.



**Alpha Hydrox Daily Lotion Moisturizer**, for normal to dry skin, delivers optimum moisture throughout the day in a lightweight, fragrance-free formula. Visibly boosts hydration level for smoother-looking skin.



**Alpha Hydrox Night Replenishing Creme** is non-oily but luxuriously rich, to deeply hydrate and nurture your skin through the night when renewal processes are most active. For normal to dry skin.

and lots of things—pre-  
 —chets, pony, with.  
 fighting hand, I'm  
 my daugh- things  
 create with things can be  
 much more st. any mass-  
 market

Kwanzaa, as a moth-  
 to counter the neg-  
 pre-existent images of our  
 culture that are often portrayed by the  
 media. By focusing on our family's  
 past and emphasizing our cultural tra-  
 ditions, I feel I'm helping my daugh-  
 ter understand a heritage that's often  
 ignored by the history books.

Alexandra loves the Kwanzaa cele-  
 bration. She helps me light the can-  
 dles and prepare the foods we'll be  
 serving. But most of all, she enjoys  
 when I read to her about the themes  
 of Kwanzaa, or when she and her fa-  
 ther and I make gifts together.

I hope that Kwanzaa is something  
 my daughter will continue to cher-  
 ish—just as I cherish those traditions

from my youth. And I hope she will  
 pass it along to generations to come.



## The ghost of Christmas past

By Molly Richards

**I**t gets easier. I've never figured  
 out whether that's because I'm  
 getting more competent or be-  
 cause I have merely managed to  
 lower my standards for each of  
 the four Christmases since my separa-  
 tion and divorce from my husband of  
 sixteen years. I take my emotional  
 temperature—and that of my chil-  
 dren—frequently as the holiday ap-  
 proaches. For Emma, eleven, Henry,  
 nine, and Edward, seven, it seems to  
 be business as usual. One day they're  
 writing lists of several dozen things  
 they really, really want; the next,  
 they're whispering and plotting a  
 Christmas surprise for me.

The first year of being a solo Santa,  
 I almost killed myself to make every-  
 thing seem normal. The only thing I

abandoned was my Christmas-irc  
 list—I looked at the cards I'd bought  
 and wondered how I was suppose to  
 sign them. My husband had been  
 gone only a month, and I had no one  
 who knew, who didn't. I haven't en-  
 Christmas cards since.

But I cleaned, I baked, I cooked,  
 decorated and, most of all, I bought.  
 Everything would be just as it always  
 had been. Except, of course, it wasn't.  
 We went through the motions. I  
 went to candlelight Christmas  
 service. We called the relatives. I  
 woke at six, ate breakfast and ran  
 into the bounty beneath the tree—  
 til noon, when they hurriedly gulped  
 the feast I had prepared so they could  
 leave with my ex to spend the rest of  
 the day with his family. This past  
 Christmas Day had always been  
 savoring; being alone in an em-  
 apartment was a turning point for me.  
 I remembered my own Christmases  
 a child and thought how ill-prepared  
 was for what my life had become.


The Christmas of my childhood  
 magical, yet soothingly predictable.  
 We opened our gifts on Christmas

## HOW TO RECHARGE AN ACTIVE DOG



High-energy dogs need  
 extra nutrition. That's why  
 we make Purina® brand  
 Hi Pro dog food. It has  
 more calories, to keep them  
 active. And more pro-  
 tein, to keep them running.  
 Instead of running low.

n front of a roaring fire. The mo-  
we said the closing grace (we  
d before and after every meal) we  
into the living room to traverse  
nal ritual that separated us from  
ounty: the reading of the Christ-  
ory, from Luke 2.  
er Christmas Day services, we  
home to a huge dinner at noon  
d into the car to drive to one of  
extended family gatherings. I  
know anyone who was divorced.  
own children are infinitely more  
ticated. Perhaps because they al-  
lived so much in an adult world,  
erately wanted that first Christ-  
without their father not to en-  
n any further than it already had  
their innocence. Still, divorce to  
was already a fact of life. And  
se we live thousands of miles  
our relatives, Christmas had al-  
been a more or less private affair,  
d out in solitary ritual amid the  
e traditions of New York City.  
first Christmas afternoon alone, I  
o face the fact that it was time to  
rying to re-create memories.  
've since developed new tradi-  
We go to see the Christmas tree  
Metropolitan Museum of Art;  
o ice-skating the day before  
mas; we make Christmas break-  
big deal since the children now  
linner with their father.  
d I've grown to look forward to  
quiet Christmas afternoons. It's  
vn private time to reflect, to take  
of my life. Being alone may not  
actly what I had imagined for  
f, but neither was a traumatic  
age. I like my life now.  
en my children and I talk these  
about the difference between  
mas past and Christmas present,  
struck by their pragmatism.  
're sad that instead of having  
and Dad, they have Mom *or*  
but they don't waste time  
ning what isn't: They were quick  
alize that a divided household  
s a multiplication of presents.  
in a while we all get that feeling  
omeone is missing, but we don't  
nd it's okay. We talk. And we  
't got rid of all the old traditions:  
ill go to candlelight service, and  
ill read Luke 2 before we open  
resents. Maybe this year I'll even  
Christmas cards again. ■



**If he needs  
more style, give  
it to him.**

**AMITY**  
U.S.A.

The Style Is Yours

*A heartwarming message from the  
woman whose stories of angels have given  
us something deeper to believe in.*

*By Sophy Burnham*

**I**n 1990, Sophy Burnham published “A Book of Angels” (Ballantine Books). Against all odds, it quickly became a best-seller and gave rise to dozens of angel books, as well as movies, jewelry (angel pins, which are worn on the shoulder) and even entire stores devoted to angel products. But most important, Burnham’s book touched the hearts of those hundreds of thousands of people who found comfort and strength in stories of celestial guardians. In fact, “A Book of Angels” elicited so much mail that the author subsequently wrote “Angel Letters” (Ballantine Books, 1991), about others’ angelic experiences.

Here, Burnham writes movingly about how angels have changed her life and led her to an even deeper faith.



Ladies' Home Journal December 1994

# THE JOY OF ANGELS



**T**wo thousand years ago an angel appeared to a young girl. She was a virgin, and she was to aged parents. Her name was Mary, and Joachim, who was a carpenter, made dedicated offerings to God. From the time she was four, she was raised in the Temple. . . . She was dedicated to God. . . . The angel came to her and she gave birth to a boy.

Her swelling belly validated the angel's claim. A man was found to marry her—Joseph, an older man, according to tradition. He agreed to take on a young wife and whatever children she might bear him.

This is all we know of Mary's encounter with an angel, except for the fact that it removed no suffering from her life. She had her baby without a midwife, in the outbuildings of a hotel in a strange town. Angels attended the birth, we're told. Could she see them?

And then—what we are sure of—she held her baby, examining the perfection of his little body. Mary, the first mother, looking at the first child with all the emotions that every mother

clap of thunder, as it did to St. Paul: blinded by the light. Sometimes it sifts into consciousness, like fog, seeping into you over a lifetime. Or perhaps it comes as an angel's touch—invisible hands pulling you from a burning car, a voice, a vision, a series of miraculous small coincidences that cannot be ignored; and to a few it comes as the angel herself, gloriously revealed. You are struck by unfathomable love. You cannot forget.

And now you begin the long, spiritual journey. For this is the path by which you discover not only God, but who you are.

There is a Buddhist saying: *Before enlightenment, chop wood, draw water; after enlightenment, chop wood, draw water.* Afterward, you do all the same things, but nothing is as it was before.

It is difficult to write about my personal journey. How to do it, without sounding pretentious? Let me begin with the book. I did not write *A Book of Angels* for publication. I had decided to put down for myself and perhaps for my children all the magical, mysterious, impossible

but added now were new pitfalls of spiritual arrogance and pride.

But the most obvious change in my life has been a deepening of my faith. This is partly due to perfect strangers who in their generosity share their own courage and hope, and their inspiring accounts.

A woman has an auto accident, and a couple appear in a van, load up her things and drive her three hours home. Later, when she tries to reach them, no sign of them exists.

A paratrooper's life is saved during a night jump, when the soldier above him catches his tangled chute and carries the two of them down on his one open chute. When they land, the stranger laughs, "It's been a long time since I jumped!" When the young man looks up from his chute, the trooper who had saved him is gone. No one on the jump roster resembles him.

A Cambodian Buddhist told me how an angel whispered directions to save his family from the killings of the Khmer Rouge.

The stories fill me with pleasure and gratitude, reminding me that I, too, am protected, even when I

## *After you see an angel, you are struck by love. You cannot forget.*

feels toward her newborn babe. . . .

A few days later, she climbed, aching, on a donkey's back and rode into Egypt, where the family stayed for the next eight or ten years, outcasts, refugees, lonely, lost. . . .

Except for the memory of that angel's eyes.

What happens after you see an angel, have a spiritual experience? I have dealt with this in my writing—the confusion and anguish, the tears, doubt, fear, volcanic emotional upheavals, combined with the radiance and joy. You are freed.

But what is a mystical encounter? Sometimes it comes like a

things that had happened to me or to people close to me. Miracles, coincidences, angels. . . . I thought I would turn the stories like stones in my hand and see what sense they made, because they did not conform to the logical, scientific way I had been brought up to believe the world worked.

And then *A Book of Angels* was published, followed by the five other books I'd written, and my life turned inside out.

The change from neglect to acclaim was so swift, so stressful. It changed my lifestyle: an unlisted phone number, a scramble to guard my privacy, be "myself";

lose heart.

Today I walk with a Presence. Call it an angel, Christ, my Companion, I do not know. Sometimes it goes away for days. And when the Presence, my angel, my Companion, leaves, then I have to remember by faith alone.

Skeptics tell me my faith in God is too glib. What about evil? I am asked. What of pain, loss, suffering? What about death? What about the horrors of Rwanda, Bosnia, Haiti?

My ideas have changed about pain and suffering, or about evil. I see them on various levels all at once, shimmering, as if viewed through water. (continued on page 176)

# THE JOY OF ANGELS





The Gores' Christmas tree glitters with garlands of tiny white lights and lots of shiny, colorful ornaments: Santas, snowmen, fruits, dogs and bells. The fully rooted Douglas fir will be replanted outdoors after the holiday season

# LADIES' HOME JOURNAL TRIMS THE TREE



WHEN TIPPER GORE ASKED LHJ TO HELP DECK THE HALLS OF THE VICE PRESIDENT'S HOME, WE PUT OUR TEAM RIGHT TO WORK TO CREATE A WARM AND GLOWING CHRISTMAS—SOUTHERN STYLE. BY LESLIE LAMPERT, LIFESTYLE EDITOR

**B**efore moving into the Naval Observatory in Washington, D.C. (the official residence of the Vice President since 1974), the Gores celebrated the holidays at the family's farm, in Al's native Tennessee. So when Second Lady Tipper Gore decided to re-create their customary Southern-style Christmas at the veep's Victorian home this year,

she turned to the *Journal* for help in bringing Southern charm to the Massachusetts Avenue landmark.

"I've learned that tradition is very important to the kids," says Tipper, who plans to continue from Washington her routine of inviting relatives and close friends to share Christmas Eve dinner, late-night Monopoly games, caroling and even a few rounds of poker. And while it's

easy to adapt most of the family rituals to their new quarters—cooking custard, baking caramel-jam cake, icing Santa-shaped sugar cookies and trimming the tree—making the 11,000-square-foot house feel like home takes a little more thought.

To instill the spirit of the South, we asked designer Michael Foster to share his expertise. "In the South, lemon-and-orange-decked (continued)





(continued) wreaths and boughs are symbols of bounty and hospitality. So we filled the house with these familiar fruits and fragrances—on shelves, hutches, everywhere,” says Foster. Other decorating essentials: holly and boxwood greens, pinecones and cinnamon sticks, and the glowing warmth of candlelight everywhere. Add to that some family keepsakes mixed with handcrafted accessories by local Tennessee artists, and the result is an earthy yet elegant Christmas reminiscent of holidays at the farm.

**L**ike most other families at holiday time, the Gores and their children, Karenna, twenty-one, Kristin, seventeen, Sarah, fifteen, and Albert III, twelve, spend the early weeks of December rushing around buying presents and getting the house ready. In addition, Tipper maintains a hectic schedule of speaking engagements as President Clinton’s Mental Health Advisor.

“But on Christmas Eve, the frenzy stops, and everyone really relaxes and enjoys one another,” says Tipper. They also take time out to help needy families nearby—something, (continued)

**On Christmas Eve, the whole family gathers around the fireplace in the library, left, to sing Christmas carols. “It’s our special time for singing, talking and storytelling,” says Tipper**

All fabrics and fabrication, Calico Corners; Christmas trees, JBC Tree Farm; specialty ornaments, Christopher Radko; Christmas decorations, Christmas by Krebs, Silvestri; all ribbons, Offray & Lions Ribbon Co.; fruit and desserts, Harry and David; all citrus, Florida Dept. of Citrus; lamps, The Bombay Co.; beeswax candles, Perrin-Mowen Inc.; specialty pillow, Manderley; hand-painted plates, Society of Decorative Painters; decorative plates, candle-holders, Society of Decorative Painters. Details, page 162.





Each of the four downstairs mantels was styled to evoke a different mood (clockwise, from top left): a hand-painted plate is the focal point of the dining room's traditional mantel; the foyer houses the family treasures—here, the children's stockings are hung, surrounded by collectibles and ornaments; the library mantel is a bountiful still life of greens, pinecones and pheasant feathers; gold brings glamour to the parlor in the form of tassel-filled frames, glowing hurricane lamps and gilded mirrors

(continued) says Tipper, that her children feel strongly about. Then, at bedtime, they open the fireplace grate and leave cookies and milk for Santa.

On Christmas morning, the aroma of baked country ham wafts through the house, and everyone dives into a breakfast of homemade biscuits, ham, red-eye gravy and grits. Right after, they rip into the stockings. "It's a free-for-all," says Tipper. But opening the gifts under the tree involves a more thoughtful process. "We open these one at a time so that everyone gets their moment and so that we can really enjoy each gift."

**W**hat are some of Tipper's favorite presents of Christmases past? The red drum set that her husband got her two years ago (she has played the drums since she was fourteen) and Coconut, a stray dog that appeared on their doorstep one snowy Christmas Eve at the (continued)



Opposite, clockwise from top left: urns and gilded candlesticks, The Bombay Co.; table tray and urns painted by Gail Leddy; candles, Williamsburg Soap & Candle Co.; hand-painted ornaments, Christopher Radko, Neiman Marcus; candles, Perin-Mowen; pinecones, Neiman Marcus; pinecone products, Lady Slipper Designs; trimmed mantel scarf, Manderley; gilded mirrors and votives, tassels, The Bombay Co.; mosaic hurricanes, Neiman Marcus; glass fruit ornaments, Christopher Radko, all ribbons, Offray. This page, bottom right: pinecones, Neiman Marcus; corn-husk angels and dolls, Foothills Craft Guild, Inc.; china, Lynn Chase Designs; decorative plates, Society of Decorative Painters; fruit, Harry and David. Bottom left: Santa collection, Silvestr; Christopher Radko; antique velvet shawl, Manderley; brass lamp, The Bombay Co. Details, page 162.





(continued) farm. (The family dogs also include Shiloh, a black Labrador retriever, and Inspector Turnip, another abandoned dog recently rescued by the Gores.)

"The real meaning of Christmas is what you can do for others—giving," says the Second Lady. "It's my favorite time of year." Ours, too. Merry Christmas to all!



**Christmas Eve guests get the royal treatment at dinner in the Gores' gracious red dining room.**

**Topiaries of oranges, red candles and individual rose arrangements, left, make a stunning statement.**

**Festive place settings, top, and clever slipcovers, above, add to the holiday spirit**

All fabrics and fabrication, Calico Corners; silver candlesticks, urns, footed silver and glass bowls, gilded candlesticks, napkins, The Bombay Co.; tray and urns painted by Gail Leddy, candles, Williamsburg Soap & Candle; "Winter Game Birds," red china and matching decorative accessories, Lynn Chase Designs; sterling flatware and napkin rings, crystal stemware, Gorham, Inc.; custom slipcovers and fabric, Calico Corners; all ribbons, Offray; tangerines, Florida Department of Citrus; faux berries, Silvestri; fruit and desserts, Harry and David. Design consultant, Albert Hadley of Parish-Hadley Associates. Details, page 162.

ALL YOUR GLAMOUR IS BACK—JUST IN TIME FOR THE HOLIDAYS. SO GET SET FOR A FETE WITH A SLEEK, SHAPELY DRESS, EXTRA-HIGH HEELS, SULTRY MAKEUP, SWIRLY SHINY HAIR—THE WORKS. THE KIDS WILL BE DAZZLED, AND HE'LL FALL IN LOVE WITH YOU ALL OVER AGAIN

# All dressed up

BY LOIS JOY JOHNSON, BEAUTY AND FASHION DIRECTOR

## Beauty rituals

WE KNOW YOUR LIFE IS HECTIC, BUT HOW OFTEN DO YOU GO TO A REALLY DRESSY PARTY? SET ASIDE AT LEAST AN HOUR TO GET YOURSELF GORGEOUS

■ After washing your hair, do something you usually don't have time for: Exfoliate your skin everywhere. After all, your back, chest, arms and shoulders have a complexion, too. For the most noticeable skin—especially important when you wear a body-baring dress—we recommend Nina Ricci *Whir du Temps* Exfoliating Shower Gel

and Foaming Body Polisher *Activée* by Oscar de la Renta. Both polish away flakiness and add rosiness—use them instead of your regular soap. ■ To smell delicious all night long, a scented version of your favorite fragrance in a body lotion or body-oil spray formula works well as a base layer to extend the scent for hours.



All photos: Robert Diadui; hair, Alain Piron for Frederic Fekkai at Bergdorf Goodman, NYC; makeup, Robyn Cosio for Trish McEvoy. Details, page 162.



## Fast-track hair

- Before applying your makeup, set your hair on Velcro rollers for sexy waves.
- Applying a hair cream, spritz or gel mist before drying adds texture, holds the set all night. Look for Revlon Outrageous Shimmer & Shine Gel Mist.
- No time to blow-dry? A silicone shiner like Alberto Frizz-Solver & Shine Enhancer will give your hair fresh gleam to dry hair. Apply shiner; flip hair forward, brush through with a light hairspray for lift at the roots. Flip back.



## A buff body

**Don't give a second thought to a shape that's not super-sleek:**

**Fake it by slipping on a lacy**

**underwire bodysuit—you**

**know, the kind you look at**

**longingly in the lingerie**

**department and don't buy**

**because it seems so**

**frivolous? Actually, it's not.**

**An underwire bodysuit gives**

**the smoothest look under a**

**body-revealing dress. Then**

**put the focus on body parts**

**that are in show-off condition:**

**Smooth on a shimmery body**

**lotion such as Ultima II**

**Glowtion or H<sub>2</sub>O Plus Body**

**Moisturizer with Gold Dust—**

**luxurious gold moisturizers**

**that work for all skin tones.**

## Face facts

**A** facial mask followed by an AHA-boosted moisturizer will plump up tiny lines and give makeup a fresher surface. Try Almay Moisture Renew Hydrating Mask or Revlon Moon Drops 3 Minute Moisture Pack, then apply L'Oréal Plenitude EXCELL-A<sup>3</sup> or Ponds Age Defying Lotion.

We guarantee you'll look so good. . . he'll



want to skip the party and just stay home



Wow, you look so beautiful in your



## Alluring eyes

**THE NEW EVENING MAKEUP LOOK IS BIG, SMOKY EYES WITH PALE, SHIMMERY LIPS. PRO TIPS: DO EYES BEFORE FOUNDATION SO MISTAKES CAN BE EASILY ERASED**

- Begin by lining eyes with black, deep brown or charcoal shadow. Chanel Le Regard and Trish McEvoy Eye Definer are great, easy to blend. Sticking to your natural eye shape, make the line most intense at the lashline, then fade it out for a blurred, kohl-like effect.
- To line: Dip a small, angled brush into the eye shadow and press brush into base of lashes at outer corner. Slowly dust a line inward using short strokes. Do upper lids first, then line lower lids at outer corners directly under lashes.
- Curl lashes and apply a waterproof black mascara, such as Maybelline's Waterproof Great Lash.

## Standout style

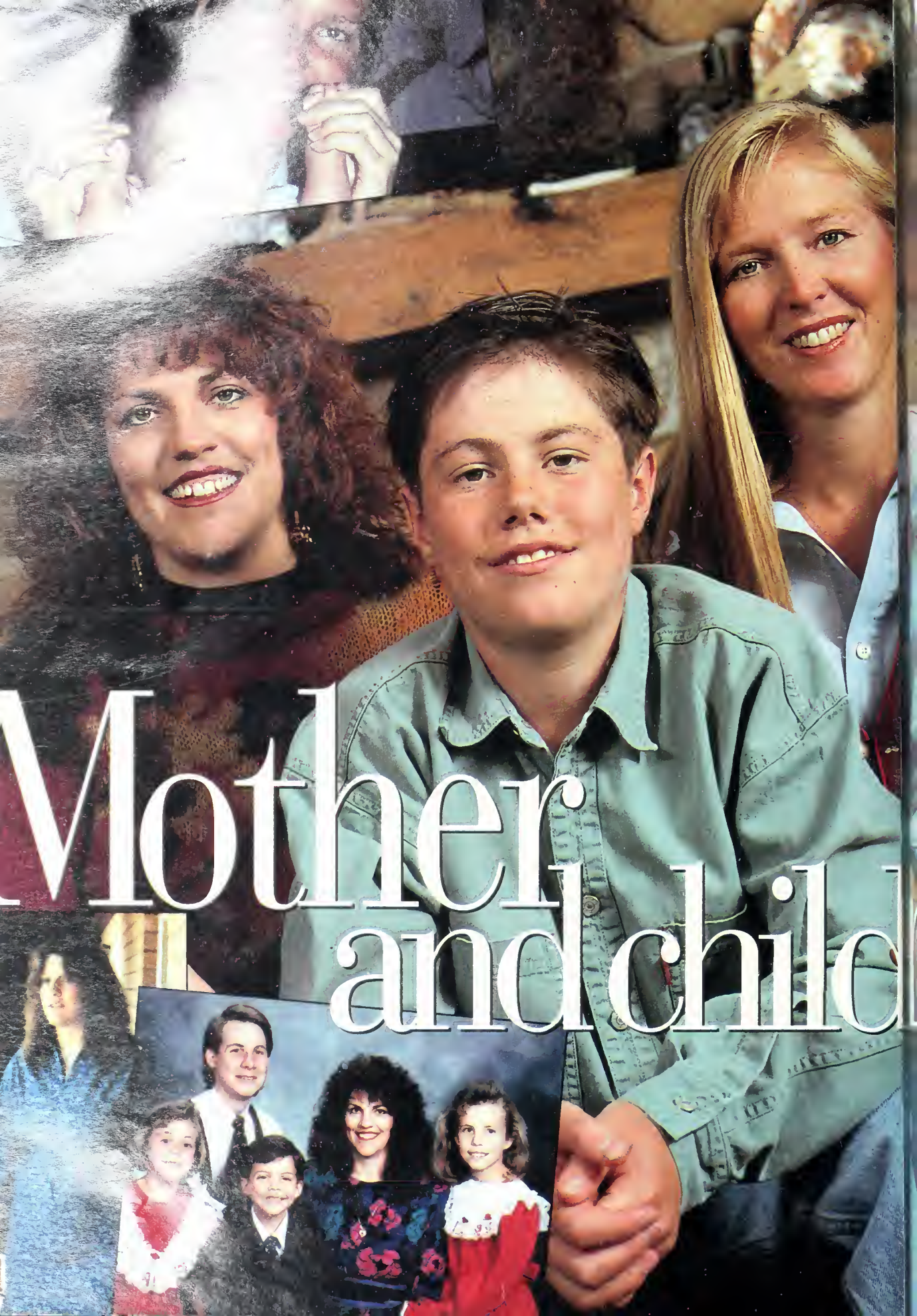
**T**he most flattering color dress to wear? A lipstick shade—it makes sense that the colors that do so much for your face are even more attractive in a big dose. We love the boldness (and holiday spirit) of red, but pink is a great choice, too. This season, believe it or not, satin is high style for the first time since the disco seventies. Choose a style that will deliberately highlight your best feature: Have great legs? Go shorter and wear higher heels. Have an elegant neck, back or shoulders? Try a strapless dress or tailored A-line tank dress. Great cleavage? Go for a dress with a deep V neckline. Add a bit of dazzle with rhinestones (one chunky necklace is perfect—don't overdo it), and you're ready to go.




## Kissable lips

Balance sexy eyes with soft lips. Buff with a warm, damp washcloth, then line with a rosy brown shade. Top with L'Oréal Sheer Colour Riche Hydrating Lip-colour in Sheer Goldilocks or Maybelline Moisture Whip Gloss Stick in Barely Copper.

red dress—can I wear it when I grow up?”



# Mother and child



A counselor and  
her client met  
as strangers.  
then found they  
had something  
very special in  
common: a boy  
named Jake.

By Carolyn  
Campbell

# reunion

**Kellie Forbes (far left) and Shauna Bradley (left) are delighted that a chance meeting brought them together—and so is Jake Bradley (center), Kellie's son by birth. Top: Shauna with baby Jake; below, Kellie as a pregnant teen and with her family today**

**U**ntil this past April, Kellie Forbes and Shauna Bradley had never met or spoken to each other. Their husbands worked at different companies, their children went to different schools. Now, as Kellie and Shauna prepare to celebrate their first Christmas together, their only regret is that they didn't meet sooner. For more than fourteen years, these two Utah women unknowingly shared a connection as close as blood; yet only through the most unlikely of circumstances did they find out exactly what it was. Call it chance, call it fate—or call it, if you prefer, a miracle.

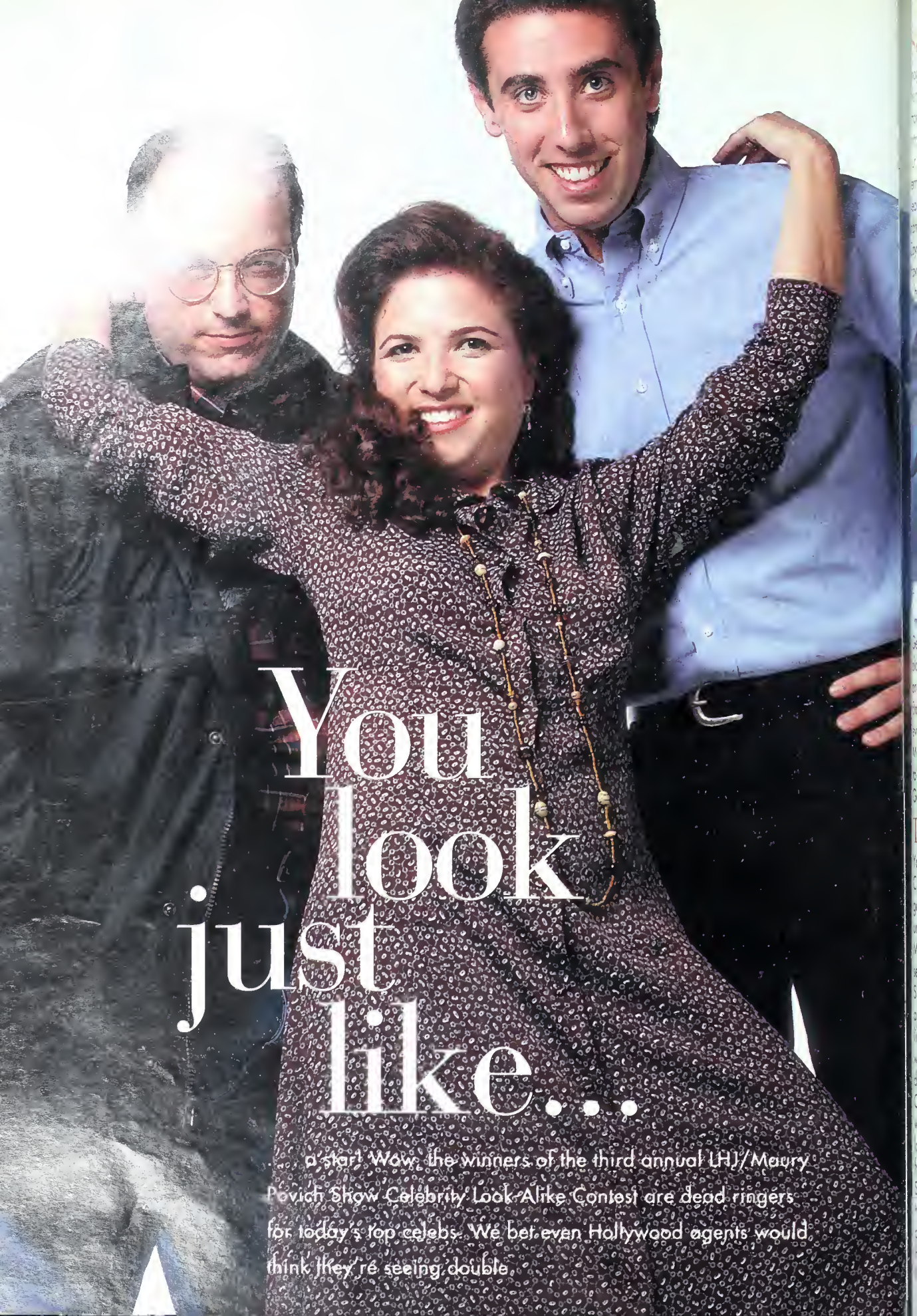
It wasn't long ago that Kellie, thirty-three, was wondering if life would ever seem bright again. Her husband's grandmother had died in October 1992; her own father died a few months later, just before Christmas. Kellie's grandmother passed away the following May. That June, the Forbeses bought a new house in Sandy, Utah, a suburb of Salt Lake City, and dealt with the stress of a major move. Even that Christmas had been less than joyful; after the holiday, her husband, Thayne, thirty-three, was laid off from his job as a systems analyst. Kellie struggled to remain optimistic, but three weeks later, she too was let go from her job as a production-control

planner for a computer-chip manufacturer. The accumulation of problems left her feeling overwhelmed and helpless. "For the first

time in my life, I felt depressed," she says.

As part of her layoff package, her company offered career counseling, and by March, she was ready to take advantage of it. Organizational Consultants to Management (OCM), a Salt Lake City outplacement firm, referred Kellie to Shauna Bradley, a psychotherapist in private practice.

During their first brief meeting, Shauna, forty-two, couldn't help *(continued on page 172)*



# You look just like...

...a star! Wow, the winners of the third annual LHM/Maury Povich Show Celebrity Look-Alike Contest are dead ringers for today's top celebs. We bet even Hollywood agents would think they're seeing double.

## "Sein" of the times

Imagine our surprise at finding identical twins to the *Seinfeld* cast! Though we didn't get any Kramer entries, we were delighted with our Jerry, Elaine and George. Jerry is, in real life, twenty-six-year-old Steve NeSmith, a hospital administrator in Orlando, Florida. Says Steve, "I tape the shows and have *Seinfeld*-watching parties at home. I tell *Seinfeld*-style jokes to patients to cheer them up, and I don't mind saying that people tell me I'm better-looking than the real Jerry." Twenty-eight-year-old Mara Proctor is a freelance writer and mother of one who lives on a ranch near Dallas. "I definitely identify with Elaine—my body language and laugh are just like hers. My husband doesn't look like Jerry though—more like Emilio Estevez!" Our George clone is thirty-four-year-old Michael A. Neely, a money broker and father of three from Staten Island, New York. "I've got every episode on tape," says Mike. "I don't have to do anything to enhance my resemblance to George—this is me."

## The dream team

You'd think Richard Gere and Cindy Crawford were too gorgeous to have carbon copies—until now. Thirty-six-year-old Michael Murphy, the father of seven, and a truck driver from Simi Valley, California, does have an idea of what life in the limelight is like. Says Michael, "I was recently mobbed while eating dinner at Denny's." Cindy, aka Chrissy Gabell, has had brushes with fame, too. "Everyone says I look like Cindy," says the twenty-four-year-old country singer from Scottsdale, Arizona. "I do, however, enhance the Cindyness. I paint on a mole, style my hair like hers, and I've perfected her smile. I even buy Revlon makeup!"



# Amazing headlines

...ales of... gone good... bad... Diana's... news... our look-alikes... more low-key. Carmen... Heinrich, a forty-e... year-old hairdresser... and mother of two... Garden City... shares...

...g... rounded everyone spent the evening asking the bride if I was Ivana Trump!" Donna Szalankiewicz, our Princess Di, knows the feeling. Says the twenty-eight-year-old physical-therapy student from Birmingham, "I'm always followed through airports." Darlene Corbett doesn't mind the extra attention she gets

...looking like Loni Anderson. She reminds me of myself—... independent," says the... three-year-old customer-... rep from San José.

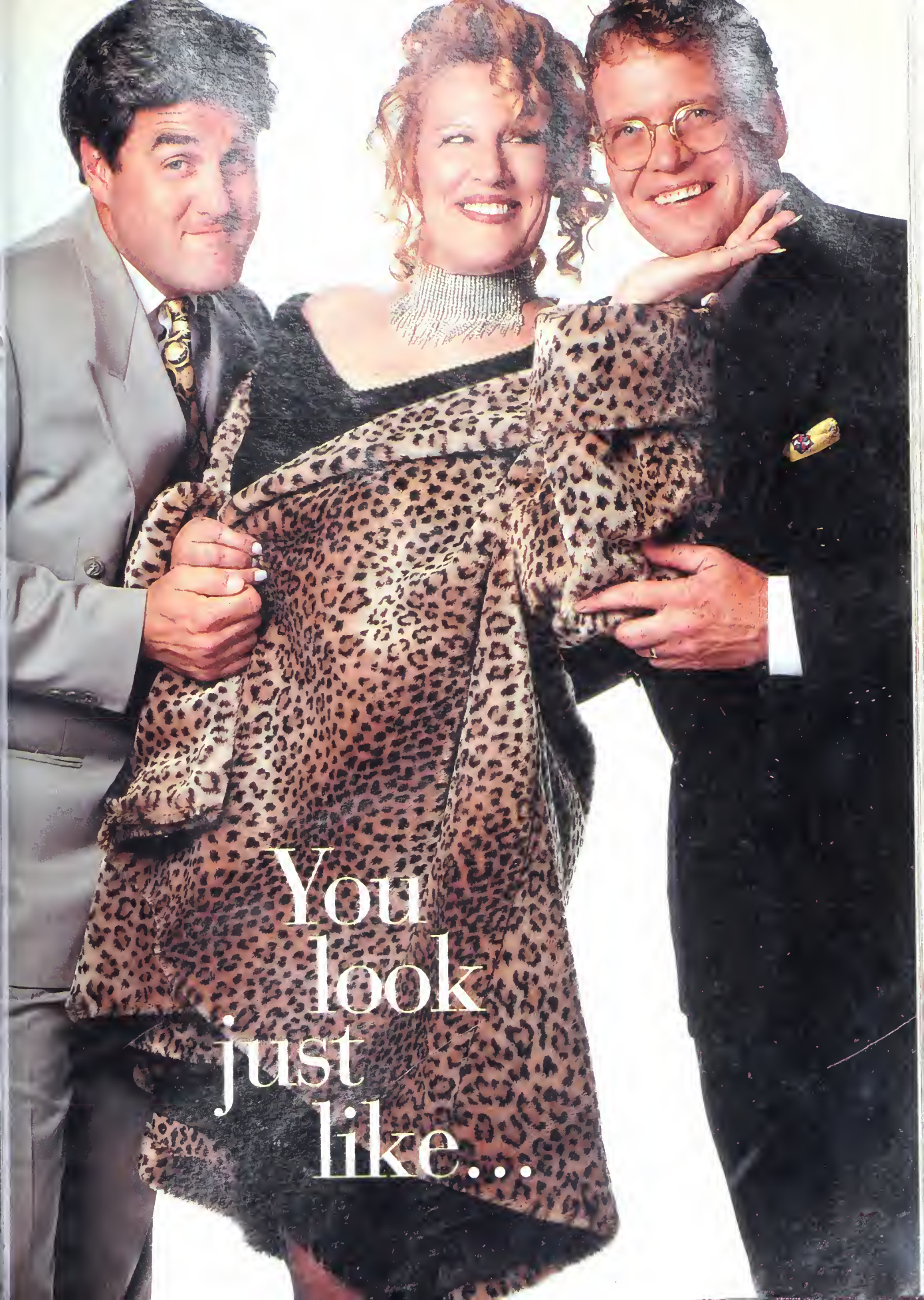
## Laughing all the way

No, you aren't looking at a promo for a hot new comedy

show—our Jay, Bette and David are really Thom Doney, Lorraine Fillmann and John Hughes, being their usual funny selves. Doney, a thirty-three-year-old vice principal and father of three from Huntington Beach, California, says his resemblance to Jay Leno has become part of his everyday life. "People either jokingly call me Jay or try to pose with me," says Doney. Fillmann, a forty-eight-year-old mother of three from East Moriches, New York, told us she was

recently mobbed at New York City's Radio City Music Hall. "Now I understand what real celebrities go through," says Fillmann. "It's a little unsettling." Forty-five-year-old John Hughes, on the other hand, thinks it's fascinating to have a body double. "When I watched Letterman for the first time, it was scary," says the schoolteacher and father of two from Portland, Oregon. "It was like watching my twin. We even smile the same. By the way, have you heard my top-ten list for why it's great to look like Letterman?"





You  
look  
just  
like....

# THIS TIME



## look younger than last year in your holiday photos

Have a friend take instant pictures of you in different hairstyles and different outfits—it's a wonderful way to see how you'll really look. (This may seem like a lot of trouble, but the payoff will be terrific photos later.)

Remember that attitude is very important; relax, and tell yourself you look fabulous. You simply won't photograph as well if you don't feel that you look great.—FRANCESCO SCWULLO, CELEBRITY PHOTOGRAPHER

## save face if you're over- or under-dressed for a party

**I**n either case, don't even think about dashing back out the front door. Just be natural—and don't apologize; that only draws attention to what you're wearing. To avoid getting into such a situation in the first place, call in advance to find out what the dress code will be — NANCY FECKERMAN, CO-AUTHOR

OF THE GAMING BOOK *THE WIN*  
BY JUDITH COOPER IN *BOOK OF LIQUIDS*  
(DOR BILDAYS)

## keep your pets from eating the ornaments off the tree

Hang your ornaments higher on the tree, and remember that extra-large ornaments are difficult to bite—the larger the dog, the bigger your ornaments should be (yes, owners of Great Danes may end up with a funny-looking tree).

Also, do not use dog biscuits as ornaments—this should be obvious, but some people insist on making life difficult for themselves.

—EDDIE FRASER'S JACK RUSSELL TERRIER

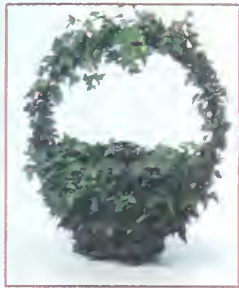




# SEASON

## to do it right

To help you conquer some of the holiday's most challenging moments, we asked top experts for advice on the best way to . . .



## create a centerpiece

For a look that's guaranteed to impress: Start with an ivy-covered basket (check your local florist's shop); insert a block of foam into the soil in the center. Then, use long, wooden florists' picks to attach several medium-size pieces of fruit to the foam in a pyramid shape (we used red Bartlett pears and apples). With a hot-glue gun, cover any gaps with small fruit like strawberries, lady apples and green figs. Add a few gold-sprayed leaves here and there, but don't overdo it. As a finishing touch, tie a gold ribbon around the base of the basket.—CARLOS MOYA, OWNER OF STYLE CONSULTANTS, IN NEW YORK CITY

## get through post-gift. post-dinner downtime

**B**y this time, family togetherness is probably taking its toll. Playing a game or doing other family activities is not usually a good idea (you're likely to end up

in a fight about who lost a game piece or who cheated). The best thing to do is get some distance away from each other. Encourage people to take walks, watch TV or go to the movies. If possible, find a quiet

corner to yourself. Also, plan ahead of time how you're going to relax after the holidays are over—it's important to have something to look forward to.  
—DR. JOYCE BROTHERS,  
NOTED PSYCHOLOGIST

# THIS IS THE SEASON

to do it right



## chill wine fast

Put the bottle in an ice bucket that's filled with a mixture of ice and cold water (about half and half). Most wines will be ready to serve in fifteen to twenty minutes; allow about a half hour for champagne, which should be served at a lower temperature.

—NANCY LIGHT, SPOKESPERSON FOR THE WINE INSTITUTE

## carve a turkey



For easier carving, allow the turkey to cool twenty minutes before carving. Using a sharp knife, cut the skin between the thigh and the breast. Bend the thigh outward to find the hip joint, and cut through it to remove the whole leg. Cut through the joint between the thigh and the drumstick. Slice the meat from the drumstick, and cut the thigh into pieces. Next, remove the wing by slicing diagonally down through the first joint toward the breast. Finally, hold the back of your fork against one side of the breast and slice the white meat.

—CERTIFIED MASTER CHEF FREDERIC H. SONNENSCHMIDT, 1994 AMERICAN CULINARY FEDERATION CHIEF OF THE YEAR

## make an Oscar-quality videotape of the family gathering

First, turn off the TV and stereo so you won't have a lot of distracting noise in the background. Then, turn on more lights than you really think you'll need. Try to keep the light source behind you (the camera person), and avoid backlighting (this happens when light is coming from behind the subject). Hold the camera steady, and set it for the fastest possible tape speed (usually marked SP or two-hour). A faster tape speed will give you a much better-quality image.

—STEVE PASKAY, CO-EXECUTIVE PRODUCER OF AMERICA'S FUNNIEST HOME VIDEOS



## make a graceful getaway from a boring party

**O**ffer the host some mildly logical excuse for which there is no argument, and go quietly, with no fanfare. (You don't want to bust up the gala with a big announcement.) Most hosts will accept a good excuse—you have to catch a plane; you're taking medication; a relative is arriving and must be met. Or just say "Santa is waiting for me."—LIZ SMITH, SYNDICATED COLUMNIST, NEW YORK NEWSDAY

# SLOW ROASTED TURKEY (SECOND HELPING INCLUDED)



Got some really hungry people at home? Then serve them delicious Swanson Hungry-Man™

Dinners with heartier portions of what they love most. Like Hungry-Man Turkey Dinner — with a second helping of turkey that's slow roasted so it's always moist, tender and savory. And with all your favorite trimmings — mashed potatoes, stuffing and peas, Hungry-Man Turkey can really satisfy those hearty appetites.

So whether it's breakfast, lunch or dinner, you can always trust Swanson for a delicious, wholesome meal the whole family will love.



Great Taste Made Easy.™

## Oven-Baked Potatoes & Chicken Dijon



4 medium potatoes,  
sliced 1/4 inch  
thick & microwaved  
8 to 10 minutes until tender  
1 lb. boned and skinned chicken  
breasts, sliced 1/2 inch thick  
2 Tbsp. vegetable oil  
1/4 cup prepared honey-Dijon barbecue sauce  
1 tsp. dried tarragon

While potatoes cook, in large skillet toss and brown chicken in oil over high heat 5 minutes. Add potatoes; sauté and toss until potatoes are lightly browned. Add barbecue sauce and tarragon; toss until heated through.

Time: 20 minutes Servings: 4

THE POTATO BOARD

Potatoes  
FAVORITE

AMERICA'S

VEGETABLE



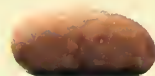
ROUND WHITE



RED

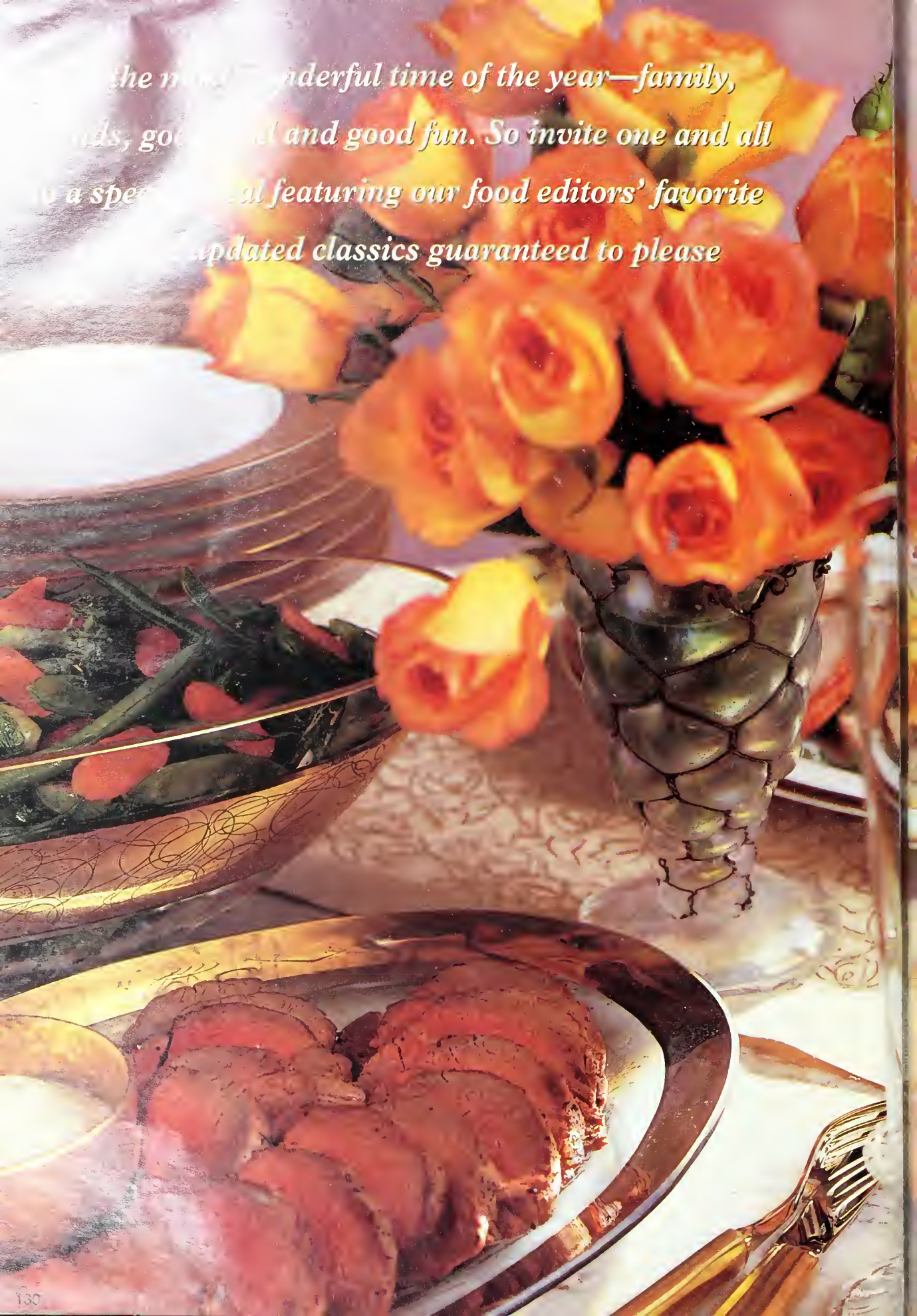


LONG WHITE



RUSSET





the most wonderful time of the year—family,  
friends, good food and good fun. So invite one and all  
to a special meal featuring our food editors' favorite  
updated classics guaranteed to please

# Our best holiday buffet



Clockwise from top left: Vegetable Medley, Stuffed Turkey Breast, crusty rolls, Potato-Fennel Gratin, Beef Tenderloin with Horseradish Sauce

From the **Raspberry-Banana Trifle**, **Dried-Fruit Tart**, **Hazelnut Sacher Brownies**



Roasted Beet and Orange Salad



LHI Dip with veggies, Oyster Crab Cakes, Mushroom Tartlets



Pissaladière

## Buffet for twelve

- Mushroom Tartlets
- Pissaladière
- Oyster Crab Cakes
- LHI Dip with veggies
- Stuffed Turkey Breast
- Roast Beef Tenderloin with Horseradish Sauce
- Potato-Fennel Gratin
- \*Vegetable medley
- Roasted Beet and Orange Salad
- \*Crusty dinner rolls
- Raspberry-Banana Trifle
- Dried-Fruit Tart
- Hazelnut Sacher Brownies
- \*Recipe not given

- Easy ● Challenging ▼ Low-fat
- ◐ Moderate ◑ Microwave ◒ Low-calorie
- \* Can be frozen up to 1, 3, 6 or 9 months

### MUSHROOM TARTLETS

Two kinds of mushrooms make a filling with great flavor.

Prep time: 1 hour ●  
Baking time: 8 to 10 minutes per batch

#### Toast Cups

- 3 tablespoons butter, melted
- 2 loaves very thin white bread
- ¼ cup dried porcini mushrooms
- ¼ cup boiling water
- 2 tablespoons butter
- 1 tablespoon minced shallot
- ¼ pound white mushrooms, chopped fine
- 1 tablespoon cornstarch
- ¼ cup heavy cream
- 1 tablespoon brandy
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ cup diced plum tomato
- 1 tablespoon chopped fresh parsley

1. **Make toast cups:** Preheat oven to 350°F. Brush 2 dozen mini muffin-pan cups with some of the butter. With rolling pin, roll bread slices flat. Cut into 2½-inch squares. Press into prepared pans. Bake 8 to 10 minutes, until golden. Repeat with remaining butter and bread. (Store in airtight containers up to 2 days.)  
2. Soak porcini in boiling water. Melt butter in saucepan over medium heat; add shallot and cook 2 minutes. Drain porcini; chop fine. Add to pan with white mushrooms; cook, stirring, 7 minutes. Whisk cornstarch into cream; stir

into mushrooms. Add brandy, salt and pepper; boil, stirring, 2 minutes. Stir in tomatoes and parsley.

3. Spoon filling by slightly rounded teaspoonfuls into toast cups. (Let stand 1 hour. Reheat in preheated 400°F oven 5 minutes.) Makes 4 dozen.

Per appetizer	35	Daily goal	2,000 (F), 2,500 (M)
Calories	35		
Total fat	2 g		60 g or less (F); 70 g or less (M)
Saturated fat	1 g		20 g or less (F); 23 g or less (M)
Cholesterol	5 mg		300 mg or less
Sodium	81 mg		2,400 mg or less
Carbohydrates	5 g		250 g or more
Protein	1 g		55 g to 90 g

### PISSALADIÈRE

#### BUDGET RECIPE OF THE MONTH

One of our holiday favorites, this Provençal onion tart comes to us from Julia Child.

Prep time: 1 hour plus rising ●  
Baking time: 15 to 20 minutes

#### Dough

- 1 package active dry yeast
- ½ cup warm water (105°F.-115°F.)
- ⅛ teaspoon sugar
- ¾ cup milk
- 1½ teaspoons salt
- 2 teaspoons olive oil
- 3 cups bread or all-purpose flour

- 4 tablespoons olive oil, divided
- 4 cups sliced onions (1 lb.)
- ¼ teaspoon thyme
- ¼ teaspoon each salt and pepper
- 2 cans (2 oz. each) flat anchovy fillets
- 2 large garlic cloves, minced
- ½ cup grated Parmesan cheese, divided
- ½ cup Niçoise olives, pitted

1. **Make dough:** Stir yeast, water and sugar in large bowl; let stand 5 minutes. Stir in milk, salt and oil. Gradually stir in flour. On lightly floured surface, knead until smooth and elastic, 8 to 10 minutes. Cover and let rise in warm, draft-free place until doubled, about 1½ hours. Punch dough down.

2. Heat 2 tablespoons oil in skillet over medium-low heat. Add onions, thyme, salt and pepper; cook 30 minutes. Mash 6 anchovies with garlic and remaining 2 tablespoons oil. Cut remaining anchovies into thin strips.

3. Preheat oven to 450°F. Grease large cookie sheet. On lightly floured surface, roll dough into 12-inch square. Transfer to cookie sheet. Spread with anchovy mixture; top with ¼ cup Parmesan, onions, then remaining Parmesan. Garnish with anchovy strips and olives. Bake 15 to 20 minutes, until golden. Cut into 2-inch squares. Makes 3 dozen. (continued)



Have a very cherry Christmas.



PHILLY® 3-CHEESE™ Cream Cheese Pie

MIX 2 (8 oz.) pkgs. PHILLY® Cream Cheese or  
PHILLY® Neufchâtel Cheese, 1/3 Less Fat than Cream Cheese, softened.  
1/2 cup sugar  
1/2 tsp. vanilla  
Add 2 eggs

POUR into 1 prepared graham cracker crumb crust (6 oz. or 9-in.)

BAKE at 350° F for 40 minutes or until center is almost set. Cool; refrigerate at least 3 hours.  
Spread with 1 (21 oz.) can cherry pie filling. Makes 8 servings.

**PHILADELPHIA**  
**CREAM CHEESE**

KRAFT

hion

oni and

buttery flat

makes it a class

don't have to st

macaroni

traditional

pasta sh

orks

minutes

ooking time: 30 minutes

1 1/2 cups elbow macaroni

4 tablespoons butter, divided

1/4 cup all-purpose flour

3 cups milk

1 teaspoon dry mustard

3/4 teaspoon salt

1/4 teaspoon freshly ground pepper

Pinch ground red pepper

1 1/2 cups shredded sharp

Cheddar cheese

1/4 cup freshly grated Parmesan

cheese

1/3 cup plain dry bread crumbs

Preheat oven to 375°F.

Cook macaroni in boiling salted water

in large saucepan just until tender,

8 minutes.

Drain and rinse under cold water.

Meanwhile, melt 2 tablespoons butter

in large saucepan over medium heat.

Stir in flour and cook, stirring, 1 minute.

Gradually whisk in milk, mustard,

salt and peppers.

Bring to boil, whisking. Boil 1 minute.

Remove from heat and whisk in

cheeses until melted and smooth.

Stir in drained macaroni.

Pour into shallow 2-quart baking dish.

Melt remaining 2 tablespoons butter,

stir in bread crumbs and sprinkle

over macaroni.

Bake 30 minutes.

Let stand 10 minutes.

Makes 8 servings.

NOTHING BRINGS OUT THE TASTE LIKE

BUTTER

America's Dairy Farmers National Dairy Board 1994

## Our best holiday buffet

continued

Per square		Daily goal
Calories	80	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	3 mg	300 mg or less
Sodium	238 mg	2,400 mg or less
Carbohydrates	10 g	250 g or more
Protein	3 g	55 g to 90 g

## OYSTER CRAB CAKES

A *Journal* recipe from the turn of the century, when oysters were served at every holiday table, inspired this delicacy.

Prep time: 40 minutes

Baking time: 10 minutes

## Rémoulade Sauce

3/4 cup mayonnaise

2 tablespoons minced red onion

2 tablespoons chopped fresh parsley

1 tablespoon capers, chopped

1 tablespoon fresh lemon juice

1/2 teaspoon freshly ground pepper

1 tablespoon butter or margarine

1/2 cup minced shallots

2 large eggs, lightly beaten

2 tablespoons chopped fresh parsley

1 tablespoon minced jalapeño chile

1/2 teaspoon each salt and pepper

1/4 teaspoon hot pepper sauce

12 ounces crabmeat, flaked

1 1/2 cups fresh bread crumbs

3 dozen shucked oysters, drained

1 cup unflavored dry bread crumbs

1. Make Rémoulade Sauce: Combine sauce ingredients in small bowl. (Refrigerate up to 24 hours.) Makes 3/4 cup.

2. Preheat oven to 450°F. Generously butter 2 jelly-roll pans.

3. Melt butter in skillet over medium heat. Add shallots; cook until tender. Combine eggs, parsley, jalapeño, salt, pepper and hot sauce in large bowl. Stir in shallots and crab. Toss with fresh bread crumbs.

4. Spread 1 tablespoon crab mixture in palm of one hand. Place 1 oyster on top; pat mixture around oyster. Place on wax paper. Repeat with remaining mixture and oysters. Coat patties with dry bread crumbs and transfer to pans. Flatten slightly. (Refrigerate up to 4 hours.)

5. Bake 5 minutes per side. Serve with Rémoulade Sauce. Makes 3 dozen.

Per crab cake		Daily goal
Calories	75	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	31 mg	300 mg or less
Sodium	146 mg	2,400 mg or less
Carbohydrates	4 g	250 g or more
Protein	4 g	55 g to 90 g

## LHJ DIP

Citrus and pepper stirred into sour cream make a refreshing dip for crudités.

Total prep time: 10 minutes

1 container (8 oz.) sour cream

2 tablespoons minced shallots

2 tablespoons chopped fresh parsley

2 tablespoons fresh lemon juice

1/2 teaspoon salt

3/4 teaspoon freshly ground pepper

1/4 teaspoon grated lemon peel

Combine all ingredients in small bowl. (Refrigerate up to 24 hours.) Serve with assorted vegetables. Makes 1 cup.

Per tablespoon		Daily goal
Calories	30	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	6 mg	300 mg or less
Sodium	76 mg	2,400 mg or less
Carbohydrates	1 g	250 g or more
Protein	0 g	55 g to 90 g

## STUFFED TURKEY BREAST

This boneless turkey is a superb buffet entrée, served hot or at room temperature.

Prep time: 45 minutes

Roasting time: 1 1/2 to 1 3/4 hours

1 whole turkey breast (5 1/2–6 lb.)

2 tablespoons plus 2 teaspoons olive oil or vegetable oil

1 cup chopped onions

1/2 pound shiitake mushrooms,

stemmed and chopped

Salt and freshly ground pepper

1 bunch spinach (12 oz.), chopped

1/4 pound sliced prosciutto, chopped

1/4 cup freshly grated Parmesan cheese

1/4 teaspoon thyme

3/4 cup chicken broth

1/2 cup white wine

2 teaspoons cornstarch

1. Preheat oven to 325°F. To prepare turkey, discard skin, cut down center of breast bone, then gradually cut away breast meat from ribs, gently pulling back meat as you cut. To butterfly, place turkey flat. Holding knife parallel to meat, cut three quarters through meat to open like a book. Repeat with other breast half. Between 2 sheets of plastic wrap, pound 1/2 inch thick.

2. Heat 2 tablespoons oil in large skillet over medium-high heat. Add onions, mushrooms, 1/2 teaspoon salt and 1/4 teaspoon pepper; cook, stirring, until tender and golden. Stir in spinach; cook over high heat until wilted and liquid is evaporated. Stir in prosciutto and Parmesan.

3. Spread mixture along center of each turkey-breast half, leaving 1-inch border. Starting at narrow end, roll up each breast half, jelly-roll fashion, to enclose filling. Tie with string at 1-inch intervals.

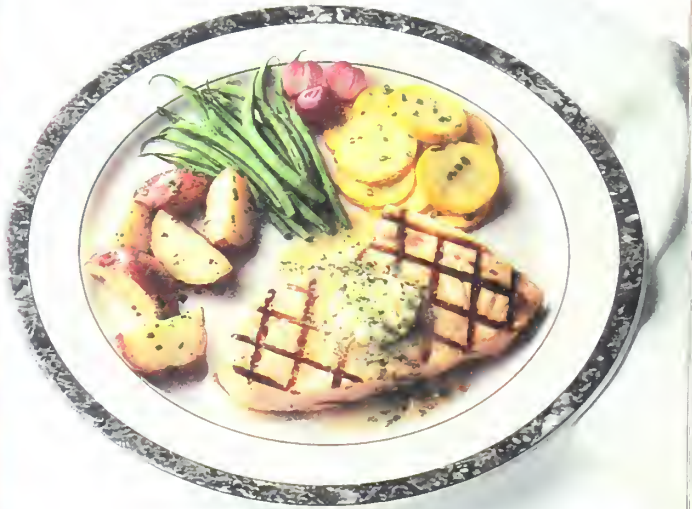
4. Place turkey on rack in roasting pan. Combine remaining 2 teaspoons oil, 1/2 teaspoon each salt and pepper and 1/4 teaspoon thyme; brush (continued on page 13)

# Butter Adds A Burst Of Flavor To Almost Everything."

Chef George Morrone, Aqua, San Francisco



"That's why I use it here and at home. Citrus and mint flavored butter turns grilled swordfish into something incredibly delicious. Here's what I do. I simply blend grated lemon and orange peel with mint and softened butter. I put a pat or two on the swordfish to baste it and keep it moist. Delicious! Try it yourself. You'll enjoy your own sauce creation."



NOTHING BRINGS OUT THE TASTE LIKE  
**BUTTER**



LOUP GREAT REASONS NOT TO  
GIVE FRUITCAKE THIS YEAR.

### 1 *Choc-Oat-Chip Cookies*

- |                                                |                                                            |
|------------------------------------------------|------------------------------------------------------------|
| 1 cup (2 sticks) margarine or butter, softened | 1 teaspoon baking soda                                     |
| 1-1/4 cups firmly packed brown sugar           | 1/2 teaspoon salt (optional)                               |
| 1/2 cup granulated sugar                       | 2-1/2 cups Quaker* Oats (Quick or Old Fashioned, uncooked) |
| 2 eggs                                         | One 12-oz. pkg. (2cups) semi-sweet chocolate pieces        |
| 2 tablespoons milk                             | 1 cup coarsely chopped nuts (optional)                     |
| 2 teaspoons vanilla                            |                                                            |
| 1-3/4 cups all-purpose flour                   |                                                            |

Heat oven to 375° F. Beat together margarine and sugars until creamy. Add eggs, milk and vanilla; beat well. Add combined flour, baking soda and salt; mix well. Stir in oats, chocolate morsels and nuts; mix well. Drop by rounded tablespoonfuls onto ungreased cookie sheet. Bake 9 to 10 minutes for a chewy cookie or 12 to 13 minutes for a crisp cookie. Cool 1 minute on cookie sheet; remove to wire rack. Cool completely. ABOUT 5 DOZEN

### 2 *Chocolate Raspberry Streusel Square*

- |                                                            |                                                                                           |
|------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| 1-1/2 cups all-purpose flour                               | 1 cup raspberry preserves or jam (about 10 ounces)                                        |
| 1-1/2 cups Quaker* Oats (Quick or Old Fashioned, uncooked) | 1 cup (6 ounces) semisweet chocolate pieces                                               |
| 1/2 cup granulated sugar                                   | 1/4 cup chopped almonds                                                                   |
| 1/2 cup firmly packed brown sugar                          | 1/2 cup (3 ounces) semisweet chocolate pieces or one-4 ounce bar white chocolate, chopped |
| 1 teaspoon baking powder                                   |                                                                                           |
| 1/4 teaspoon salt (optional)                               |                                                                                           |
| 1 cup (2 sticks) margarine or butter, chilled              |                                                                                           |

Heat oven to 375° F. Combine flour, oats, sugars, baking powder and salt. Cut in margarine until mixture is crumbly. Reserve 1 cup oat mixture for streusel; set aside. Press remaining oat mixture onto bottom of ungreased 9-inch square baking pan. Bake 10 minutes. Spread preserves over crust; sprinkle evenly with chocolate pieces. Combine reserved oat mixture and almonds; sprinkle over chocolate pieces, patting gently. Bake 30 to 35 minutes or until golden brown. Cool completely. Drizzle with melted chocolate, if desired. Let chocolate set before cutting bars. Store tightly covered. 3 DOZEN.

\* To melt chocolate: Place in dry glass measuring cup or microwaveable bowl. Microwave at HIGH 1 to 2 minutes, stirring every 30 seconds until smooth. Or place in top part of double boiler over hot, not boiling, water; stir occasionally until smooth.

# 3 Snow-Covered Almond Crescents

- |                              |                                                       |
|------------------------------|-------------------------------------------------------|
| 1 cup margarine              | 1/4 teaspoon salt (optional)                          |
| 1/2 cup butter, softened     | 1 cup Quaker® Oats (Quick or Old Fashioned, uncooked) |
| 3/4 cup powdered sugar       | 1/2 cup finely chopped almonds                        |
| 1/2 teaspoon almond extract  | Powdered Sugar                                        |
| or 2 teaspoons vanilla       |                                                       |
| 1-3/4 cups all-purpose flour |                                                       |

Heat oven to 325° F. Beat margarine, sugar and almond extract until well blended. Add flour and salt; mix until well blended. Stir in oats and almonds. Using level measuring tablespoonfuls, shape dough into crescents. Bake on ungreased cookie sheet 14 to 17 minutes or until bottoms are light golden brown. Remove to wire rack. Sift additional powdered sugar generously over warm cookies. Cool completely. Store tightly covered. ABOUT 3 DOZEN

## Cranberry-Orange Bread

- |                                                       |                                 |
|-------------------------------------------------------|---------------------------------|
| 2 cups all-purpose flour                              | 2 eggs                          |
| 1 cup Quaker® Oats (Quick or Old Fashioned, uncooked) | 1/3 cup vegetable oil           |
| 3/4 cup sugar                                         | 1 tablespoon grated orange peel |
| 2 teaspoon baking powder                              | 3/4 cup chopped cranberries     |
| 1/2 teaspoon baking soda                              | 1/2 cup chopped nuts (optional) |
| 1/2 teaspoon salt (optional)                          |                                 |
| 3/4 cup orange juice                                  |                                 |

Heat oven to 350° F. Grease and flour bottom only of 9x5-inch loaf pan. Combine first six ingredients, mixing well; set aside. Beat orange juice, eggs, oil and orange peel until mixed thoroughly. Add to dry ingredients, mixing just until moistened. Stir in cranberries and nuts. Pour into prepared pan. Bake 60 to 70 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes; remove from pan. Cool completely. 12 SERVINGS

For more recipes, look for a free holiday recipe insert in specially marked packages!

©1994 The Quaker Oats Co.





**Baker's Joy**  
VEGETABLE OIL & FLOUR  
FOR NO MESS BAKING

Only Baker's Joy<sup>®</sup> combines vegetable oil and flour in a convenient no-stick spray. So when it comes to baking, nothing else is quicker, easier or better.

the difference

## Our best holiday buffet

*continued from page 134*

over turkey breast. Roast 1½ to 1¾ hours, brushing occasionally with drippings, until meat thermometer inserted in thickest part reaches 170°F.

5. Transfer turkey to platter; keep warm. Add broth to pan; boil over high heat, stirring to scrape up browned bits. Combine wine and cornstarch in cup; add to pan. Boil 1 minute. Slice turkey ½ inch thick. Serve with pan gravy. Makes 12 servings.

Per serving		Daily goal
Calories	200	2,000 (F); 2,500 (M)
Total fat	6 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	80 mg	300 mg or less
Sodium	189 mg	2,400 mg or less
Carbohydrates	3 g	250 g or more
Protein	32 g	55 g to 90 g

## BEEF TENDERLOIN WITH HORSERADISH SAUCE

We love serving this cut of beef for the holidays. Yes, it seems extravagant, but this elegant entrée is so easy on the cook—it takes just minutes to prepare.

*Prep time: 15 minutes*

*Roasting time: 35 to 40 minutes*

### Horseradish Sauce

1 cup sour cream

- ½ cup firmly packed parsley leaves
- 3 tablespoons prepared horseradish
- 5 teaspoons fresh lemon juice
- 1 teaspoon salt
- ½ cup heavy cream, whipped

- 1 trimmed beef tenderloin (5–5½ lb.)
- 1 tablespoon olive oil
- 1 teaspoon salt
- 2 tablespoons crushed black pepper

1. *Make sauce:* Puree sour cream, parsley, horseradish, lemon juice and salt in food processor. Transfer to bowl. Fold in whipped cream. Chill up to 4 hours.
2. Remove beef from refrigerator 1 hour before roasting. Preheat oven to 450°F.
3. Place beef in foil-lined pan. Combine oil and salt; brush over beef. Rub all over with crushed pepper. Roast 35 to 40 minutes, until meat thermometer reaches 130°F. for medium-rare. Let stand 15 minutes or up to 2 hours before slicing.
4. Slice beef and arrange on platter. Serve warm or at room temperature with Horseradish Sauce. Makes 12 servings.

Per serving with 1 T. sauce		Daily goal
Calories	460	2,000 (F); 2,500 (M)
Total fat	28 g	60 g or less (F); 70 g or less (M)
Saturated fat	12 g	20 g or less (F); 23 g or less (M)
Cholesterol	160 mg	300 mg or less
Sodium	487 mg	2,400 mg or less
Carbohydrates	3 g	250 g or more
Protein	47 g	55 g to 90 g

## POTATO-FENNEL GRATIN

Potatoes are a must at our table! The slicing blade on your food processor will easily cut the potatoes and fennel thin.

*Prep time: 30 minutes*

*Baking time: 1¼ hours*

- 1 tablespoon butter or margarine
- 2 tablespoons flour
- 1¼ cups chicken broth
- 1 cup heavy or whipping cream
- 2 teaspoons salt
- ½ teaspoon freshly ground pepper
- ¼ teaspoon nutmeg
- 5 pounds baking potatoes, sliced to 1/8 inch
- 2 bulbs fennel, sliced very thin
- ¾ cup grated Parmesan cheese

1. Preheat oven to 350°F. Butter 3-qt shallow casserole.
2. Melt butter in saucepan. Add flour; cook 30 seconds. Whisk in broth, cream, salt, pepper and nutmeg. Bring to a boil, reduce heat and cook, stirring, 2 minutes.
3. Toss sauce with potatoes and fennel. Spoon into prepared dish. Cover and bake 1 hour. Sprinkle with cheese. Bake uncovered 15 minutes more. Makes 12 servings.

Per serving		Daily goal
Calories	235	2,000 (F); 2,500 (M)
Total fat	11 g	60 g or less (F); 70 g or less (M)
Saturated fat	7 g	20 g or less (F); 23 g or less (M)
Cholesterol	35 mg	300 mg or less
Sodium	666 mg	2,400 mg or less
Carbohydrates	28 g	250 g or more
Protein	7 g	55 g to 90 g

## ROASTED BEET AND ORANGE SALAD

Roasting is the trendy way to cook vegetables now, and it intensifies their natural flavor and sweetness.

*Prep time: 25 minutes plus cooling*

*Roasting time: 1 to 1½ hours*

- 4 pounds beets, trimmed
- ½ cup plus 2 teaspoons olive oil
- 4 navel oranges
- 4 tablespoons fresh lemon juice
- 2 tablespoons chopped fresh parsley
- 1 tablespoon honey mustard
- ¾ teaspoon salt
- ½ teaspoon sugar
- 4 heads Belgian endive
- 2 bunches watercress (6 cups)

1. Preheat oven to 375°F. Toss beets in jelly-roll pan with 2 teaspoons oil. Cover pan with foil and roast 1 to 1½ hours, until tender. Cool. Peel and cut each beet into 8 wedges. (*Refrigerate up to 2 days*)
2. Grate 1 tablespoon peel from oranges. Cut off remaining peel; remove orange sections. Combine peel with lemon juice, parsley, mustard, salt and sugar in bowl. Whisk in remaining ½ cup oil.
3. Slice endive into ¼-inch (*continued*)

## Traditional Christmas Fudge

(Makes about 2 pounds)

2 tablespoons butter or margarine	2 cups (4 ounces) miniature marshmallows
$\frac{1}{2}$ cup <i>undiluted</i> CARNATION® Evaporated Milk	$1\frac{1}{2}$ cups (9 ounces) NESTLÉ® TOLL HOUSE® Semi-Sweet Chocolate Morsels
$1\frac{1}{2}$ cups granulated sugar	$\frac{1}{2}$ cup chopped pecans or walnuts
$\frac{1}{4}$ teaspoon salt	1 teaspoon vanilla extract

COMBINE butter, evaporated milk, sugar and salt in medium, heavy saucepan. Bring to a boil over medium heat, stirring constantly. Boil for 4 to 5 minutes, stirring constantly. Remove from heat.

STIR in marshmallows, morsels, nuts and vanilla. Stir vigorously for 1 minute or until marshmallows are melted. Pour into foil-lined 8-inch square baking pan. Sprinkle with additional pecans if desired. Chill until firm.

### VARIATIONS:

MILK CHOCOLATE FUDGE: Substitute 2 cups (11  $\frac{1}{2}$ -ounce package) NESTLÉ® TOLL HOUSE® Milk Chocolate Morsels for Semi-Sweet Morsels.

BUTTERSCOTCH FUDGE: Substitute 2 cups (12-ounce package) NESTLÉ® TOLL HOUSE® Butterscotch Flavored Morsels for Semi-Sweet Morsels.

MINT-CHOCOLATE FUDGE: Substitute 1  $\frac{1}{2}$  cups (10-ounce package) NESTLÉ® TOLL HOUSE® Mint-Chocolate Morsels for Semi-Sweet Morsels.

O CHRISTMAS TREAT,  
O CHRISTMAS TREAT.

## Chocolate Mini Chip Holiday Cookies

(Makes about 3 dozen cookies)

1 stick(s) butter or margarine, softened	$2\frac{1}{2}$ cups all-purpose flour
1 cup packed brown sugar	2 cups (12-ounce package) NESTLÉ® TOLL HOUSE® Semi-Sweet Chocolate Mini-Morsels, <i>divided</i>
$\frac{1}{2}$ cup granulated sugar	1 container (15 ounces) prepared vanilla frosting, colored if desired
1 teaspoon vanilla extract	
1/2 teaspoon baking soda	

Beat butter, brown sugar, granulated sugar, vanilla and salt in large mixer bowl until creamy. Beat in egg yolk. Gradually beat in flour. Stir in  $1\frac{1}{2}$  cups morsels. Divide dough into 2 equal parts. Cover and chill for 1 hour or until firm.

Roll 1/2-inch of dough to  $\frac{1}{4}$ -inch thickness between two sheets of wax paper. Remove top sheet of wax paper. Cut into shapes. Lift from wax paper and place on ungreased baking sheets. Chill for 10 minutes. Repeat with remaining dough.

Bake in a preheated 350°F oven for 9 to 11 minutes or until golden brown. Cool for 2 minutes. Remove to wire racks to cool completely.

Decorate with frosting and melted semi-sweet morsels.

FOR CHOCOLATE: Place remaining  $\frac{1}{2}$  cup morsels in a resealable plastic bag. Microwave on HIGH (100%) for 45 seconds; knead. Microwave for 10 seconds; knead until smooth. Cut tiny corner from bag; pipe chocolate.

For deep colored frosting, use paste colors available at decorating shops.



THIS CHRISTMAS, MAKE YOUR HOUSE A TOLL HOUSE.

## Our best holiday buffet

...large with water chestnuts, flat-  
...peets and orange...  
...on platter. Makes 12 servings.

Dairy	
125	
7 g	(M)
1 g	(M)
hydrate	

### RASPBERRY BANANA TRIFLE

...soft sponge cake and  
...sweet fruit make this a luscious dessert.

*Prep time: 40 minutes plus standing*  
*Baking time: 12 to 15 minutes*

#### Sponge Cake

- 4 large eggs, at room temperature
- 3/4 cup granulated sugar
- 1 teaspoon vanilla extract
- 3/4 cup all-purpose flour
- 1/4 teaspoon salt

#### Custard

- 2 1/2 cups milk
- 6 large egg yolks
- 1/4 cup sugar
- Pinch salt
- 1 teaspoon vanilla extract

- 1/2 cup seedless raspberry preserves
- 1/4 cup dry sherry
- 2 ripe bananas, sliced
- 1 cup heavy or whipping cream
- 2 tablespoons confectioners' sugar
- Fresh raspberries, for garnish

1. *Make cake:* Preheat oven to 350°F. Grease 15 1/2 x 10 1/2-inch jelly-roll pan. Line with wax paper; grease and flour.
2. Beat eggs and sugar in mixer bowl until tripled and ribbon forms when beaters are lifted, 10 minutes. Add vanilla. Combine flour and salt. Sift onto egg mixture; gently fold in. Spread into pan. Bake 12 to 15 minutes, until top springs back when touched. Cool in pan on wire rack.
3. *Make custard:* Bring milk to boil in saucepan. Meanwhile, whisk yolks, sugar and salt in medium bowl. Gradually whisk in hot milk. Return to pan and cook, stirring constantly, over medium-low heat until custard thickens and coats back of spoon, 10 minutes (do not boil). Strain through sieve into clean bowl. Stir in vanilla.
4. Invert cake onto wax paper sprinkled with confectioners' sugar. Combine preserves and sherry; spread evenly on cake. Cut in half; invert one half onto the other, making a sandwich. Cut into 1-inch squares. Cover bottom of 2-quart glass bowl with half the squares. Layer with bananas, half the custard, remaining cake, then remaining custard. Cover and

refrigerate overnight.  
5. Beat cream with confectioners' sugar to stiff peaks. Spoon or pipe over trifle. Garnish with berries. Makes 12 servings.

Per serving	Daily goal
Calories 315	2,000 (F), 2,500 (M)
Total fat 14 g	60 g or less (F); 70 g or less (M)
Saturated fat 7 g	20 g or less (F); 23 g or less (M)
Cholesterol 212 mg	300 mg or less
Sodium 123 mg	2,400 mg or less
Carbohydrates 41 g	250 g or more
Protein 7 g	55 g to 90 g

### DRIED-FRUIT TART

#### FOOD EDITOR'S CHOICE

We updated the traditional fruitcake in a jewel-like tart filled with dried cranberries and figs instead of candied fruits.

*Prep time: 35 minutes plus standing*  
*Baking time: 55 minutes*

- 1 cup dried figs, coarsely chopped
- 1 cup dried cranberries
- 1/2 cup golden raisins
- 3/4 cup orange juice

#### Pastry

- 1 1/2 cups all-purpose flour
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 6 tablespoons butter
- 1/4 cup vegetable shortening
- 5 to 6 tablespoons cold water

- 1/2 cup light corn syrup
- 1/4 cup firmly packed brown sugar
- 2 tablespoons butter, melted
- 1 teaspoon grated orange peel
- 1/4 teaspoon cinnamon
- 3 large eggs
- 1/4 teaspoon salt
- 1 cup walnuts, coarsely chopped
- 1/4 cup red currant jelly, melted

1. Preheat oven to 425°F. Bring figs, cranberries, raisins and juice to boil. Let stand, tossing occasionally, 1 hour.
2. *Make pastry:* Combine flour, sugar and salt in bowl. With pastry blender or 2 knives, cut in butter and shortening until mixture resembles coarse crumbs. Add water 1 tablespoon at a time, tossing with fork until mixture holds together. On floured surface, roll pastry to 16-inch circle. Fit into 12-inch tart pan with removable bottom. Trim overhang to 1 inch; fold overhang in against side of pastry. Trim pastry even with rim of pan.
3. Line pastry with foil; fill with dried figs and cranberries. Bake 15 minutes. Remove foil and walnuts; prick pastry with fork. Bake 8 to 10 minutes more, until golden. Cool on wire rack. Reduce oven temperature to 375°F.
4. Whisk corn syrup, brown sugar, butter, peel, cinnamon, eggs and salt in large bowl. Stir in fruit mixture and nuts. Spoon into crust. Bake 30 minutes. Cool on rack. Brush with jelly. Makes 16 servings.

Per serving	Daily goal
Calories 315	2,000 (F), 2,500 (M)
Total fat 15 g	60 g or less (F); 70 g or less (M)
Saturated fat 5 g	20 g or less (F); 23 g or less (M)
Cholesterol 55 mg	300 mg or less
Sodium 192 mg	2,400 mg or less
Carbohydrates 44 g	250 g or more
Protein 4 g	55 g to 90 g

### HAZELNUT SACHER BROWNIES

It wouldn't be our party without chocolate. These brownies satisfy our cravings—and make scrumptious gifts.

*Prep time: 1 hour plus cooling*  
*Baking time: 45 to 50 minutes*

#### Crust

- 1 cup butter or margarine
- 3/4 cup confectioners' sugar
- 1 3/4 cups all-purpose flour
- 1 cup hazelnuts, toasted, skinned and chopped fine

#### Filling

- 1 jar (12 oz.) apricot preserves
- 1 cup butter or margarine
- 5 squares (5 oz.) unsweetened chocolate
- 3 large eggs, lightly beaten
- 2 cups granulated sugar
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup all-purpose flour

- 6 squares (6 oz.) semisweet chocolate, melted
- 2 ounces white chocolate, melted

1. *Make crust:* Preheat oven to 350°F. Line 15 1/2 x 10 1/2-inch jelly-roll pan with foil. Beat butter and sugar in mixer bowl until light and fluffy. Beat in flour and nuts. Spread in pan. Bake 25 minutes.
2. *Make filling:* Puree preserves in food processor until smooth. Spread over crust. Refrigerate 20 minutes.
3. Melt butter with unsweetened chocolate over low heat in saucepan. Cool 5 minutes. Beat eggs, sugar and salt in mixer bowl until ribbon forms when beaters are lifted. Beat in chocolate mixture and vanilla. Stir in flour. Pour over preserves. Bake 20 to 25 minutes, until toothpick inserted into filling comes out barely clean. Cool in pan on rack.
4. Lift out of pan; peel foil from sides. Spread top with semisweet chocolate. Let stand until set. Spoon white chocolate into plastic food-storage bag; snip off 1 corner and drizzle over brownie. Cut into 2x1-inch bars. Makes 6 dozen.

Per brownie	Daily goal
Calories 135	2,000 (F), 2,500 (M)
Total fat 8 g	60 g or less (F); 70 g or less (M)
Saturated fat 4 g	20 g or less (F); 23 g or less (M)
Cholesterol 23 mg	300 mg or less
Sodium 65 mg	2,400 mg or less
Carbohydrates 16 g	250 g or more
Protein 1 g	55 g to 90 g

Recipes by Lisa Brainerd, Fraya Beron, Kathy Nolan and Cynthia DePersio.



Some shortcuts just look like they took all day.



*Puff Pastry Shells are in your  
grocer's freezer.*

*For more easy recipes call  
1-800-762-8301.*

### Easy Lemon Chicken

Prep Time: 15 min Cook Time: 15 min

- 1 pkg. (10 oz.) Pepperidge Farm Frozen Puff Pastry Shells, baked
- 1 lb. skinless, boneless chicken breasts, cut into cubes
- 2 jars (12 oz. each) Pepperidge Farm Golden Chicken Gravy
- 2 tbsp. lemon juice
- 1/4 tsp. dried thyme leaves, crushed
- 3 cups cooked cut-up vegetables (fresh or frozen)

- In skillet brown chicken in 2 tbsp. vegetable oil. Pour off fat.
- Add gravy, lemon, thyme and vegetables. Cover and cook over low heat 5 min. or until done. Spoon into pastry shells. Serves 6.



©1994 Pepperidge Farm, Inc.

remembers.



# COOKIES!

Can you bake great cookies! Our contest was a hit: Over five hundred readers submitted their scrumptious recipes. Here are the winners—many thanks to all!



We happily munched our way through dozens of batches and, hard as it was, selected the top twenty. This page, clockwise from top left: Suited-for-Santa Cookies, Peppernuts, Grandma's Christmas Cookies and Black-Pepper Cookies, Pellegrini Anisette Biscotti, Creamy Cashew Cookies, Gunilla's Cookies, Little Chocolate Drops, Russian Torte, French Pistachio Butter Creams. Opposite page: Walnut Butter Wafers



Christmas JIGGLERS  
 H...  
 less...  
 ...



Incidentally,  
 Santa's favorite  
 flavors are Cherry,  
 Lime and  
 Strawberry.



**CHRISTMAS JIGGLERS®**

2 1/2 cups boiling water (Do not add cold water)  
 2 packages (8-serving size) or 4 packages  
 (4-serving size) JELLO® Brand Gelatin

STIR boiling water into gelatin. Dissolve completely.

POUR mixture slowly into 13 x 9-inch pan.

REFRIGERATE at least 3 hours. Gelatin will be firm after 1 hour, but may be difficult to remove from pan.

To cut JIGGLERS Gelatin Snacks.

Dip bottom of pan in warm water for 15 seconds to loosen gelatin. Cut shapes with cookie cutters all the way through the gelatin. Lift from pan with index finger or metal spatula.

Makes about 24 pieces.



**Cookies!**

*continued*

- Easy ● Challenging ▼ Low-fat
- Moderate ⊕ Microwave ▼ Low-calorie
- \* Can be frozen up to 1, 3, 6 or 9 months

**HAZELNUT COOKIES**

Theresa Charysyn, Tucson, AZ

"As a child, I helped my Italian mother bake these crescent-shaped Christmas cookies. They've remained a family favorite for generations—I bake them today for my grandchild!"

Prep time: 30 minutes

●\*/

Baking time: 17 minutes per batch

- 1 cup butter, softened\*
- 2/3 cup granulated sugar
- 1 1/2 cups hazelnuts, toasted, skinned and ground
- 2 teaspoons vanilla extract
- 1 teaspoon grated lemon peel
- 2 1/2 cups all-purpose flour
- Confectioners' sugar

1. Preheat oven to 325°F.
2. Beat butter and granulated sugar in mixer bowl until light and fluffy. Beat in nuts, vanilla and peel. Beat in flour until blended. Divide dough in half.
3. On lightly floured surface, roll each half 1/4 inch thick. Cut into crescent shapes with 2 1/2-inch cookie cutter. Transfer to ungreased cookie sheet. Bake 17 minutes, until lightly browned. Repeat with remaining dough and scraps. Sift confectioners' sugar over cooled cookies. Makes 5 dozen.

Per serving		Daily goal
Calories	75	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	8 mg	300 mg or less
Sodium	31 mg	2,400 mg or less
Carbohydrates	7 g	250 g or more
Protein	1 g	55 g to 90 g

**PEPPERMINT DELIGHT**

Lori Zuclich, Duvall, WA

"When my two sisters and I were growing up, we enjoyed helping my mom roll out and cut this dough with our Christmas cookie cutters. Now my two sons use the same cookie cutters to help me!"

Prep time: 45 minutes

●\*/

Baking time: 10 to 12 minutes per batch

- 3 cups all-purpose flour
- 1 teaspoon salt
- 2 cups butter, softened\*
- 2 cups confectioners' sugar
- 2 teaspoons vanilla extract
- 2 cups oats, uncooked
- 1/2 cup crushed peppermint candy
- Decorative Icing (recipe on page 156)

1. Preheat oven to 325°F.

\*No substitutions

2. Combine flour and salt in bowl. Beat butter and sugar in large mixer bowl until light and fluffy. Beat in vanilla. Gradually beat in flour mixture. Stir in oats and candy. Divide dough into quarters.
3. On surface sprinkled with confectioners' sugar, roll one quarter of dough 1/4 inch thick. Cut out with 3-inch cookie cutters. Transfer to ungreased cookie sheets. Bake 10 to 12 minutes, until golden. Repeat with remaining dough and scraps. Decorate cooled cookies as desired. Makes 9 dozen.

Per cookie: 60 calories, 4 gm total fat, 2 gm saturated fat, 5 mg cholesterol, 56 mg sodium, 6 mg carbohydrates, 1 gm protein.

**WALNUT BUTTER WAFERS**

U. Nadean Detry, Hayward, WI

"These make a lovely Christmastime addition to a plate of decorated cookies. They have a subtle, unique flavor without being overly sweet."

Prep time: 20 minutes plus chilling

○\*

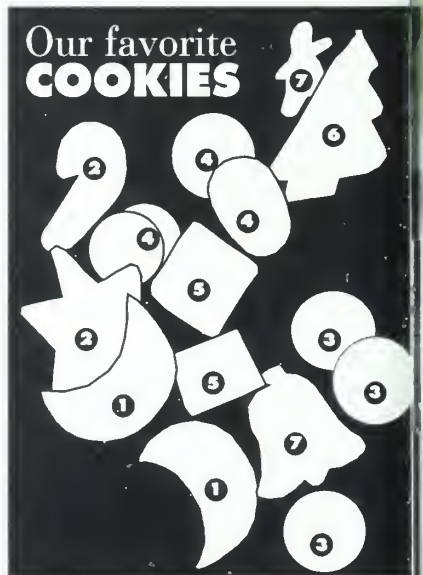
Baking time: 10 to 13 minutes per batch

- 1/2 cup butter, softened\*
- 1/2 cup granulated sugar
- 2 large egg yolks
- 1 1/2 cups all-purpose flour
- 1 cup walnuts, ground

**Frosting**

- 1 large egg white
- 1 1/4 cups confectioners' sugar

1. Beat butter and sugar in mixer bowl until light and fluffy. Beat in yolks one at a time. At low speed, gradually beat in flour until blended. Stir in nuts. Divide dough in half. Shape each half into 1-inch log. Wrap and refrigerate overnight.
2. Preheat oven to 350°F. *(continued)*

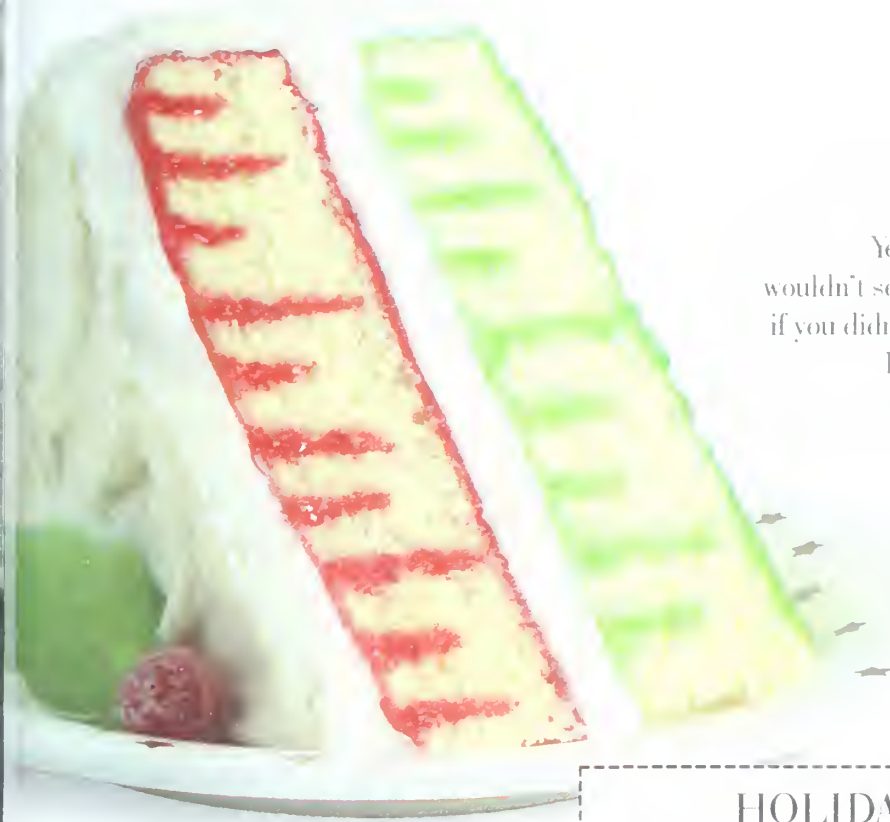


Pictured on page 129: 1. Hazelnut Cookies, 2. Peppermint Delight, 3. Walnut Butter Wafers, 4. Maple-Fig Pinwheels, 5. Suited-For-Santa Cookies, 6. Black-Pepper Cookies, 7. Grandma's Christmas Cookies

Be a shame to see  
that last scrumptious serving  
of Poke Cake go to waste.



Yeah, it just  
wouldn't seem like Christmas  
if you didn't have your usual  
11 slices.



## HOLIDAY POKE CAKE

1 package (18.5 ounces) PILLSBURY PLUS  
White Cake Mix

2 cups boiling water

1 package (4-serving size) JELL-O Brand Gelatin  
any red flavor

**HEAT** oven to 350°F

**PREPARE** bake and cool cake mix as directed on package for 2 (9-inch) round cake layers. Place cake layers, top sides up, in 2 clean 9-inch round cake pans. Pierce cake with large fork at 1/2-inch intervals

1 package (4-serving size) JELL-O Brand Lime Flavor  
Gelatin

1 can (16 ounces) PILLSBURY Vanilla FROSTING  
SUPREME

**STIR** 1 cup of the boiling water into each flavor of gelatin in separate bowls 2 minutes or until dissolved. Carefully pour red gelatin over 1 cake layer and lime gelatin over second cake layer. Refrigerate 3 hours

**DIP** 1 cake pan in warm water 10 seconds, unmold onto serving plate. Spread with about 1/4 of the frosting. Unmold second cake layer; carefully place on first layer. Frost top and sides of cake with remaining frosting.

**REFRIGERATE** 1 hour or until ready to serve. Decorate as desired. **Makes 12 servings.** Store leftover cake in refrigerator

Note: JELL-O Sugar Free Brand Low Calorie Gelatin Dessert and Pillsbury Light/Reduced Calorie White Cake Mix and Vanilla Frosting Supreme can be substituted in this recipe



**Make a Holiday Classic.**

© 1994 Pillsbury, Inc. PILLSBURY PLUS, FROSTING SUPREME, and JELL-O are trademarks of J&W Foods, Inc.



Eagle® Brand  
Low Fat

Traditional  
Pumpkin Pie

- 1 (9-inch) unbaked pastry shell
- 1 (16-ounce) can pumpkin (about 2 cups)
- 1 (14-ounce) can Eagle® Brand or Eagle® Brand Low Fat Sweetened Condensed Milk (NOT evaporated milk)
- 2 eggs or 4 egg whites
- 1 tsp. ground cinnamon
- 1/2 tsp. each ground ginger, nutmeg and salt

- Preheat oven to 425°
- In large bowl, combine all ingredients except pastry shell; mix well.
- Pour into pastry shell.
- Bake 15 minutes.
- Reduce oven temperature to 350°; bake 35 to 40 minutes longer or until knife inserted 1" from edge comes out clean. Cool.
- Garnish as desired.
- Refrigerate leftovers. (Makes one 9-inch pie)

Per Serving (9 pie, 28g)	Made with Original Eagle Brand Whole Eggs	Made with Eagle Brand Low Fat & Egg Whites
Fat	10 grams	7 grams
Calories	250	230



Cookies!  
*continued*

Slice dough 1/4 inch thick. Transfer to ungreased cookie sheets. Bake 10 to 13 minutes, until edges are golden.

3. *Make frosting:* Beat egg white in small mixer bowl until just frothy. Beat in confectioners' sugar until smooth. Decorate as desired. Makes 6 1/2 dozen cookies.

*Editors' note:* Pictured decorations by Kenkraft, Inc., are available in cake-decorating stores.  
**Per cookie:** 40 calories, 2 gm total fat, 1 gm saturated fat, 9 mg cholesterol, 13 mg sodium, 5 mg carbohydrates, 1 gm protein

MAPLE-FIG PINWHEELS

Christine L. Nelson, Haddon Heights, NJ  
"My family looks forward to my famous pinwheels every Christmas. To save time, I fill and assemble the dough and freeze it up to one week before baking."

*Prep time:* 40 minutes plus chilling ●\*  
*Baking time:* 15 minutes per batch

- 1 3/4 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 10 tablespoons butter or margarine
- 2 ounces cream cheese, cut up
- 2/3 cup granulated sugar
- 1/4 cup firmly packed brown sugar
- 1 large egg
- 1 1/2 teaspoons grated lemon peel
- 1 teaspoon fresh lemon juice
- 1 teaspoon vanilla extract

- Filling**
- 10 ounces dried moist-pack Calimyrna figs, chopped
  - 1/2 cup pure maple syrup\*
  - 1/4 cup water
  - 4 1/2 teaspoons lemon juice, divided
  - 1/2 teaspoon grated lemon peel
  - 1 large egg white

1. Combine flour, baking powder and salt in large bowl. Combine butter, cream cheese, sugars, egg, lemon peel and juice, and vanilla in food processor; pulse until well combined. Add to dry ingredients, blending with fork. Divide dough in half. Wrap and refrigerate overnight.
2. *Filling:* Combine figs, syrup, water, 1 tablespoon lemon juice and the peel in saucepan. Heat to boiling; reduce heat, cover and simmer, stirring occasionally, until figs are soft, 20 to 25 minutes. Cool 15 minutes. Transfer to food processor and process until almost smooth. Add egg white and remaining 1 1/2 teaspoons lemon juice; pulse to combine. Chill.
3. On floured pastry cloth, roll half the dough to 12x8-inch rectangle. Spread with half the filling. Roll up jelly-roll style from long side. Wrap and freeze until firm, 4 hours. Repeat with remaining dough and filling.



Cranberry-Nut Cookies  
and Maple-Fig Pinwheels

4. Preheat oven to 350°F. Line 2 cookie sheets with foil; grease. Slice dough 1/4 inch thick and transfer to cookie sheets. Bake 15 minutes or until edges are browned. Cool on pan 3 minutes, transfer to wire racks. Makes 7 1/2 dozen.

**Per cookie:** 45 calories, 2 gm total fat, 1 gm saturated fat, 1 mg cholesterol, 33 mg sodium, 7 mg carbohydrates, 0 gm protein.

CRANBERRY-NUT COOKIES

Sandra M. Kreuter, Burney, CA  
"Years ago, a friend gave me this recipe. I experimented a bit and added the cranberries. Everyone loves these cookies, so I bake them to give as Christmas gifts."

*Prep time:* 20 to 25 minutes plus chilling ●\*  
*Baking time:* 20 to 25 minutes per batch

- 1/2 cup dried cranberries†
- 2 cups all-purpose flour
- 1 cup cold butter or margarine, cut up
- 1 cup cottage cheese

- Filling**
- 3/4 cup firmly packed brown sugar
  - 3/4 cup almonds, chopped fine
  - 2 tablespoons butter
  - 1/8 teaspoon almond extract

1. Finely chop cranberries in food processor. Add flour, butter and cheese; pulse until dough holds together. Divide dough into thirds. Flatten into disks. Wrap and refrigerate overnight.
2. Preheat oven to 350°F.
3. *Filling:* Combine brown sugar, almonds, butter and almond extract in bowl.
4. On pastry cloth, roll 1 disk to 10-inch circle. Sprinkle one third of the filling evenly on top; press lightly. Cut into wedges. Starting from wide end, roll each wedge and transfer tip side down to ungreased cookie sheet. Repeat with remaining dough and filling. Bake 20 to 25 minutes, until lightly browned. Cool on wire racks. Makes 4 dozen.

†Dried cranberries are available at specialty food stores and by mail from American Spoon Foods, 800-222-5666.

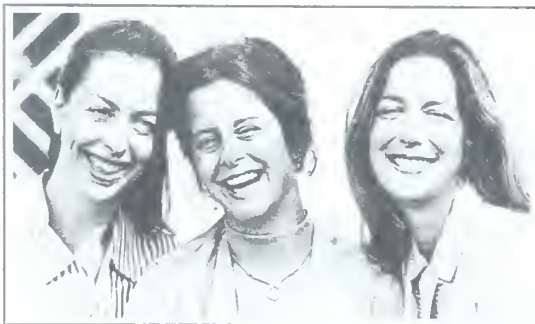
**Per cookie:** 90 calories, 6 gm total fat, 3 gm saturated fat, 1 mg cholesterol, 63 mg sodium, 9 mg carbohydrates, 2 gm protein.

(continued)



## Introducing Eagle® Brand Low Fat.

“We’ve been catchin’ up  
over a nice creamy  
Eagle Brand Pumpkin Pie  
for ten Christmases.  
Now that Eagle Brand  
has 50% less fat\*  
and all that rich creamy taste,



the slices are a whole lot bigger.”

— The Cane sisters



It's not just low fat.  
It's Eagle® Brand.



© Borden Inc. 1994

**Cookies!**

**BAKED-FOR-SANTA COOKIES**

Luise Ross, Elk Grove, CA  
 "I learned this recipe from my grandmother, who learned it after one of her friends brought her from Sweden. My grandmother made these cookies with her and named them Santa's wardrobe."

*Prep time: 15 minutes*      **O\*!**  
*Baking time: 20 minutes per batch*

- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 1 cup butter, softened\*
- 1/2 cup sugar
- 1 large egg yolk
- 1 teaspoon almond extract
- 1 teaspoon grated orange peel
- 3/4 cup red jam (such as raspberry, strawberry or cherry)
- 1/2 cup Decorative Icing (recipe on page 156)

1. Preheat oven to 375°F.
2. Combine flour and salt in bowl. Beat butter and sugar in mixer bowl until light and fluffy. Beat in yolk, extract and peel. Stir in dry ingredients until blended.
3. Divide dough into quarters. On lightly

floured surface, shape each quarter into 15-inch rope. Arrange evenly spaced on ungreased cookie sheet. Using your finger or the rounded handle of a wooden spoon, press a 1/2-inch-deep groove down the center of each rope.

4. Bake 10 minutes. Remove cookies from oven and fill grooves with jam. Return to oven and bake 8 to 10 minutes more, until firm and light golden brown.
5. While still warm, cut strips into 1-inch slices. Cool on pans 10 minutes, then transfer to wire rack to cool completely. Decorate as desired. Makes 5 dozen.

*Per cookie:* 65 calories, 3 gm total fat, 2 gm saturated fat, 12 mg cholesterol, 5 mg sodium, 9 mg carbohydrates, 1 gm protein

**PEPPERNUTS**

Mary Sindt, Auburn, CA  
 "My six grown children feel something is missing at Christmas without these little, hard cookies. Every year I bake enough for them in case they don't have time, as my mom and grandma did before me."

*Prep time: 45 minutes plus cooling*      **▽ ○ ▼ \*!**  
*Baking time: 15 minutes per batch*

- 1 cup granulated sugar
- 1 cup vegetable shortening
- 1 cup dark molasses
- 1/2 cup hot water

- 1 teaspoon baking soda
- 1 tablespoon aniseed
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cloves
- 6 1/4 cups all-purpose flour
- Confectioners' sugar

1. Bring sugar, shortening and molasses to boil in saucepan over high heat. Cool.
2. Preheat oven to 350°F.
3. Stir hot water, baking soda and spices into molasses mixture with wooden spoon until blended. Gradually stir in much flour as possible with spoon, kneading in remaining flour. Shape dough into ball. Divide into 16 equal pieces.
4. On floured surface, roll each piece in 16-inch rope. Cut into 1/2-inch slice place on ungreased cookie sheets. Bake 15 minutes, until browned. Roll hot cookies in confectioners' sugar. Store in a tight container up to 1 month. Make about 500 cookies. (Yes, 500!)

*Per cookie:* 15 calories, 0 gm total fat, 0 gm saturated fat, 0 cholesterol, 3 mg sodium, 2 mg carbohydrates, 0 gm protein.

**BLACK-PEPPER COOKIES**

Cindy Harwick, Salisbury, NC  
 "These crisp, spicy cookies were my husband's favorites when he was a child. He and his brothers were in charge of the



Best Dishes



corating, and now we've passed on s tradition to our two boys."

*Prep time: 50 minutes plus chilling*  *Baking time: 6 to 8 minutes per batch*

- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 cup butter or margarine, melted
- 1/2 teaspoon ginger
- 1/2 teaspoon cinnamon
- 1/2 teaspoon cloves
- 1/2 teaspoon freshly ground pepper
- 1/2 cup sugar
- 1 large egg
- Decorative Icing (recipe on page 156)

Combine flour and baking powder in medium bowl. Combine butter, ginger, cinnamon, cloves and pepper in mixer bowl. Gradually beat in sugar until combined. Beat in egg. At low speed, beat in dry mixture until blended. (Dough will be stiff.) Divide dough into quarters. Wrap and refrigerate overnight.

Preheat oven to 375°F. Grease 2 cookie sheets.

On lightly floured surface, roll one quarter of dough 1/8 inch thick. Cut with 2-inch cookie cutters; transfer to cookie sheets. Bake 6 to 8 minutes, until edges are golden. Repeat with remaining dough and scraps. Decorate cooled

cookies as desired. Makes 8 dozen.

Per cookie: 45 calories, 2 gm total fat, 1 gm saturated fat, 8 mg cholesterol, 31 mg sodium, 6 mg carbohydrates, 1 gm protein

## GRANDMA'S CHRISTMAS COOKIES

Deborah Daigle, Merrimack, NH

"This recipe has been in my family for longer than I can remember—these cookies are always the first to be baked."

*Prep time: 40 minutes plus chilling*  *Baking time: 6 to 8 minutes per batch*

- 4 1/4 cups all-purpose flour
- 2 teaspoons baking soda
- 1 cup butter, softened\*
- 1 cup firmly packed brown sugar
- 2 large eggs
- 1/3 cup pure maple syrup\*
- 1 teaspoon vanilla extract
- Decorative Icing (recipe on page 156)

1. Combine flour and baking soda in bowl. Beat butter and sugar in mixer bowl until light and fluffy. Beat in eggs, maple syrup and vanilla. Stir in dry ingredients until blended. (Dough will be soft.) Divide dough into quarters. Roll each quarter 1/4 inch thick between 2 sheets of wax paper. Stack on a cookie sheet. Cover and refrigerate overnight.

2. Preheat oven to 350°F. Remove one

sheet of dough from refrigerator. Peel off top sheet of wax paper and invert onto floured surface. Peel off remaining wax paper. Cut dough with 2-inch cookie cutters and transfer to an ungreased cookie sheet.

3. Bake cookies 6 to 8 minutes, until golden brown. Repeat with remaining dough. Reroll scraps between sheets of wax paper; refrigerate, then cut and bake. Decorate as desired. Makes 10 dozen.

Per cookie: 40 calories, 2 gm total fat, 1 gm saturated fat, 8 mg cholesterol, 29 mg sodium, 6 mg carbohydrates, 1 gm protein

## PELLEGRINI ANISETTE BISCOTTI

Carol Van Dyne, Fresno, CA

"Making these cookies reminds me of my childhood and the mornings I shared with my Italian grandparents. We would dunk the cookies in coffee (mine was half milk!) and eat them with a spoon."

*Prep time: 25 minutes*  *Baking time: 25 to 30 minutes plus drying*

- 2 1/2 cups all-purpose flour
  - 3/4 cup cornmeal
  - 2 teaspoons baking powder
  - 1/4 teaspoon salt
  - 1/2 cup butter or margarine, softened
  - 1 cup sugar
  - 2 large eggs
- (continued)*

# For the Holidays.

### GERMAN SWEET CHOCOLATE PIE

- 1 package (4 oz.) BAKER'S® GERMAN'S® Sweet Chocolate
- 1/3 cup milk, divided
- 4 oz. PHILADELPHIA BRAND® Cream Cheese, softened
- 2 tbsp. sugar
- 1 tub (8 oz.) COOL WHIP® Non-Dairy or COOL WHIP LITE® Whipped Topping, thawed
- 1 KEEBLER® Ready Crust™ Graham Cracker Pie Crust (6 oz.)
- Additional whipped topping for garnish



Beat in cream cheese, sugar and remaining milk until well blended. Refrigerate 10 minutes. Stir in whipped topping until smooth. Spoon into crust.

Microwave chocolate and 2 tablespoons of the milk in large microwavable bowl on HIGH for 1 1/2 to 2 minutes or until chocolate is almost melted, stirring halfway through heating time. Stir until chocolate is completely melted.

Freeze 4 hours or until firm. Garnish with additional whipped topping if desired. Let stand at room temperature 15 minutes or until pie can be cut easily. Makes 8 servings.



Ready Crust™ is a trademark of the Keebler Company  
© 1994 Kraft General Foods, Inc.

## Cookies!

*continued*

- 1 tablespoon aniseed
- ¼ cup coarsely chopped almonds
- ½ cup finely chopped almonds
- 3 tablespoons aniseed liqueur

1. Preheat oven to 350°F. Grease and flour cookie sheet. Sift flour, cornmeal, baking powder and salt in bowl. Beat butter in mixer bowl until light and fluffy. Add eggs. Gradually add dry ingredients until blended, then add almonds and liqueur.

2. Divide dough in half. Place on cookie sheet. Shape each half into 14-inch rope. Flatten slightly to ¼-inch thick. Bake 25 to 30 minutes, until edges are golden.

3. Carefully transfer strips to cutting surface. With serrated knife, cut into ½-inch slices. Place cut side down on clean cookie sheet; return to oven. Turn oven off; let cookies dry 1 hour. Cool on cookie sheet. Makes 4½ dozen.

**Per cookie:** 65 calories, 4 gm total fat, 1 gm saturated fat, 11 mg cholesterol, 4 mg sodium, 10 mg carbohydrates, 2 gm protein.

## LATTICE-GATE SHEET COOKIES

Sandra G. Krantz, Sharon, PA

"This cookie recipe has been in my family since the late 1940s or early '50s. My mother traditionally baked up a batch of these for special occasions, as I do now."

*Prep time: 25 minutes*

○\*

*Baking time: 35 to 40 minutes*

- 3 cups all-purpose flour
- ½ cup granulated sugar
- 1 teaspoon grated lemon peel
- ¼ teaspoon salt
- ¼ teaspoon baking soda
- 1 cup cold butter or margarine, cut up

- 2 large egg yolks
- ½ cup sour cream
- 1 cup strawberry preserves
- 1 cup walnuts, ground
- Confectioners' sugar

1. Preheat oven to 350°F.  
2. Combine flour, sugar, lemon peel, salt and baking soda in large bowl. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Combine egg yolks and sour cream in cup; stir into flour mixture until blended.

3. On floured surface with floured rolling pin, roll two thirds of dough to 13x9-inch rectangle. Fit into ungreased 13x9-inch baking pan, pressing edges ¼ inch up sides of pan. Spread preserves evenly over dough; sprinkle on nuts. Roll remaining dough to 12x8-inch rectangle; cut lengthwise into ½-inch strips. Arrange on filling in lattice pattern; trim if needed and press dough at sides of pan.



Lattice-Gate Sheet Cookies



Almond Frosties

4. Bake 35 to 40 minutes, until golden. Cool in pan on wire rack. Sift confectioners' sugar on top. Cut into 1½x1-inch bars. Makes 64 cookies.

**Per cookie:** 85 calories, 5 gm total fat, 2 gm saturated fat, 15 mg cholesterol, 63 mg sodium, 10 mg carbohydrates, 1 gm protein.

## ALMOND FROSTIES

Kristen Olson Valles, Marietta, GA

"I collect new recipes every year to add to my holiday cookie jar, but this is always one of the first I bake. It just wouldn't be Christmas without them."

*Prep time: 20 minutes*

○\*

*Baking time: 15 to 17 minutes*

- 2¼ cups all-purpose flour
- ½ teaspoon salt
- 1 cup butter or margarine, softened
- 3 tablespoons granulated sugar
- 1 teaspoon almond extract

### Frosting

- 1½ cups confectioners' sugar
- 2 tablespoons unsweetened cocoa
- ½ teaspoon vanilla extract
- 2 to 3 tablespoons hot water
- ½ cup slivered almonds, toasted

1. Preheat oven to 350°F.  
2. Combine flour and salt in medium bowl. Beat butter, sugar and almond extract in mixer bowl until light and fluffy. At low speed, beat in dry ingredients

until blended. Shape dough into 1-inch balls. Place on ungreased cookie sheets. Flatten slightly to ¾-inch thick. Bake 15 to 17 minutes, until golden. Cool on wire racks.

3. *Frosting:* Combine confectioners' sugar, cocoa and vanilla in bowl. Stir in water until spreadable. Frost cookies; top each with almonds. Makes 3 dozen.

**Per cookie:** 95 calories, 5 gm total fat, 3 gm saturated fat, 12 mg cholesterol, 71 mg sodium, 11 mg carbohydrates, 1 gm protein.

## CREAMY CASHEW COOKIES

Brenda Schumann, White Lake, SD

"My mother gave me this recipe, and it is always a special treat at our house. It's easy to make yet looks fancy—a perfect cookie for the busy holiday season."

*Prep time: 30 minutes*

○\*

*Baking time: 12 minutes per batch*

- 4 cups all-purpose flour
- 1½ teaspoons baking powder
- 1½ teaspoons baking soda
- ½ teaspoon salt

- 1 cup butter or margarine, softened
- 2 cups firmly packed brown sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- ⅔ cup sour cream
- 3 cups roasted cashews, chopped†

### Brown Butter Frosting

- 1 cup butter\*
- 4 cups confectioners' sugar
- 6 tablespoons heavy cream
- ½ teaspoon vanilla extract

### Whole cashews, for garnish

1. Preheat oven to 350°F. Grease 2 cookie sheets. Combine flour, baking powder, baking soda and salt in bowl. Beat butter and brown sugar in mixer bowl until light and fluffy. Beat in eggs and vanilla. At low speed, beat in sour cream, then dry ingredients. Stir in cashews.

2. Drop dough by rounded teaspoonfuls onto cookie sheets. Bake 12 minutes, until lightly browned. Repeat with remaining dough.

3. *Frosting:* Melt butter in saucepan over medium heat until lightly browned. Remove from heat; whisk in confectioners' sugar, then cream and vanilla until smooth. Spread warm frosting on cookies; garnish each with a nut. Makes 9 dozen.

†If using salted cashews, omit salt from dough.

**Per cookie:** 102 calories, 6 gm total fat, 3 gm saturated fat, 14 mg cholesterol, 92 mg sodium, 12 mg carbohydrates, 1 gm protein.

## LITTLE CHOCOLATE DROPS (SCHOKOLADEPLÄTZCHEN)

Karen Anderson, Rice Lake, WI

"About forty years ago, my mother found this Bohemian (continued on page 154)



## BUTTERY BUTTERSCOTCH CUT-OUTS

This buttery cookie has melted butterscotch chips stirred in for a special cut-out cookie flavor.

### Cookie

- 1 cup butterscotch flavored chips
- 1 cup LAND O LAKES® Butter, softened
- 3 cups all-purpose flour
- 1/2 cup firmly packed brown sugar
- 1/2 cup sugar
- 1 egg
- 2 tablespoons milk
- 2 teaspoons vanilla

### Frosting

- 2 cups powdered sugar
- 1/4 cup LAND O LAKES® Butter, softened
- 1 to 2 tablespoons milk
- 1 teaspoon vanilla

In 1-quart saucepan melt butterscotch chips over low heat.

stirring constantly, until smooth (3 to 5 minutes). Pour into large mixer bowl; add all remaining cookie ingredients. Beat at low speed, scraping bowl often, until well mixed (1 to 2 minutes). Divide dough in half; wrap in plastic food wrap. Refrigerate until firm (1 hour). Heat oven to 375°. On lightly floured surface roll out dough, half at a time, to 1/8-inch thickness. Cut with 2 1/2-inch cookie cutters. Place 1-inch apart on cookie sheets. Bake for 5 to 8 minutes or until edges are lightly browned.

Cool completely.

In small mixer bowl combine all frosting ingredients. Beat at low speed, scraping bowl often, until fluffy (1 to 2 minutes). If desired, color frosting with food coloring. Frost and decorate cookies as desired.

Yield: 4 to 5 dozen.



Taste the difference Land O'Lakes makes.

# Get from "Ho-hum" to "Ho-Ho-Ho" in no time with Green Giant.



## The Giant's Spinach Dip

- 1/2 cups light sour cream or plain yogurt
- 1/2 cup light mayonnaise
- 1 teaspoon dried dill weed
- 1/2 teaspoon celery salt
- 1/4 cup chopped green onions
- 9 oz. pkg. Green Giant® Harvest Fresh® Frozen Spinach, thawed, well drained
- 3 tablespoons chopped red bell pepper, if desired

1. In medium bowl, combine all ingredients, blend well.
2. Cover, refrigerate several hours to blend flavors. Serve with crisp vegetable dippers.



## Broccoli with Basil Mushrooms

- 1 pkg. Green Giant® Select® Frozen Broccoli Spears
- 2 tablespoons butter
- 1 1/2 tablespoons chopped fresh basil
- 4.5 oz. jar Green Giant® Whole Mushrooms, drained

1. Cook broccoli spears according to package directions; drain well.
  2. Meanwhile, melt butter in small saucepan; add basil and mushrooms. Cook and stir until thoroughly heated. Spoon over broccoli.
- 6 servings.



## Simple Stir Fry for Turkey Leftovers

- 1 pkg. Green Giant®  
American Mixtures®  
San Francisco Style Frozen  
Vegetables
- 1 medium onion, sliced
- 1 tablespoon oil
- 1/3-cup purchased stir-fry sauce
- 2 cups cooked turkey or chicken  
breast strips

1. In large skillet, sauté vegetables  
and onion in oil for 6 to 8  
minutes until crisp-tender.
  2. Combine stir-fry sauce and turkey.  
Add to vegetable mixture;  
heat thoroughly.
  3. Serve over rice, if desired.
- 4 servings.



## Honey Thyme Vegetables

- 1 pkg. Green Giant®  
American Mixtures®  
California Style Frozen  
Vegetables
- 2 tablespoons melted butter
- 2 tablespoons honey
- 1/4 teaspoon dried thyme  
leaves

1. Cook vegetables as directed on package; drain well
  2. Combine remaining ingredients; stir into hot  
vegetables. Add salt to taste.
- 5 servings.



Healthier eating,  
made easy...  
Green Giant®

## Cookies!

Recipe by *Page 150*

...ted to try because of our family's rich heritage. As a child, I loved the chocolate cookies with my childhood."

Prep time: 15 minutes ○ ❄  
Baking time: 35 to 40 minutes

1 large egg white  
1/2 teaspoon salt  
1/2 cup sugar  
1/2 cup ground almonds, ground  
1/2 cup German sweet chocolate, grated  
Unsweetened cocoa and confectioners' sugar, for decoration (optional)

1. Preheat oven to 275°F. Line 2 cookie sheets with foil; grease foil.  
2. Beat egg whites with salt in mixer bowl to soft peaks. Gradually beat in sugar; continue beating until very stiff and glossy. Gently fold in nuts and chocolate. Pipe or drop by tablespoonfuls onto cookie sheets. Bake 35 to 40 minutes, until cookies are dry. Peel cookies from foil. Sprinkle with cocoa and confectioners' sugar. Makes 3 dozen.

Per cookie: 55 calories, 3 gm total fat, 1 gm saturated fat, 1 mg cholesterol, 15 mg sodium, 5 mg carbohydrates, 1 gm protein

## GUNILLA'S COOKIES

Jill A. Yoder, Gastonia, NC

"When I was an exchange student in Sweden, Gunilla Luks and her family opened their home and their hearts to me. We spent long winter days baking, and this recipe of hers is one of my favorites."

Prep time: 25 minutes ○ ❄  
Baking time: 20 to 25 minutes

11 tablespoons butter\*  
1/3 cup sugar  
2 1/4 cups all-purpose flour  
1/4 cup raspberry or apricot jam

**Topping**  
1/2 cup flaked coconut  
1/2 cup oats, uncooked  
5 tablespoons butter, melted  
1/4 cup sugar

1. Preheat oven to 350°F. Beat butter and sugar in mixer bowl until light and fluffy. Stir in flour; knead until dough holds together. Divide dough into quarters. Roll each quarter into a 15-inch rope. Arrange evenly spaced on ungreased cookie sheet. Flatten slightly. Using your finger or the rounded handle of a wooden spoon, press a 1/2-inch-deep groove down center of each rope. Fill grooves with jam.



## Honey-Nut Christmas Cookies

2. **Topping:** Combine coconut, oats, butter and sugar in bowl until blended. Sprinkle evenly over strips. Bake 20 to 25 minutes, until golden. Cut warm strips diagonally into 1-inch slices. Cool on wire racks. Makes 5 dozen.

Per cookie: 60 calories, 3 gm total fat, 2 gm saturated fat, 8 mg cholesterol, 33 mg sodium, 7 mg carbohydrates, 1 gm protein

## HONEY-NUT CHRISTMAS COOKIES

Rose M. Negri, Torrington, CT

"I bake up several batches of these nutty cookies every Christmas. The recipe has been in my family for many years."

Prep time: 1 hour plus chilling ❄ ❄  
Baking time: 22 to 25 minutes per batch

2 cups all-purpose flour  
Pinch salt

## A HOLIDAY BAKER'S GUIDE TO FATS

For crisp, flavorful cookies, using the right type of fat is key—when baking, fats are not interchangeable. In the *Journal* test kitchens, we tested our winning cookie recipes with butter and margarine sticks containing 80 percent fat—products with less fat produce mixed results. A one-pound brick (or four sticks) equals two cups; one stick equals one-half cup.

For the best results in holiday baking, use only the type of fat called for in the recipe. By law, only products that contain 80 percent fat can be labeled butter or margarine. Spreads, light butter and some blends contain less fat—even in stick form—and may not produce successful cookies.

1 cup cold butter, cut up\*  
1 package (8 oz.) cream cheese, cut up

## Filling

1 cup walnuts  
1/4 cup sugar  
6 tablespoons honey  
1 teaspoon butter, melted  
1/2 teaspoon cinnamon

1. Combine flour and salt in large bowl. With pastry blender or 2 knives, cut in butter and cream cheese until blended. Divide in half; shape dough into balls. Wrap and refrigerate 1 hour.  
2. **Filling:** Grind nuts with sugar in food processor. Transfer to bowl; stir in honey, butter and cinnamon. Makes 1 cup.  
3. Preheat oven to 325°F. Grease 2 cookie sheets. On well-floured surface, roll half the dough 1/8 inch thick. Cut into circles with floured 2-inch round cookie cutter. Place 1 teaspoon filling on half the circles. Top with remaining circles; press edges with fork to seal. Transfer to prepared cookie sheets. Bake 22 to 25 minutes, until golden. Cool on wire racks. Repeat with remaining dough, scraps and filling. Makes 4 dozen.

Per cookie: 100 calories, 7 gm total fat, 4 gm saturated fat, 16 mg cholesterol, 59 mg sodium, 8 mg carbohydrates, 1 gm protein

## RUSSIAN TORTE

Judy Chada, Bolingbrook, IL

"I still remember the day, thirty years ago, when I tasted my aunt Phyllis's torte for the first time. My mother started baking it every Christmas, and now it's a tradition for us to make it together."

Prep time: 35 minutes ❄ ❄  
Baking time: 40 to 50 minutes

## Filling

1 box (8 oz.) dried apricots  
3/4 cup water  
1 cup sugar

2 cups walnuts  
1 cup sugar, divided  
1 teaspoon cinnamon  
1/2 cup plus 1 teaspoon milk  
1 package active dry yeast  
1/2 teaspoon salt  
1 1/2 cups butter or margarine  
4 large eggs, separated  
3 1/2 to 4 cups all-purpose flour

1. Preheat oven to 350°F. Combine apricots with water in saucepan. Bring to boil; reduce heat, cover and simmer until tender, 15 minutes. Stir in sugar. With potato masher, mash to a paste. Cool.  
2. Process nuts, 1/2 cup sugar and cinnamon in food processor until ground fine.  
3. Heat 1/2 cup milk in small saucepan until warm (105°F.-115°F.). Sprinkle in yeast and salt; let stand 5 minutes.  
4. Beat butter in mixer (continued)



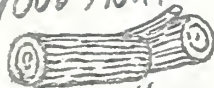
How to make the perfect snack.  
Even for your relatives.

- Woody Smith, Tree Farmer  
for Hillshire Farm

You start with the best trees. Like my great hickories and maples. Then you turn 'em into sweet smoke. This is where your Lit'l Smokies get that real woodsy, hearty, smoked flavor.



A flavor that will amaze your Aunt Clara.



So much so, she'll say, "I just can't understand how you make these cute little sausages taste so damn good! And I'll have a few more, thank you very much."

And, the great thing is, all you have to do is heat 'em and eat 'em. 'Cause me and Hillshire Farm already smoked 'em to perfection.

Relatively speaking, there's no better snacking food than Lit'l Smokies.

Taste the Difference!

Woody



## Cookies!

5. Beat the egg yolk creamy. Beat in egg yolks, then add the milk. Stir in flour, 1/2 cup at a time, until a soft dough forms. On lightly floured surface, knead dough until smooth and no longer sticky. Divide into thirds.

6. Roll lightly floured dough into third of the dough. Roll dough to 1/2-inch rectangle; fit into bottom of 8-inch ungreased roll pan. Reserve 1/2 cup dough; sprinkle remaining dough evenly over dough; roll over nuts and spread evenly with apricot mixture. Repeat with remaining dough; fit over top and brush with remaining 1/2 cup milk. Bake 30 to 40 minutes, until golden.

6. Beat egg whites at low speed in clean mixer bowl until foamy. Gradually beat in remaining 1/2 cup sugar until stiff but not dry. Spread evenly over baked torte. Sprinkle with reserved nut mixture. Bake 10 minutes more or until beginning to brown. Cool completely. Cut into 1 1/2 x 1-inch diamonds. Makes 80 cookies.

**Per cookie:** 100 calories, 5 gm total fat, 2 gm saturated fat, 20 mg cholesterol, 53 mg sodium, 12 mg carbohydrates, 2 gm protein

## FRENCH PISTACHIO BUTTER CREAMS

Nancy Spokowski, Wellesley, MA

"My mother always made these elegant cookies, and my sisters and I carry on the tradition. They never last long on our Christmas cookie tray, so my husband always asks for some to be set aside."

*Prep time: 35 minutes plus chilling* ☉ \* \* I

*Baking time: 13 to 15 minutes per batch*

- 1 1/2 cups all-purpose flour
- 1/2 teaspoon salt
- 3/4 cup unsalted butter, softened\*
- 1/2 cup confectioners' sugar
- 1 large egg

### Filling

- 1/4 cup unsalted butter, softened
- 1/2 cup confectioners' sugar
- 1 teaspoon rum, cognac or milk
- 1 package (6 oz.) semisweet chocolate chips
- 1/2 cup shelled pistachio nuts, chopped

1. Preheat oven to 350°F. Combine flour and salt in bowl. Beat butter and sugar until light and fluffy. Beat in egg. At low speed, beat in flour mixture. Refrigerate dough 30 minutes.
2. Shape dough into sixty 1/4-inch balls. Transfer to ungreased cookie sheets. Flatten each ball to 1 1/2-inch circle. Bake 13 to 15 minutes, until light golden.
3. *Filling:* Beat butter, sugar and rum in



Yiayia's Kourabiedes



Chocolate Nutcracker Sweets

bowl until smooth. Spread evenly on flat side of half the cookies. Top with remaining cookies to make sandwiches. Refrigerate 30 minutes.

4. To frost, microwave chocolate on High 1 1/2 to 2 minutes, stirring after 1 minute, until melted. Spread top of each cookie with chocolate, then dip in nuts. Refrigerate until set, 10 minutes. Makes 30.

**Per cookie:** 140 calories, 9 gm total fat, 5 gm saturated fat, 24 mg cholesterol, 40 mg sodium, 14 mg carbohydrates, 2 gm protein

## YIAYIA'S KOURABIEDES

Bessie Theodorou, St. Louis, MO

"These cookies were handed down by my grandmother and have been a holiday tradition in our family. Yiayia means grandmother in Greek."

*Prep time: 20 minutes* ☉ \* I

*Baking time: 18 to 20 minutes per batch*

- 2 cups butter, softened\*
- Confectioners' sugar
- 1 large egg yolk
- 2 tablespoons brandy
- 1/2 teaspoon almond extract
- 4 cups all-purpose flour

1. Preheat oven to 350°F.
2. Beat butter and 3/4 cup confectioners' sugar in mixer bowl until light and fluffy. Beat in egg yolk, brandy and almond extract. At low speed, beat in 2 cups flour.

With wooden spoon, stir in 2 more cups flour, 1/2 cup at a time, until blended.

3. Roll dough into 1-inch balls. Place on ungreased cookie sheets. Bake 18 to 20 minutes, until pale golden. Transfer to wire racks; sift additional sugar over hot cookies. Cool. Makes 6 1/2 dozen.

**Per cookie:** 75 calories, 5 gm total fat, 3 gm saturated fat, 15 mg cholesterol, 48 mg sodium, 7 mg carbohydrates, 1 gm protein.

## CHOCOLATE NUTCRACKER SWEETS

Betty J. Nichols, Eugene, OR

"After attending Christmas-season performances of *The Nutcracker* ballet with my family, I invented this nutty cookie to commemorate those special events."

*Prep time: 25 minutes plus chilling* ☉ \* I

*Baking time: 10 to 12 minutes per batch*

- 1 cup butter or margarine, softened
- 2/3 cup sugar
- 1 large egg
- 2 teaspoons grated orange peel
- 2 teaspoons cinnamon
- 1 teaspoon cardamom
- 1/4 teaspoon salt
- 2 squares (2 oz.) semisweet chocolate, melted
- 1 teaspoon vanilla extract
- 1 1/2 cups all-purpose flour
- 1 1/2 cups sliced almonds

1. Beat butter and sugar in mixer bowl until light and fluffy. Beat in egg, orange peel, cinnamon, the cardamom and salt. Beat in chocolate and vanilla until blended. At low speed, gradually beat in flour until combined. Wrap dough and refrigerate overnight.

2. Preheat oven to 375°F. Grease 2 cookie sheets.

3. Roll dough into 1-inch balls. Roll in almonds and place 2 inches apart on prepared cookie sheets. With the bottom of a glass dipped in sugar, flatten balls to 1/2 inch thick. Bake 10 to 12 minutes, until almonds are just golden. Makes 4 dozen.

**Per cookie:** 90 calories, 6 gm total fat, 3 gm saturated fat, 15 mg cholesterol, 54 mg sodium, 8 mg carbohydrates, 1 gm protein.

## DECORATIVE ICING

*Total prep time: 10 minutes* ☉ C

- 1 box (1 lb.) confectioners' sugar
- 1/2 teaspoon cream of tartar
- 3 large egg whites
- Assorted paste food colorings

Combine all ingredients in large mixer bowl. Beat at medium speed until smooth. Beat at high speed 5 minutes. Tint icing with food colorings as desired. Store in tightly covered containers up to 3 days. Thin with a little water, if necessary, to spread. Makes 2 3/4 cups.





*Deck the halls  
with bites  
of chocolate.*

**T**is the season for your family to enjoy the holiday tradition that tastes as great as it looks: "M&M's"<sup>®</sup> Chocolate Candies for the Holidays.

Deliciously rich milk chocolate, all dressed up in bright red and green.

They're irresistible. Merry chocolate to you and yours.

Fa la la la, la la la la.

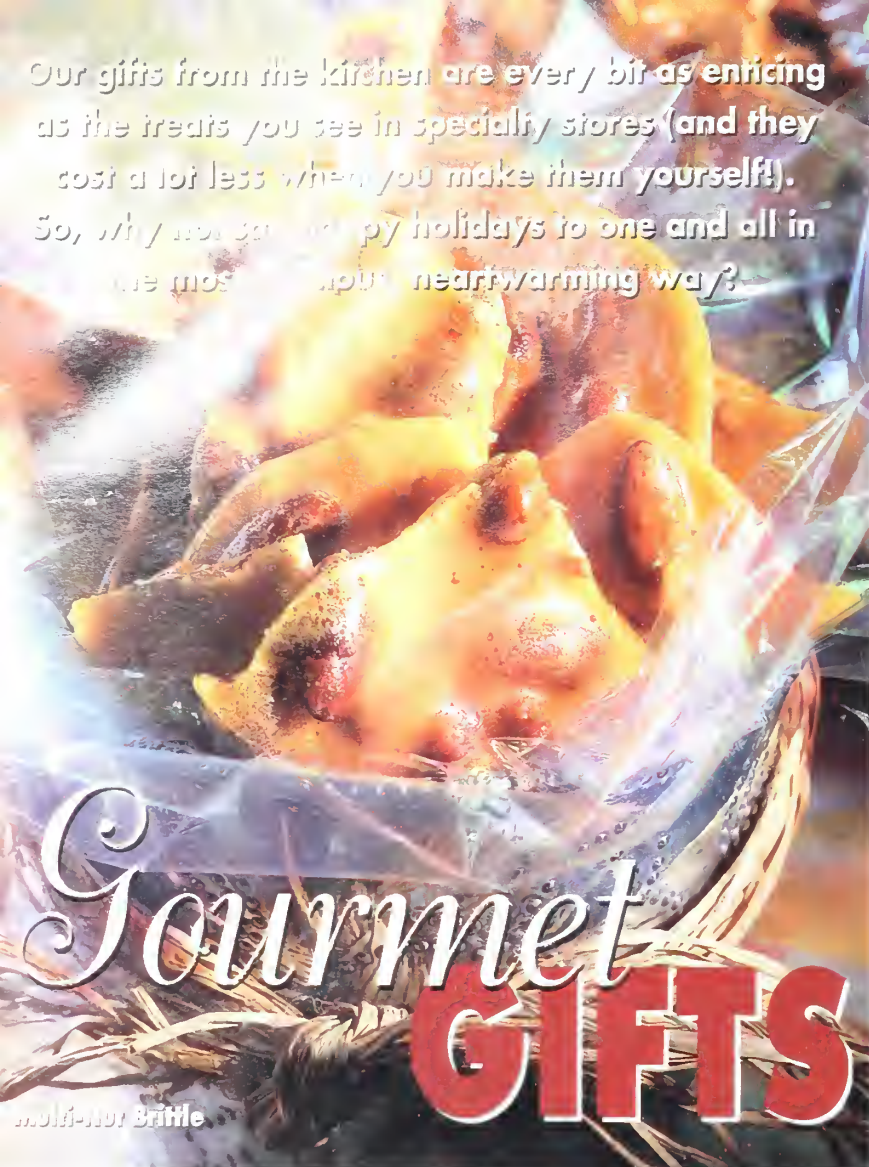
AND TO ALL  
A GOOD BITE.

HAPPY  
HOLIDAYS  
TO ALL.



"The Milk Chocolate Melts In Your Mouth—Not In Your Hand."<sup>®</sup>

Our gifts from the kitchen are every bit as enticing as the treats you see in specialty stores (and they cost a lot less when you make them yourself!). So, why not say happy holidays to one and all in the most delicious, heartwarming way?



Multi-Nut Brittle

- Easy   ● Challenging   ▼ Low-fat
- Moderate   ☺ Microwave   ▲ Low-calorie
- \* Can be frozen up to 1, 3, 6 or 9 months

### MULTI-NUT BRITTLE

Here's the perfect gift for all the candy lovers on your list—a slightly more sophisticated version of good old-fashioned peanut brittle. It's a snap to make if you use a candy thermometer to ensure accuracy.

Prep time: 5 minutes  
Cooking time: 20 minutes

- 1½ cups sugar
- 1 cup water
- 1 cup light corn syrup
- 1 can (10.5 or 12 oz.) premium mixed nuts
- 3 tablespoons butter
- 1 teaspoon vanilla extract
- 1½ teaspoons baking soda

1. Butter a cookie sheet
2. Combine sugar, water and corn syrup in large saucepan. Cook over

high heat until mixture reaches 280°F. on candy thermometer. Add nuts and cook, stirring, until temperature reaches 300°F. Remove from heat.

3. Stir in butter and vanilla until blended. Add baking soda and stir vigorously.

4. Pour mixture onto prepared cookie sheet. With wooden spoon, spread as thin as possible. Cool completely. Break cooled candy into pieces. Pack in decorative tins or bags tied with ribbon. Store in airtight container up to 1 month. Makes 2 pounds.

Per ounce	Daily goal
Calories 145	2,000 (F), 2,500 (M)
Total fat 7 g	60 g or less (F); 70 g or less (M)
Saturated fat 2 g	20 g or less (F); 23 g or less (M)
Cholesterol 4 mg	300 mg or less
Sodium 126 mg	2,400 mg or less
Carbohydrates 20 g	250 g or more
Protein 2 g	55 g to 90 g

### MARGARITA POUND CAKES

#### TEST-KITCHEN FAVORITE

These little treasures get their sparkle from a simple sugar glaze rather than a more time-consuming frosting. Let

them stand at room temperature to soak up the luscious flavors.

Prep time: 25 minutes   ○\*1  
Baking time: 40 to 60 minutes

- 3 cups all-purpose flour
- 1 teaspoon cream of tartar
- 1 teaspoon salt
- 2 cups unsalted butter, softened (no substitutions)
- 2 cups granulated sugar
- 8 large eggs, at room temperature
- 2 tablespoons fresh lime juice
- 1 tablespoon grated lime peel

#### Glaze

- ⅔ cup tequila
- ¼ cup orange-flavor liqueur
- ¼ cup fresh lime juice
- 2 cups granulated sugar

1. Preheat oven to 325°F. Grease and flour 12 mini Bundtlette pans or two 6-cup kugelhof or Bundt pans; tap to remove excess flour.

2. Combine flour, cream of tartar and salt in medium bowl. Beat butter in large mixer bowl at medium-high speed until creamy. Gradually add sugar and continue beating until light and fluffy, about 5 minutes. Beat in eggs, one at a time, beating well after each addition. Stir in lime juice and peel. Add dry ingredients and beat 1 minute more. Spoon into prepared pans. Bake 40 to 45 minutes for small pans, 1 hour for large pans, until toothpick inserted in center comes out clean.

3. *Make glaze:* Meanwhile, combine tequila, orange liqueur and lime juice in small bowl. (If using 6-cup molds, make half the amount of glaze.)

4. Remove cakes from oven. Brush top with 2 teaspoons liqueur mixture. Cool in pans on wire rack 3 minutes, then invert onto rack set over wax paper and cool completely.

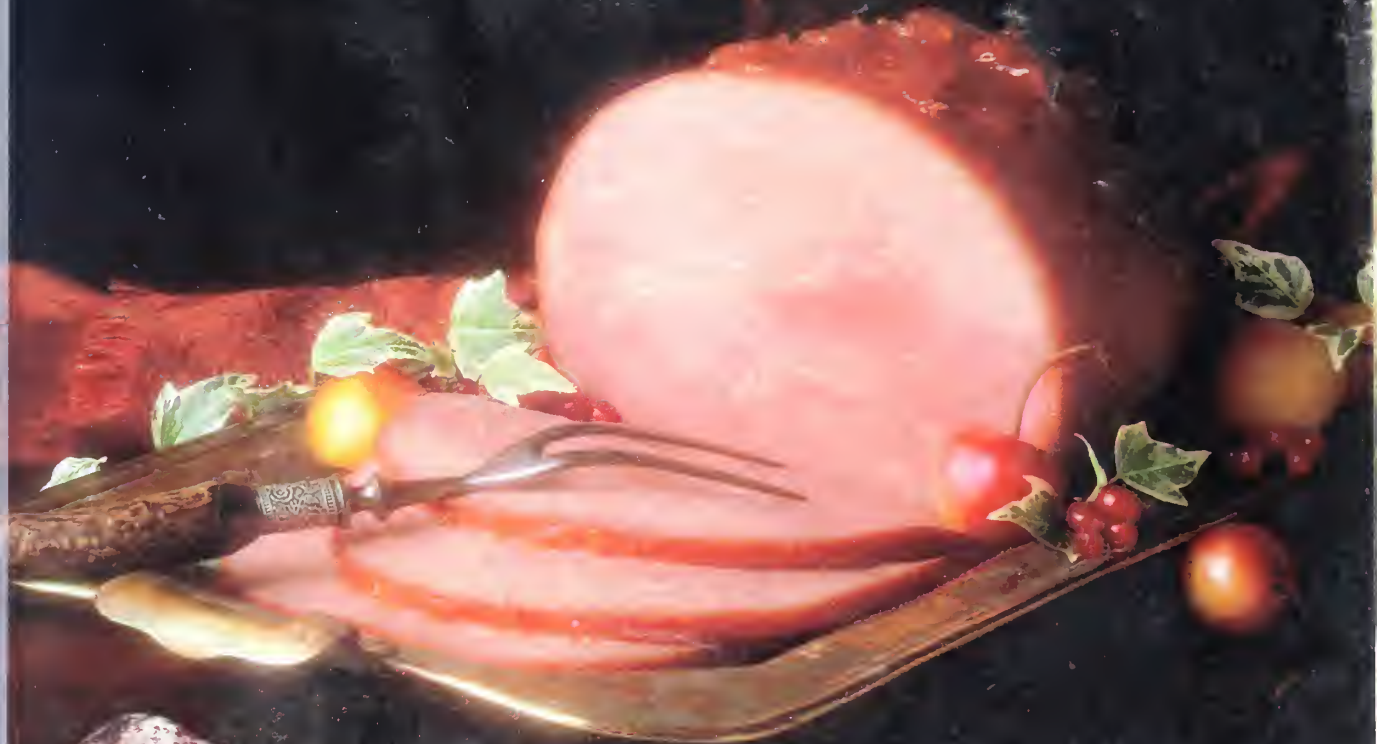
5. Stir 2 cups sugar into remaining liqueur mixture and brush over entire cakes. Cool. Wrap well and let stand overnight. (*Can be made ahead. Let stand at room temperature up to 5 days or freeze up to 1 month.*) Wrap decoratively in colored cellophane or tissue paper. Makes 12 mini Bundtlette cakes or 2 large cakes (12 slices each).

Per slice	Daily goal
Calories 375	2,000 (F), 2,500 (M)
Total fat 18 g	60 g or less (F); 70 g or less (M)
Saturated fat 10 g	20 g or less (F); 23 g or less (M)
Cholesterol 114 mg	300 mg or less
Sodium 120 mg	2,400 mg or less
Carbohydrates 47 g	250 g or more
Protein 4 g	55 g to 90 g

#### Variation:

**Orange Rum Pound Cakes:** For cakes, substitute 1 tablespoon grated orange peel, 4 teaspoons orange juice and 2 teaspoons lemon juice for lime juice and peel. For glaze, substitute ⅔ cup dark rum for tequila, (*continued*)

*Don't just  
make dinner.  
Make a  
statement with  
CURE|81<sup>®</sup> ham.*



When the occasion calls for something special, serve CURE 81<sup>®</sup> ham. It's slow-cured in natural juices and always tender. In fact, all CURE 81<sup>®</sup> hams are individually inspected to guarantee their flavor and tenderness. Our CURE 81<sup>®</sup> spiral-cut ham or CURE 81<sup>®</sup> boneless ham will make every occasion a special occasion.





**Margarita Pound Cakes**

(continued) 1/4 cup orange juice for lime juice. Combine with orange liqueur and sugar as directed. Proceed with recipe for Margarita Pound Cakes.

### HOT-PEPPER JELLY

A food processor makes quick work of this recipe. For a personal touch, attach a gift card of cooking and serving suggestions—the jelly is great as a glaze for pork or poultry, or a vibrant topping for biscuits or corn bread.

Prep time: 15 minutes plus standing      
Cooking time: 20 minutes

- 2 medium red peppers (12 oz.), seeded and cut into eighths
- 6 jalapeño chiles with seeds, halved

- 8 cups sugar
- 2 cups cider vinegar
- 1 box (6 oz.) liquid pectin

1. Combine peppers and jalapeños in food processor; pulse until coarsely chopped (do not puree). Add to large saucepan with sugar and vinegar; bring to boil over high heat. Skim foam from surface. Add pectin and return to boil; boil 1 minute. Skim foam again.
2. Ladle mixture into 9 sterilized 1/2-pint jars and process 5 minutes in boiling water bath (see "Processing preserves," page 163). Makes 9 half-pints.

Per tablespoon		Daily goal
Calories	45	2,000 (F), 2,500 (M)
Total fat	0 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F), 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	0 mg	2,400 mg or less
Carbohydrates	12 g	250 g or more
Protein	0 g	55 g to 90 g

### SPICY CHEESE STRAWS

#### INDULGENT BUT WORTH IT

Flaky cheese crackers from your own kitchen? You bet! These savory pastries are such an impressive (and tasty!) gift—how simple they are to make can be your little secret.

Prep time: 45 minutes plus chilling      
Baking time: 14 minutes per batch

- 3 1/2 cups all-purpose flour
- 2 cups grated Romano cheese
- 1 teaspoon salt
- 1/2 teaspoon ground red pepper
- 1 1/2 cups cold butter, cut up, plus 8 tablespoons softened butter

- 1/4 cup cold vegetable shortening
- 1/3 to 1/2 cup ice water

1. Combine flour, cheese, salt and pepper in large bowl. With pastry blender or 2 knives, cut in 1 1/2 cups cold butter and the shortening until mixture resembles coarse crumbs. Sprinkle with water 1 tablespoon at a time, tossing with fork just until dough holds together. Shape into ball; divide in half and flatten



**Spicy Cheese Straws**

into two 6-inch squares. Wrap separately and refrigerate 1 hour.

2. On floured surface, roll 1 square to 20x8-inch rectangle. Spread 2 tablespoons softened butter two thirds of the way down length of dough. Fold unbuttered third up, then fold top third down, letter-style. Repeat with remaining dough. Wrap separately and refrigerate 45 minutes.
3. On floured surface, repeat rolling, buttering and folding chilled doughs. Rewrap and refrigerate 45 minutes more.
4. Preheat oven to 400°F. Cut each dough in half. On lightly floured surface, roll one piece to 14x8-inch rectangle. (Keep remaining dough refrigerated.) Cut into 8x1/2-inch strips. Twist 2 strips together and place 1 inch apart on ungreased cookie sheet. Bake 14 minutes or until golden brown. Cool. Repeat with remaining dough.
5. Store straws layered on wax paper in airtight containers at room temperature up to 2 weeks or freeze up to 1 month. Pack in decorative bags or tins. To serve, reheat in single layer on cookie sheet in preheated 400°F oven 5 minutes. Makes 56 crackers.

Per cracker		Daily goal
Calories	90	2,000 (F), 2,500 (M)
Total fat	7 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F), 23 g or less (M)
Cholesterol	16 mg	300 mg or less
Sodium	124 mg	2,400 mg or less
Carbohydrates	6 g	250 g or more
Protein	2 g	55 g to 90 g

(continued)



**Hot-Pepper Jelly**

You can see the  
difference makes.



Show-off.

*(made with PARKAY Soft Margarine)*

*(made with leading spread)*

The word is out. Chocolate chip cookies made with PARKAY™ Soft Margarine turn out plump, golden and chunkier than cookies made with the leading spread.

Good cooks say PARKAY.™

You don't  
have to live  
in the South  
to serve up  
Southern  
hospitality.



Now, you can treat your guests to one of the South's true treasures. Derby-Pie® chocolate nut pie is, at last, available in the North, East and West. For shipment to your front door, order by phone from "A Taste of Kentucky", 1-800-444-0552.



Since 1954, DERBY-PIE® has been baked exclusively by KERN'S KITCHEN, Inc., Louisville, Kentucky.

DERBY-PIE® is a federally registered trademark of KERN'S KITCHEN, Inc.

### JOURNAL SHOPPING CENTER

**THE JOY OF ANGELS** Pages 100-103 Frame, Manhattan Art & Frame Models, Hania and Mischa Barton, Wee Willy, Leotard, Gilda Marx; tutu, Freed of London; tights, Denskin; wreathes, D. Emmett McCarthy; bow, M&J Trimmings. **Page 103** Model, Michael Deutchman of Ford. Costume, D. Emmett McCarthy.

**LADIES' HOME JOURNAL TRIMS THE TREE** Pages 104-111

Designer: Michael Foster, 212-874-0066. Floral designer: Oppizzi & Company Ltd, 212-633-2248. Specialty Christmas glass, ornaments, Christopher Radko, 800-71-Radko. Solid color Christmas ornaments: Christmas by Krebs, P.O. Box 5730, Russell, NJ, 88202. Christmas lights, gilt doves, hooks, Silvestri, 810-527-5211. All ribbons, Offray & Lion Ribbon Co., 908-879-4700. Christmas trees, Traditional Trees by JBC, 800-540-3391. Foyer: table skirt fabric, "Caesar," tree skirt fabric, "Nero," by Richmond Fabrics Group, available at Calico Corners, 800-777-9933; citrus, Florida Department of Citrus, Florida gift fruit, 800-428-4423; fresh pears, apples and desserts, Harry and David, 800-547-3033. Study: beeswax mantle candles, Perin-Mowen, Inc., 212-219-3937; custom-made center pillow, Mandereley, 415-457-4606; matching pillow fabric, "Thelma," "Damask Stripe," "Alexandra," "Caesar," and fabrication, Calico Corners; decorative plates and bowl, the Society of Decorative Painters, 316-283-0665; candles, Perin-Mowen, Inc.; lamps, The Bombay Co., 800-829-7789; pinecone products, Lady Slipper Designs, Inc., 800-950-5903. **MANTLES:** clockwise from top left, gilt candlesticks, urns, The Bombay Co.; toile painting by Gail Leddy, 212-247-0915; candles, Williamsburg Soap & Candle, 804-564-3354; hand-painted ornaments, through Neiman Marcus Christmas book, 800-825-8781; additional Christmas cards, Hallmark, 800-Hallmark; candles, Perin-Mowen, Inc.; pinecones, through Neiman Marcus Christmas book, trimmed antique mantle scarf, Mandereley; gilt mirrors and votives, tassels, The Bombay Co.; mosaic cherub hurricanes, through Neiman Marcus Christmas book. **BANISTER:** all ribbons, Offray & Lion Ribbon Co.; ornaments, Christopher Radko; faux berries, Silvestri. **SUN PORCH:** pine cones, through Neiman Marcus Christmas book; corn shuck dolls, angels, Foothills Craft Guild, Inc., artists involved, Lila Marshall, Helen Harmon, Sue Campbell, Ann Freels, Jacque Wynn, P.O. Box 6999, Oak Ridge, TN 37831-6999; "Winter Game Birds," red china, Lynn Chase Designs, 800-228-9909; fruits, Harry and David; lemons, Florida Department of Citrus, Florida gift fruit. **SANTA COLLECTION:** Silvestri and Christopher Radko; antique velvet table scarf, Mandereley; brass candlestick lamp with black shade, The Bombay Co. **DINING ROOM:** all slipcovers and placemat fabrics, trims and fabrication provided by Calico Corners; candles, Williamsburg Soap & Candle; silver candlesticks, footed bowls, gilt candlesticks, toile urns, napkins, The Bombay Co.; tangerines, Florida Department of Citrus, Florida gift fruit; all desserts and gourmet fruits, Harry and David; "Chantilly," sterling flatware, "Cherry Wood," stemware, Gorham Inc., 800-635-3669; steamer, Rowenta 617-661-1600.

**ALL DRESSED UP** Page 113 Tank, Jockey for Her; girls pajamas, Jo Boxer Girlfriend; puff, Shiseido; body lotion, Chloe Narcisse; puff, Shiseido; moisturizer, Elizabeth Arden Comeback Cream; powder, Valerie Beverly Hills Fairy Dust Powder; makeup, Nina Ricci Gentle Care Makeup; perfume, Estee Lauder Youth Dew; candle, Rigaud. **Page 114** Bodysuit, La Perla; Pembroke comb, Tiffany & Co.; compact, Givenchy. **Page 115** Dress, Victor Costa; stockings, Hanes; pants, shirt, Giorgio Armani; tie, Tommy Hilfinger; watch, Jaz. **Page 116** Dress, Victor Costa, necklace, earrings, Scott Kelinson.

**YOU LOOK JUST LIKE...Pages 120-123** GEORGE: jacket, shirt, Eddie Bauer. ELAINE: dress, Ecote, available at Urban Outfitters; necklace, earrings, Urban Outfitters. JERRY: shirt, Jo S. Banks; belt, Eddie Bauer; jeans, Levis. CINDY: dress, Pamela Dennis; earrings, Simon Tu, available at Fragments; bracelet, Marie Ferra, available at Fragments. IVANA: suit, Jones New York. LONI: dress, Pamela Dennis. JAY: tie, Hugo Boss. BETTE: fur, Galery at The Forgotten Woman; necklace, Marie Ferra at Fragments. DAVID: suit, Novocento, available at Marco Evans; shirt, Hugo Boss; tie, available at Marco Evans.

**OUR BEST HOLIDAY BUFFET** Pages 130-131 Platter with beef, Annieglass, 800-347-6133. Gold and white plates, flatware, champagne glasses by Mathias, porcelain silver-glazed serving bowl, vase, gold napkin, Takashimaya, 800-753-2038. Venetian glass bowl, embroidered runner, LS Collection, 212-472-3355. **Page 132** Top left: silk runner, LS Collection. Rectangular platter, Annieglass. Center left: napkin, Takashimaya, 212-351-0100.

**COOKIES!** Pages 142-143 Second photo from top right: white and green tray, "Evergreen," D. King Irwin, 212-683-0619. **Page 146** Ornament, Vietri, 800-277-5933.

### Salmon Pâté



(continued)

### SALMON PÂTÉ

#### FASTEST RECIPE OF THE MONTH

For a gift that any hostess will welcome with open arms, pack this elegant pâté into a pretty crock and bring it along to a holiday brunch or cocktail party.

Total prep time: 15 minutes plus standing

- 1 pound salmon fillet
- 1/4 cup white wine
- 1/2 cup unsalted butter, softened (no substitutions)
- 1/4 pound smoked salmon, chopped
- 2 tablespoons fresh lemon juice
- 2 tablespoons gin or aquavit (optional)
- 3/4 teaspoon ground pepper
- Salt (optional)
- Dill sprigs, for garnish (optional)

1. Combine salmon fillet with wine and water just to cover in skillet. Bring to a boil, reduce heat and simmer 5 minutes. Let stand 30 minutes. Drain and flake salmon; discard skin and bones.
2. Process butter in food processor until creamy. Add smoked salmon, juice, gin and pepper; pulse to combine. Add cooked salmon and pulse just until combined. Taste and add salt if needed. Pack into small crocks or decorative containers. Cover and refrigerate up to 3 days or freeze up to 2 weeks. Garnish with dill. Makes 2 1/2 cups.

Per tablespoon	Daily goal
Calories	200 (F); 2,500 (M)
Total fat	60 g or less (F); 70 g or less (M)
Saturated fat	20 g or less (F); 23 g or less (M)
Cholesterol	13 mg or less
Sodium	2,400 mg or less
Carbohydrates	0 g or more
Protein	55 g to 90 g

### WINE BISCUITS

These "cocktail cookies" are made from a refrigerated slice-and-bake dough. Crisp and peppery, they are a wonderful

companion to a glass of wine or a cup of soup.

Prep time: 20 minutes plus cooling and chilling  
Baking time: 12 minutes per batch

1 cup white wine  
2 cups all-purpose flour  
1 teaspoon baking powder  
1/2 teaspoon freshly ground pepper  
1/2 teaspoon salt  
1/2 cup butter, softened  
1/2 cup vegetable shortening  
1/2 cup sugar  
1 large egg white, beaten with  
1 tablespoon water

Bring wine to boil in small saucepan over high heat. Boil until reduced to 1/2 cup, 8 to 10 minutes. Cool to room temperature.

Combine flour, baking powder, 3/4 teaspoon pepper and the salt in medium bowl. Beat butter, shortening and sugar in mixer bowl until light and fluffy. Blend in cooled wine. Add dry ingredients; beat 1 minute. (Dough will be sticky.) Divide dough in half. Spoon each half onto a sheet of plastic wrap; shape each into 12 x 1-inch logs. Freeze overnight.

Preheat oven to 350°F. Cut chilled logs into 1/4-inch slices and place on ungreased cookie sheets. Brush tops of biscuits with beaten egg white. Grind



additional pepper on top. Bake 12 minutes or until edges are golden, switching position of pans halfway through baking. Cool completely on cookie sheets. Pack into decorative tins or bags. Store at room temperature up to 1 month. Makes 80.

Per biscuit		Daily goal
Calories	30	2,000 (F), 2,500 (M)
Total fat	2 g	60 g or less (F), 70 g or less (M)
Saturated fat	1 g	20 g or less (F), 23 g or less (M)
Cholesterol	3 mg	300 mg or less
Sodium	32 mg	2,400 mg or less
Carbohydrates	4 g	250 g or more
Protein	0 g	55 g to 90 g

Recipes by Lisa Brainerd, Fraya Berg, Cynthia DePersio and Susan Kaufman.

## PROCESSING PRESERVES

When making jams, jellies and chutneys, the USDA recommends processing them in sterilized jars in a boiling water bath.

1. Place canning jar lids and bands in water to cover by 2 inches in a canning pot fitted with a canning rack. Boil 10 minutes; remove from pot.

2. Spoon the boiling fruit or vegetable mixture into the hot jars to 1/2 inch from top. Wipe rims and threads clean. Tightly screw on lids and bands. Transfer to pot, adding boiling water to cover tops of jars by 2 inches. To process, boil gently as the recipe directs (usually 5 to 15 minutes).

3. With tongs, transfer jars to a tray lined with kitchen towels, leaving space between the jars. Cool in a draft-free place 12 to 24 hours.

4. Check the seals on the jars. Properly sealed, preserves can be stored in a cool, dry, dark place up to one year.



## REVISIT AN OLD FRIEND AND SEE HOW MUCH IT'S CHANGED.

Try our new Chicken Pies and you'll find a lot has changed from the pot pies you probably remember. That's because Tyson Chicken Pies are made with only the best ingredients. We use hearty chunks of tender white meat chicken, crisp garden vegetables and a rich, creamy sauce. And all surrounded by a flaky pastry crust. So try an old-time favorite again. You'll be surprised just how good it is today.

FEEDING YOU LIKE FAMILY.





**T**his year, audiences adored *Forrest Gump*, the unlikely hero of the runaway hit movie of the same name. Now, this unforgettable character has written a cookbook! The *Bubba Gump Shrimp Co. Cookbook: Recipes & Reflections from Forrest Gump* (Oxmoor House) serves up seventy-five shrimp recipes along with Forrest's reminiscences about his mama, his friends Bubba and Lieutenant Dan, and his lifelong love, Jenny. Life may be like a box of chocolates, as Forrest says, but a big plate of shrimp sounds mighty good, too.

**BUBBA'S BEER-BATTER SHRIMP**  
*Prep time: 25 minutes*  
*Cooking time: 2 minutes per batch*

- 1 pound unpeeled large fresh shrimp
- ¼ cup all-purpose flour
- ¼ cup cornstarch
- ¼ teaspoon salt
- ¼ cup beer
- 2 tablespoons butter or margarine, melted
- 1 large egg yolk
- Vegetable oil, for frying

1. Peel and devein shrimp, leaving tails intact.
2. Combine flour, cornstarch and salt. Whisk in beer, butter and egg-yolk until smooth.
3. Heat 1 ½ inches oil in large saucepan or Dutch oven to 375 F. Dip shrimp into batter, then add to pan a few at a time and cook until golden, 1 to 2 minutes. Drain on paper towels. Makes 4 servings.

## MARKET TRENDS

# ORANGES

There's nothing like a wintry nip in the air to make us yearn for the sweet, sunny taste of oranges. Fresh from Florida and California, most varieties are at their peak now and throughout the winter. Recently, more exotic varieties have made inroads into the market. Below, some of our favorites:

**Blood oranges** • Named for the ruby color of the pulp and juice, blood oranges are a vivid addition to trendy restaurant fare. Most plentiful from December to mid-March, these California-grown delicacies are rather pricey. The Moro variety has the deepest color and an intense flavor of citrus and berries. Red Navels from Florida have an earlier winter season.

**Mandarins** • Mandarin is a citrus family that includes tangerines, tangelos, temples and clementines—all have loose, easy-to-peel "zipper skins." Mandarin is also the name of a specific tangerine-size fruit. Varieties include Satsumas (mildly sweet and virtually seedless) and Kinnows (juicy, full-flavored but full of seeds). Juicy new tangerine varieties, Fallglos and Sunbursts, are available from October to January.

**Temple oranges** • Temples are a cross between the tangerine and sweet orange. Available from January to March, they have a red-orange skin and pulp, a tart-sweet taste and few seeds.

**Tangelos** • Varieties of tangelo—a cross between the grapefruit and tangerine—differ almost as much as their parents do. The tangy Orlando, most abundant in early winter, resembles a smaller, light-orange grapefruit.

The Minneola, available into the spring, has a tart-sweet taste and a unique knob at the stem end.

**Clementines** • Delicate clementines are the size of baby tangerines (they're a cross between the tangerine and the Seville orange). Sweet and seedless, they appear only briefly in December and January; they're imported and fairly expensive.

Oranges are best stored in the refrigerator crisper. Look for firm, plump fruits that are heavy for their size. On average, a medium orange (about 7 oz. unpeeled) contains 65 calories and 80 milligrams of vitamin C; a medium tangerine (about 4 oz.) contains 35 calories and 26 milligrams of vitamin C.



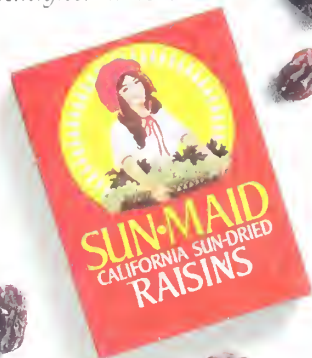
**DID YOU KNOW . . .**  
**Americans consumed 216 million cups of eggnog last year?**





**What  
do you  
remember  
most  
about  
growing  
up?**

*At the time, you didn't know it was Dad. It seemed perfectly logical to you that in a single night someone could squeeze down every chimney in the world, deliver gifts to all the kids and still take time for a snack. Dad never minded the job, though. Maybe because he liked eating fresh-baked Raisin Oatmeal cookies at midnight. Who doesn't?*



*Simple. Genuine. Good.*

# FINALLY, A SIMPLER WAY TO CHOP PARSLEY, SAGE, AND TIME.

The power of a food processor. The convenience of a mini-chopper. That's what you now get from KitchenAid. An exclusive mini-bowl fits inside the main bowl, making small jobs a snap. Plus, the whole machine is remarkably easy to clean. And comes with a Total Replacement Warranty. For more, call 1-800-422-1230.

**KitchenAid®**  
FOR THE WAY IT'S MADE.



# FOOD FIGHT OF THE DECADE

Just when we thought the USDA's new food pyramid was the nutritional model to live by, here comes the Traditional Mediterranean Diet, developed by the World Health Organization, experts from the Harvard School of Public Health and Oldways Preservation & Exchange Trust.

The USDA says its guidelines reflect a consensus of dietary recommendations based on current research. The Mediterranean Diet is modeled on the typical eating pattern of men in the Mediterranean region around 1960—a population notable for low rates of diet-linked disease and long life expectancy. (In fact, according to the United Nations' 1994 Human Development Report, Mediterraneans from Spain and Greece are longer than Americans and spend far less on health care.)

Both diets use pyramids to illustrate the recommendations, and both advise liberal consumption of

complex carbohydrates, fruits and vegetables. However, farther up each pyramid, the differences are more pronounced. For example, olive oil, which is high in monounsaturated fat, occupies an important place on the Mediterranean Diet pyramid. The USDA pyramid specifies only sparing usage of all fats, including monounsaturated fats.

Another major difference is the inclusion of wine on the Mediterranean Diet. The proponents of the diet cite recent research that suggests red wine may prevent certain cardiovascular diseases.

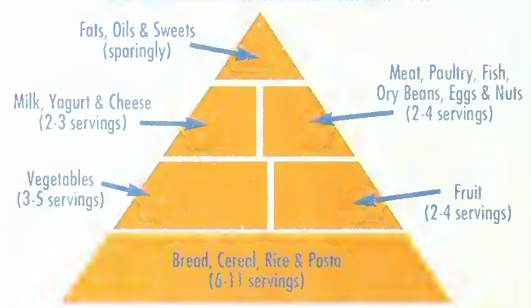
Critics of the Mediterranean Diet, however, believe that even seeming to encourage wine consumption could lead to increased alcohol-related problems.

With so much disagreement among the experts, what are the rest of us to do? Perhaps the Greeks had it right when they counseled moderation in all things.

## Mediterranean Diet Pyramid



## Food Guide Pyramid



DECEMBER 1914

LHJ, as usual, was busy keeping readers up-to-date on the latest trends. In the December issue, the food editors featured "Plantation Christmas Cakes." Our favorite: White Fruitcake, a Georgia treat.

In 1914, the future looked rosy to Americans. Not yet involved in the Great War that broke out in Europe that summer, we took to the roads in our Model T's and celebrated the first-ever

Mother's Day. We were confident that "peace on earth" was more than an empty phrase.

## WHITE FRUITCAKE

Prep time: 30 minutes  
Baking time: 80 minutes

- 1 1/2 cups currants
- 1 1/2 cups raisins
- 1 cup (4 oz.) finely chopped candied citron
- 2 teaspoons grated lemon peel
- 2 tablespoons fresh lemon juice
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon nutmeg
- 1/4 teaspoon moce
- 1/2 cup butter
- 1 1/3 cups sugar
- 3 large eggs, separated
- 1 container (8 oz.) sour cream
- 1 cup blanched slivered almonds
- 1/2 cup brandy

1. Preheat oven to 300°F. Butter two 8 1/2 x 4 1/2-inch loaf pans. Butter two 9 x 5-inch pieces of wax paper; set aside.

2. Combine currants, raisins, citron and lemon peel in bowl; toss with lemon juice. In another bowl, combine flour, baking soda, nutmeg and moce.

3. Beat butter and sugar in mixer bowl until light and fluffy, 3 minutes. Add egg yolks; beat 1 minute more. Gradually



beat in 1 cup flour mixture. Stir in flour mixture alternately with sour cream, beginning and ending with dry ingredients.

4. In clean mixer bowl, beat egg whites until stiff; fold into batter. Stir in nuts and fruit. Divide batter evenly among prepared pans. Cover with buttered wax paper. Bake 80 minutes. Cool in pan 30 minutes; cool on wire racks 30 minutes more.

5. Peel off wax paper. Brush brandy onto cakes, letting it soak in. Cool completely. Wrap and store up to 1 month. Makes 2 loaves.

THE LADIES' JOURNAL



General Mills  
**Cheerios**  
NEW!  
SNACK MIX  
Original

"Hey, I could get into that!"

## INSIDE THE JOURNAL KITCHEN

Dear LJJ:

I recently had the most delicious basil mashed potatoes at Zoë, a chic restaurant in New York City. Please help me get the recipe. —Paula Tepper, New York City

You asked for



## CHRISTMAS CHEER

You'll love the festive color the basil adds to your holiday table.

1. Cook 1 pound each Yukon Gold and Red Bliss baking potatoes, peeled and sliced, in salted water in saucepan until tender.
2. Boil 6 cups water in another saucepan. Add 1 cup lightly packed basil leaves; cook 30 seconds. Drain and pat dry. Puree basil with 2 tablespoons olive oil in blender.
3. Heat  $\frac{2}{3}$  cup milk,  $\frac{1}{4}$  cup heavy cream and  $\frac{1}{4}$  cup butter in saucepan.
4. Drain potatoes and mash with potato masher. Stir potatoes, milk mixture, basil puree, 1 teaspoon salt and  $\frac{1}{4}$  teaspoon ground pepper until blended. Makes 4 cups.

## RECIPE INDEX

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk include microwave instructions.

### APPETIZERS

Broccoli with Basil Mushrooms p. 152  
The Giant's Spinach Dip p. 152  
LHJ Dip p. 134  
Mushroom Tartlets p. 132  
Oyster Crab Cakes p. 134  
Pissaladière p. 132  
Salmon Pâté p. 162  
Spicy Cheese Straws p. 160  
Wine Biscuits p. 162

### COOKIES

Almond Frosties p. 150  
Black-Pepper Cookies p. 148  
Buttery Butterscotch Cut-Outs p. 151  
Choc-Oat-Chip Cookies p. 136  
Chocolate Mini Chip Holiday Cookies p. 139  
Chocolate Nutcracker Sweets p. 148  
Chocolate Raspberry Streusel p. 136  
Cranberry-Nut Cookies p. 146  
Creamy Cashew Cookies p. 150  
\*French Pistachio Butter Creams p. 156  
Grandma's Christmas Cookies p. 149  
Gumilla's Cookies p. 150  
Hazelnut Cookies p. 144  
Honey Nut Christmas Cookies p. 154  
Lattice-Gate Sheet Cookies p. 154  
Little Chocolate Drops (Schokoladepfätzchen) p. 154  
Maple-Fig Pinwheels p. 146  
Pellegrini Anisette Biscotti p. 149  
Peppermint Delight p. 144  
Peppernuts p. 148  
Russian Torte p. 154  
Snow-Covered Almond Crescents p. 137  
Suited-For-Santa Cookies p. 148  
Walnut Butter Wafers p. 144  
Yiayia's Kourabiedes p. 156

### DESSERTS

Christmas Jigglers p. 144  
Dried-Fruit Tart p. 140  
\*German Sweet Chocolate Pie p. 140  
Hazelnut Sacher Brownies p. 140  
Holiday Poke Cake p. 145  
Margarita Pound Cakes p. 158  
Orange Rum Pound Cake p. 158  
Philly® 3-Step™ Cherry Cheesecake p. 141  
Raspberry-Banana Trifle p. 140  
Traditional Christmas Fudge p. 139  
Traditional Pumpkin Pie p. 146  
White Fruitcake p. 167

### ENTRÉES

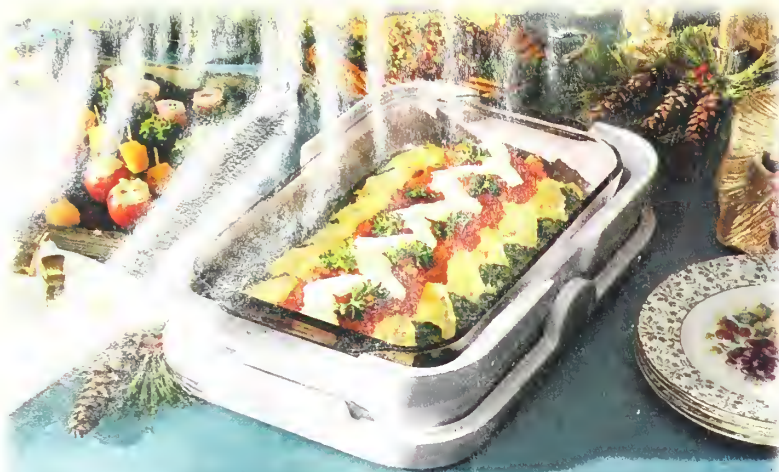
Beef Tenderloin with Horseradish Sauce p. 138  
Bubba's Beer-Batter Shrimp p. 166  
Easy Lemon Chicken p. 133  
Nutty Ham and Cheese Sandwich p. 134  
Old-Fashioned Macaroni and Cheese p. 134  
One-Pan Potatoes & Chicken Dijon p. 128  
Simple Stir Fry for Turkey Leftovers p. 153  
Smokehouse Californian Sandwich p. 134  
Stuffed Turkey Breast p. 134

### MISCELLANEOUS

\*Chez Party Mix p. 39  
Cranberry Orange Bread p. 137  
Decorative Icing p. 156  
Hot-Pepper Jelly p. 160  
Multi-Nut Brittle p. 158

### SIDE DISHES

Basil Mashed Potatoes p. 168  
Honey Thyme Vegetables p. 153  
Potato-Fennel Gratin p. 138  
Roasted Beet and Orange Salad p. 138



## Some Like It Hot.



## Some Like It Cold.

### Keep Food Hot Or Cold For Hours With Tempreserve® Food Servers.

Whether you're going uptown, downtown, or all around the town this holiday season, keep your special recipes at the perfect temperature with Tempreserve insulated food servers.

Roomy enough to hold most 9x13 baking dishes, Tempreserve servers keep your food tasting as if it just came out of your kitchen. No matter where you hang your hat this holiday season, your holiday favorites will taste like you never left home with Tempreserve insulated food servers and bowls.

Another magic idea from Aladdin.



Aladdin  
**TEMPRESERVE**

When home cooking needs to leave home.

Call To Find Your Nearest Tempreserve Retailer: 1-800-785-8567  
7 a.m. - 7 p.m. Mon. - Fri. • 9 a.m. - 1 p.m. Sat. • All Central Time

# ONLY ONE YOGHURT COMPANY ALLOWS YOU TO GO WINDOW SHOPPING.



**E**ver since we started our company, we wanted to do things differently.

That's why we're putting our yoghurt into clear  containers.

Hey, if you used only  the finest fruits, a unique blend of

active cultures with no fat, artificial colors or artificial sweeteners,



you wouldn't want to hide it either. Which makes it easy next

time you're in the dairy aisle. Just look for the all-natural yoghurt

that's not afraid to show you what it's made of.



what comes naturally.

# Holiday Hits.

Holiday Hits That Are  
Right On The Money  
At Your AT&T Phone Center.

© The Walt Disney Co.



**AT&T Mickey Mouse Telephone**

Reg. \$69.99

**SALE \$49<sup>99</sup>**

**AT&T Cordless Telephone 5483**

Reg. \$139.99

**SALE \$99<sup>99</sup>**



**AT&T**

**PHONE CENTER**

Call 1 800 858-3718 Ext. 979  
for the AT&T Phone Center nearest you.

Offer ends 12/31/94. All products not available in all locations.

AT&T Telephone products are FCC registered. While supplies last. ©1994 AT&T. All rights reserved.

**SUDDENLY  
YOU  
CAN™**

# travel journal

## Family fun at Deer Valley

For many people, Utah's Deer Valley Resort is synonymous with posh. Built fifteen years ago as a retreat for skiers weary of fighting long lift lines and slopes plagued by snowboarders, the resort exudes a certain quiet gentility that more closely resembles its European counterparts than its Western neighbors. Ski-lift tickets and ski-school prices are a bit higher here than at neighboring Park City, but the results are worthwhile—particularly if you're vacationing with kids.

What makes Deer Valley unique? The resort strictly limits the number of skiers on the slopes each day, which translates into no-wait lift lines and uncrowded runs, even during peak vacation weeks. And you can't help but feel cosseted by the attention paid to customer service—reach to remove your skis from the car rack, and before you turn around a uniformed ski valet is whisking them out of your hands.

Parents will especially appreciate Deer Valley's extra level of pampering. If you've ever taken your kids on a ski trip, you know it's not the most, well, relaxing of holidays. Fun and exhilarating, yes. Stress-free? No way. There's always one child who doesn't realize she's missing a ski pole, goggles or even a ski until she's just about to sit down on the high-speed quad. And then there's the one who is too tired and, in a fit of last-minute crabbiness, announces for all the world to hear that he hates skiing and you, too. But at Deer Valley, skiing with kids is as easy as it gets.

The wide, manicured slopes certainly help (many of the easier runs are groomed before dawn each morning). So does the well-equipped, licensed children's center, with its crackling fire. Child-care pros watch infants as young as two months from eight-thirty A.M. to four-thirty P.M.

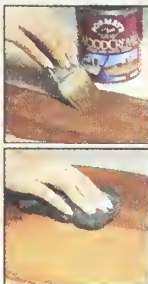
# simply beautiful

**INTRODUCING FORMBY'S® DECORATIVE TOUCHES™ WOODCREME™ MATTE FINISH.**

**Add natural warmth and color to unfinished wood.**

There's never been an easier or more satisfying way to bring out the character and beauty of unfinished wood.

Simply brush on the thick, no-drip formula. After a few minutes, buff off



for a soft and natural matte finish.



Clean up is quick and easy with plain soap and water.

And because it's from Formby's, the wood care expert, you can't go wrong. You know you'll get a perfect project every single time.



And if your kids are ready to learn to ski, this is the place. Three- to five-year-olds have a combination play/ski program, while the six-years-plus group focuses more on skiing. (The consensus among experts today is that by age four or five a child has the physical and psychological maturity necessary to master the sport, plus the socialization skills to manage a group setting for several hours at a stretch.) Ski school starts at the very civilized hour of ten A.M.; the groups are small—sometimes only three or four kids—and the instructors top-notch. By the end of the first day, you'll be amazed at how well they know your kids. Incidentally, if you're thinking of teaching them yourself, don't. It's

akin to teaching a teenager to drive a car: Everyone gets tense and critical and the fun fades fast. And don't push a recalcitrant youngster. You may adore skiing, but if you're kid is miserable . . . accept it.

After a busy day on the slopes, the whole family will gladly head down to one of the resort's outstanding restaurants and cafeterias. The choices are many and varied, with something for even the pickiest eaters—from the gourmet pizzas at McHenry's to the sea bass at The Mariposa. A word of advice: Don't miss the seafood buffet at Snow Park Lodge.

For more information about Deer Valley, call 800-424-DEER.

—MARGERY D. ROSEN

Introducing an entirely new  
anti-perspirant that works for a  
new generation of women.



Look, it's totally clear.

Dry Idea® Clear Gel.

It leaves no chalky residue behind.  
And it's a gel – smooth and clean.  
It's the most advanced form of wetness  
and odor protection you've ever seen.

And it will work for you.

**Dry Idea®**

Working to Keep Up With Women



LENOX

GOOD FORTUNE  
NEVER SHINED  
SO BRIGHT

REMARKABLE VALUE -  
ONLY \$19 PER MONTH



Sculpture shown smaller than actual size of 7" in height

**T**HE ELEPHANT, with its trunk raised, has symbolized joy and prosperity for centuries. Now let its spirit of good fortune brighten your home. *Crystal Elephant* by Lenox is an original sculpture that artfully combines both polished and frosted finishes.

Portrayed trumpeting a call, the elephant curls its trunk upward. The curving surfaces of the sculpture capture light—illuminating the form from within. The

tall grass, faceted and delicately frosted, glows in rich contrast.

*Crystal Elephant* will be etched with the Lenox® trademark, your assurance of unsurpassed crystal artistry. Not currently offered through art galleries or even fine collectible stores, this fine imported crystal sculpture is available from Lenox at \$95, payable in monthly installments. To order, send no payment now. Simply mail your Reservation Form today.

CRYSTAL ELEPHANT. BY LENOX.

Mail by December 30, 1994 • Not sold in collectible stores  
Please enter my reservation for *Crystal Elephant* from Lenox. I need send no money now. I will be billed for my full-lead crystal sculpture in five monthly installments of \$19\* each. My satisfaction is completely guaranteed.

Signature \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_  
PLEASE PRINT CLEARLY

City \_\_\_\_\_

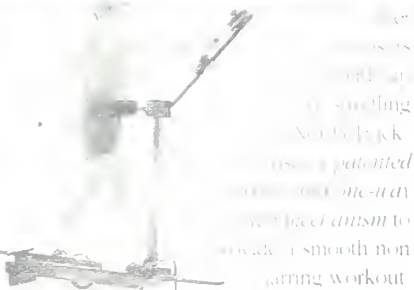
State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone(\_\_\_\_\_) \_\_\_\_\_

\*Plus \$5.98 per sculpture for shipping, handling and insurance. Sales tax will be billed if applicable. All orders subject to acceptance.

Mail to: Lenox Collections  
P.O. Box 3020,  
Langhorne, PA 19047-9120

You can afford a NordicTrack. Why settle for anything less?



NordicTrack Challenger .....only \$339<sup>99</sup>  
 NordicTrack Sequoia .....only \$429<sup>99</sup>  
 NordicTrack Excel .....only \$499<sup>99</sup>  
 Other models priced from \$599 to \$1499<sup>99</sup>

30-day in-home trial!

**NordicTrack**  
 A CML Company

FREE Video and Brochure

Call 1-800-942-1890 Ext. 266L4

or write: NordicTrack Dept. 200L4  
 14 Peavey Road, Chaska, MN 55318-2355

NordicTrack is a CML Company • A Division of Sears, Roebuck and Company • © 1994 Sears, Roebuck and Company

LADIES' HOME  
**Journal**

**SUBSCRIBER SERVICES**

**Change of Address:** Please send mailing label from this magazine along with your new address to the address below. 6-8 weeks advance notice is needed.

**Mailing List Name Removal:** We occasionally make our mailing list available to organizations whose offer we believe might be of interest. If you do not wish to receive any mailings from companies not affiliated with Meredith Publications, Inc., please send a note stating your request along with your mailing label to the address below.

**Complaints:** For duplicate issues, late delivery or any problems, send mailing label and details to the address below.

**Mail to: LHM, P.O. Box 53940, Boulder, CO 80322-3940**

unexpected pregnancy when Kellie was eighteen. She broke up with her boyfriend soon after the pregnancy was confirmed and made the choice to put the baby up for adoption. The process was handled by an attorney, Mike McGuire.\*

Open adoptions were less common in 1980 than they are today, so when her child's future parents were selected, all Kellie was told about them was their ages, general descriptions and religious and educational backgrounds.

Jim and Shauna Bradley had been married four years when they began to consider adoption after what Shauna calls "a lot of infertility work." They put in applications with several agencies and attorneys; a year later, Mike McGuire's office called to tell them that they had been selected to be the parents of a boy from Kanab who was due in three months. Three days after his birth, Jake was presented to the Bradleys by Mike McGuire. Shauna became pregnant with their second child, a son, two years later; they then went on to adopt a daughter, completing their family. The Bradleys told Jake about his adoption soon as he could understand, emphasizing that his birth mother had given him up because she loved him. On each of his birthdays, Shauna would say, "You know who's thinking about you today."

Less than a year after Jake was born, Kellie was married to Thayne Forbush. Early on, Kellie told him about her baby. "He was very understanding from the first—and still is," she says.

**THE SECRET THAT COULDN'T BE KEPT**

Now, standing in the counselor's office, Kellie didn't know whether to rejoice or be wary. After all she'd endured in the past year, she couldn't risk another bitter disappointment if this woman wasn't her son's mother.

Kellie began, "So his birthday is . . ."  
 "June 28, 1980," was the reply.

"And the attorney was . . ."  
 "Mike McGuire," said Shauna. "And wasn't your maiden name Robinson?" Her heart pounding, Kellie nodded yes. The impossible *had* happened.

To make this coincidental meeting even more astonishing, Shauna practiced in Salt Lake City only one day a week and rarely sees patients for post-layoff counseling. "The odds that we would meet like this do not exist," says Shauna. "Even if we did meet in another circumstance," adds Kellie, "adoption might not have been mentioned, and we would never know."

Shauna gave Kellie a school picture of Jake, and Kellie dashed into the waiting room to find a picture of her own family in her purse. Thayne, who has \*Name has been changed.

**Mother and child reunion**

*(continued from page 119)*

noticing that her client bore an amazing resemblance to her oldest son, Jake, whom she had adopted as an infant. "She looked exactly like him, with similar dimples, freckles and dark hair," says Shauna. "She had the same eyebrow arch and exact shade of greenish-brown eyes." But she passed it off as just an odd similarity.

During their second session, on April 13, Shauna asked Kellie about her plans for the future, and she joked about wanting to be a country singer. Then Kellie's tone turned sober as she announced, "Whatever I do, I really want to write a book about my adoption experience." As a teenager, she said, she had given up a baby boy for adoption to a couple she had never met. Kellie had since gone on to a happy marriage and three other children, but she'd never stopped thinking about that first son, who would be celebrating his fourteenth birthday in two months. She hoped that writing about her experience might help other young women in similar circumstances.

"I was impressed with Kellie's attitude," Shauna recalls. "I knew if my son's birth mother was like her, I would be happy to meet her." The counselor explained that as an adoptive mother,

this subject was close to her heart.

Grateful to have found a compassionate listener, Kellie tearfully spoke of her one regret: She had not been allowed to hold her son before surrendering him. When asked why, she replied, "Kanab is a small town, and that's just the way they did things," referring to the southern Utah town where she'd grown up.

Startled, Shauna dropped her notebook. *Her* son had been born in Kanab fourteen summers ago. "Kanab! Did you say Kanab?" she cried. Cautiously, Kellie replied yes.

"I felt like I couldn't breathe—like someone had hit me in the stomach," Shauna remembers. "Then I started to hyperventilate." Kellie noticed that the counselor was shaking, her trembling hands covering her mouth as she repeated, "Oh my gosh! Oh my gosh!" Kellie's next words seemed to emerge in slow motion: "Do you have him?"

Shauna nodded. "I think I do."

**A TALE OF TWO MOTHERS**

As a teenager, Kellie felt alienated and ridiculed by the classmates in her small-town school. As a result, she says, "I allowed myself to have a physical relationship because I wanted so badly to be loved and accepted."

The result of that need was an

accompanied his wife to the appointment, was dismayed to see her in tears. Jazed, Kellie blurted the news to him, then ran back into the office before he could react.

The two women talked for a half hour after the appointment was officially over. Shauna told Kellie that she wanted to wait until Jake was eighteen to tell him about her, feeling he would be better able to handle the news as an adult. Kellie, happy in the knowledge that her son had a loving home, agreed.

That evening, Jim Bradley, forty-two, could tell that his wife was "up and excited, as if she'd had the best workday ever," he says. After their children were asleep, he found out just why she was so rejoiced—and shared in his wife's excitement. The next morning, Shauna called Kellie "to see if it was real or a dream," and the two women made a lunch date for the following Tuesday.

In the days that followed, Kellie and Shayne, on the advice of a counselor, decided to tell their children about the amazing meeting. Amanda, twelve, Sara, nine, and Ben, eight, already knew they had a half brother who had been given up for adoption to another family. The children were excited, pressing their mother for details and asking when they would be meeting Jake.

In the meantime, the Bradleys were going through a dilemma of their own. Had they been right to insist on waiting so long to tell their son? After weighing the options, they concluded that Jake was old enough. "If we waited and he found out we had already known for our years—or if someone else told him—he'd probably be mad or lose trust in us," Jim explains. "[But] if we told him now, he could grow into the knowledge of who his birth mother is, and we could be part of it."

At lunch on Tuesday, the two women were so busy giggling and exchanging pictures that they forgot to look at the menu. When Kellie heard that the Bradleys now wanted to tell Jake as soon as possible, it was her turn to be anxious. "Please don't tell him because you think I want you to," she urged. Anxious thoughts raced through her head: What if she didn't meet Jake's expectations? Suppose Jake was angry or resentful that she'd given him up?

That Saturday morning, Shauna and Jim came into Jake's room and woke him up. Shauna said, "Jake, the weirdest thing happened the other day. I was counseling with a woman, and we figured out that she's your birth mother."

Jake's freckled face burst into a grin, and his questions came rapid-fire: "What does she look like? Where does

# From cookies to cobblers to breads to buns, bake it better with Quaker Oats



To receive your **Bake It Better** With Quaker Oats Recipe Book for just **\$1.25** (retail value \$2.99), print your complete name and address on a 3"x5" piece of paper (or larger) and send it with a check or money order for **\$1.25 (NO CASH)** made payable to Quaker Recipe Book to: **Quaker Oats Recipe Book, P.O. Box 5194, Clinton, IA 52736-5194.**

**OFFER EXPIRES June 30, 1996 or Good While Supplies Last.** Allow 6-8 weeks for delivery. Offer good only in the U.S.A. and APO/FPO addresses. This offer may not be republished without the written consent of The Quaker Oats Company. © 1994 The Quaker Oats Company

she live? When do I get to meet her?" His mother gave him the picture of Kellie. Thrilled, the teen hurried to get dressed, took the photo and ran off to show his grandmother and other relatives. "It was like a weight was lifted from him, too," says Shauna.

For Kellie, the excitement began anew when Shauna called that day to say, "We've told him. Can we meet Monday for dinner?" Kellie promptly said yes, thinking: "I'd stop my *life* for this dinner."

### "SCARY AND WONDERFUL"

On the way to the momentous meeting, Shauna sensed her son's anxiety. "Are you okay?" she asked. "You don't have to do this." Jake quickly responded, "No, I really want to." Touching his arm, Shauna said, "It's okay to be nervous. This is scary and wonderful."

Kellie was the first to arrive at the restaurant—a half hour early—and tried to keep her emotions under control as she waited at the entryway. Jim, who came straight from work, was next; then Shauna drove into the parking lot with Jake. Kellie remembers, "She didn't even get to park the car before Jake jumped out and handed me a beautiful Persian violet."

Kellie's voice quavered as she said to

the son she never knew, "Come here, I've got to give you a hug—I've waited so long for this." As they embraced, Jake's eyes filled with tears and he turned back toward his mother. Shauna comforted him: "It's okay to be emotional, honey. This is a pretty big deal!"

In the restaurant, an excited Jake dominated the conversation for the first ninety minutes, telling Kellie about his life, hobbies and activities. He was pleased to note that his biological mother shared his love for music and his dislike for coconut, and that his talent for fixing and inventing things came from Kellie's father, who was a mechanic.

Both birth mother and son wept as Kellie described her pregnancy and said the words she had longed to say to him as a baby: "There were so many things I knew I couldn't do for you. I wanted you to have a home with a mom and a dad, and I couldn't give you that. I never did get to hold you, even though I really wanted to. And although I knew I was doing the right thing by giving you up, it was still really, really hard."

Today, Jake says he's glad his parents didn't wait to tell him about his birth mother; in fact, he says, he had been hoping to find her one day. "I wanted to meet her sometime, and I'm lucky I did. She's a good friend." (continued on page 174)



**E**VEN IN THE BEST RELATIONSHIPS, love-making can lose its excitement all too soon. Sex can become boring instead of pleasurable, frustrating instead of fulfilling. That's why we've created The Better Sex Videotapes, hosted by nationally famous sex educator Dr. Judy Seifer.

The Better Sex Videotapes show how to put fun back into lovemaking. They teach us not to be satisfied with "going through the motions," but to aim for heights of ecstasy most people only dream about.

Dr. Seifer introduces three typical couples who show how to overcome inhibitions and make sex fun again. They begin with the basics — intimacy, gentleness, and good communication.

This series is controversial — so much so that it has been featured on HBO. Yet tens of thousands have ordered Better Sex Videotapes. They are used in universities,

and recommended by family doctors, gynecologists, psychologists, and sex therapists.

# After years of making love the same old way, here's an exciting new beginning.

Why is it controversial? Simply, because it is explicit. Each and every technique is not just talked about but demonstrated. Each lesson is shown from start to finish, in detail — preferably to be watched and discussed by both partners together.

Who orders Better Sex Videotapes? Married people seeking to restore the sense of discovery they had when they first met. Sexually active young men and women who seek only to find new ways to satisfy the ones they love. Couples in their 40s, 50s, and 60s desiring to rekindle the passion of their younger days — often as a specially meaningful gift.

Who else should order these tapes? Perhaps you should — for yourself, or for someone you love very much.

**Special Offer...**  
Regularly \$29.95 each  
**NOW ONLY**  
**\$19.95!**



The Townsend Institute, Dept. ZLH6, P.O. Box 8855, Chapel Hill, NC 27515

**THE  
Better  
Sex  
Video  
SERIES®**

VIDEO	PRICE WAS	PRICE EA.	TOTAL
Vol. 1. Better Sex Techniques #9501	<del>\$29.95</del>	\$19.95	
Vol. 2. Advanced Sex Techniques #9502	<del>\$29.95</del>	\$19.95	
Vol. 3. Making Sex Fun #9504	<del>\$29.95</del>	\$19.95	
The 3-Volume Set — Save \$10! #9506		\$49.85	
	Postage & Handling	\$ 3.00	
TAPES ARE IN VHS ONLY		TOTAL	\$

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

VISA  MasterCard  Check  Money Order  
Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

Canadian Orders Welcome. Please Make Checks Payable In U.S. Dollars. An Additional \$5.00 Is Required For Shipping.

I certify that I am at least 18 years of age

For Fastest Service Credit Card Customers Call **(800) 888-1900** 24 Hours A Day, 7 Days A Week.

Dealer Inquiries Welcome.

## The joy of angels

Continued from page 102

...intolerable... seen... of the... every-... subjects as... light, corr... I know that... will find... difficult to ac-... I do too... one remains... exalted s... state for long. You move in a... of it, glimpsing a different real... you are no longer certain wh... good, what bad.

At still another level, pain works as our teacher. And, finally, it permits us to hold out to one another the Cup of Compassion, to act as angels, to practice forgiveness.

The fact is, a mystical experience does not relieve us from pain; God does not shield us from life. But after the angel comes, we relate to suffering differently. "How can I serve?" we ask. "How can I use this experience well, love more deeply, express it more?"

It is important to understand that the person who sees an angel or has a mystical experience is not special, or "better" than one who does not. The vision gives no righteousness. What it does give, if it is a true grace, is a quiet happiness, even in the face of distress. You are filled with ringing joy, tolerance, acceptance, a desire to

remain in that sweet space, to act with purity of intent.

To reach this state of grace, however, or to remain there, takes discipline. It is the discipline that all religions espouse: prayer, fasting, stillness, silence. I meditate every day. I pray. I talk to God, who is no longer the fickle and untrustworthy being of my childhood. Now I see God as formless, limitless, as a Lake of the Fire of Love—my own mystical vision. It encompasses everything. Including us. We are formed of this Godness too. The task is to connect.

What happens after an encounter with the divine? Years pass. One day you notice you are different. You feel all the dark emotions that everyone has: anger, vanity, pride, anxiety, grief, depression. You make demands in your prayers: "My will, not Thine,"—and catch yourself. You recognize in yourself the ability to kill, lie, steal, cheat, hurt others—and still you forgive yourself. You do not need to use these skills.

The trick is to surrender everything, into the loving lake of God. "I hurt," I whisper to the God of my nonunderstanding. "Take my anger. It is interfering with my ability to love, with my connection to you. Help me; I belong to you."

Today, I see the dark emotions not as defects to run away from, but as signals

that an adjustment must be made, a dial needs tuning. And the only thing that can change is . . . me. Am I jealous? If my answer is yes, it signals my feeling lack instead of abundance: Whatever I am or have or do is "not enough." I must start a gratitude list, count my blessings until I am full again. Am I lonely? Scared? They are signs to call a friend, find comfort.

The great German writer Goethe said, "Just trust yourself, then you will know how to live."

How deeply can I trust my intuitions, then? How much dare I trust that God and angels guard and guide?

*In those days, people were so in touch with their inner hearts that they understood the messages they received. Joseph had a dream in which an angel told him it was safe to go back home.*

*So he and Mary rode out of Egypt with the young boy whom the angel had announced and who would die a horrible death. Mary—lonely, scared, once again a refugee.*

*Except for the memory of the angel's eyes.*

*"Are you there?" she asks. "I am listening. Guide me. I am yours."* ■

*Sophy Burnham's most recent book is "For Writers Only" (Ballantine Books, 1994).*

## BACKTALK

Send your letters, great ideas and photographs to: Backtalk, Ladies' Home Journal, 100 Park Avenue, New York, NY 10017. Please include a daytime phone number.

### Brave capture

Thank you for telling Denise Sam-Cali's courageous story, "I caught my rapist" (September). I have a personal stake in this story because my daughter, Charlotte Schmoier, was the fifteen-year-old paper carrier who was murdered by Denise's attacker. Our family has experienced the most extreme form of grief from Charlotte's death, but thanks to Denise's fortitude, there has been an arrest. Denise has not only helped capture and imprison this man, she has provided sympathy, support and care to other victims and their families. —KAREN SCHMOIER

ALLEN TOWN, PENNSYLVANIA

### Breast-cancer cure?

I became very angry when I saw the cover blurb "You can prevent breast cancer" (July). Take it from one who's been there—you cannot prevent breast cancer.

I have spent my whole life eating the

diet described by Dr. Jon J. Michnovicz and Diane S. Klein in the article "The anti-breast-cancer diet." So, if this diet could "prevent" breast cancer, why did I need a mastectomy in 1973 and a second one in 1985?

Although other potential risk factors were not mentioned in the article, I have also never smoked; my weight has remained constant; I nursed all five of my children; there are no known cases of breast cancer in my immediate family. So, now tell me, how do you prevent breast cancer?

—JOSEPHINE DODT  
SPARTA, NEW JERSEY

*Editor's note: Dr. Michnovicz, a researcher at Rockefeller University Hospital, in New York City, pointed out in the article the potential benefits of a diet rich in phytochemicals (found primarily in vegetables, fruits and grains), which may have a protective effect against cancer. We regret any implication that all breast cancer can be prevented through diet.*

Share the excitement of

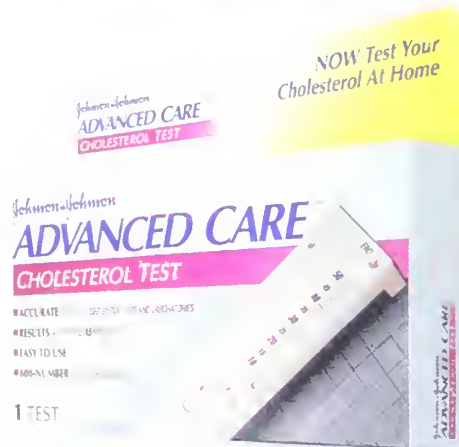
## Ladies' Home Journal

It's the perfect gift for every woman on your holiday shopping list!

Give a year of Ladies' Home Journal! Order the first gift for \$12—that's 40% off the full rate. All additional gifts are just \$9.99—half price!

**Call today!**  
**800-247-2570**

# NO APPOINTMENT NEEDED



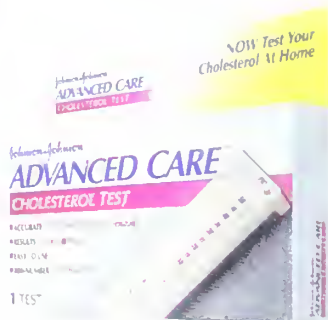
For advice on dealing with cholesterol, make an appointment with your doctor. To simply know your cholesterol number, there's no appointment needed. Introducing the Johnson & Johnson ADVANCED CARE™ Cholesterol Test. Each test can be used once to measure your cholesterol. And in about 15 minutes at home you'll get results as accurate as tests used by doctors and laboratories. There's no easier way to know your number.

**THE CHOLESTEROL TEST AS ACCURATE AS THOSE USED BY DOCTORS AND LABORATORIES.**

**SAVE \$2.00** on

MFR COUPON EXPIRES 7/31/96

Johnson & Johnson  
**ADVANCED CARE™**  
**CHOLESTEROL TEST**



**DEALER:** This coupon good only on purchase of product indicated. Any other use constitutes fraud. **COUPON NON-TRANSFERABLE LIMIT - ONE COUPON PER PURCHASE.** To the Retailer: Advanced Care Products Division, Ortho Pharmaceutical Corp. will reimburse you for the face value of this coupon plus 8¢ handling if submitted in compliance with JOHNSON & JOHNSON Coupon Redemption Policy CRP-2 dated August 10, 1992 and incorporated herein by reference. Cash value 1/20th of one cent. Send coupons to Advanced Care Products, Dept. #00045, One Fawcett Drive, Lisle, IL 60140.

I would like to receive more cholesterol related information.

Name \_\_\_\_\_  
Address \_\_\_\_\_ Apt \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_



# A TOAST TO '94

BY LENORE SKENAZY

THE TIME HAS COME to laugh (or try)  
At '94 and bid good-bye  
To all the folks who made it great—  
And those who made it second-rate.  
So grab a glass of pink champagne,  
If nothing else, to dull the pain.

A toast to Tonya who, unplanned,  
Sent Nancy K. to Disneyland.  
To Kate Moss who must eat at least  
A Pez a day (two Pez—a feast!).  
And let us cheer the Woodstock fuss:  
The myth. The mud. The Maalox Plus.

O what a year! Tom Cruise grew fangs—  
To which some folks replied: "No thangs."  
The meantime, Whitney Houston sang  
And sang and sang and sang and dang!  
That gal can hold a note as long  
As bulk-rate mail takes to Hong Kong.

While she was trillin', thrillin' all,  
Hillary hit the Hill, and all  
Who heard her said, "She's smart! She's grand!  
Her hair looks nice without the band!"  
(Alas, for our fair Dem missus:  
Her coif remained her nemesis.)

Her hub had troubles of his own,  
Including one Ms. Paula Jones  
Who wowed a crowd of Bureau chiefs  
By vowing Bill sports shorts, not briefs.  
This scoop made headlines overnight  
Which goes to show . . . um . . . something, right?

Three "Babs" took '94 by storm:  
Babs Bush penned memoirs long and warm,  
Babs Streisand sang her show of shows  
(Her fans, of course, paid through the nose).  
Babs number three? Well, saints alive!  
The Barbie Doll turned thirty-five.

She's still with Ken, but others split:  
Yes, Burt and Loni said, "That's it."  
Billy, Christie bade farewell,  
Melanie sent Don Juan to hell.  
The biggest news, of course: Roseanne.  
She lost three hundred pounds . . . of man.

Ms. Oprah shed some pounds herself  
That's why her cookbook flew off shelf  
Along with Waller's novelette:  
The Bridges of . . . etcet., etcet.  
The near-death books at top of chart  
Proved one must (almost) die for art.

On fashion's front the thing most odd  
Was watching as we Wonderbra'd  
Our way from A to B and C  
To D and, oh, no!—stand back!—  
Soon even those as straight as spikes  
Developed peaks to rival Pike's.

And yikes! Who can forget the chase  
That first week of the Simpson case?  
The bucking Bronco held inside  
An O.J. threat'ning suicide.  
Horrified, we watched our fill  
While wife and waiter lay too still.

A further loss endured this year:  
The country—world—shed a tear  
And mourned the loss of Jackie O.,  
A classier act we'll never know.  
Brilliant, lovely, full of grace  
She leaves and none can take her place.

So hold your glass, my friend, up high  
And hail those who have passed us by:  
To Candy, Tandy (John and Jess)  
To Nixon safe, at last, from press.  
Now '94 itself must cease!  
Here's to '95, and peace.

Ladies' Home Journal (ISSN 0023-7129) December 1994, Vol. CXX, No. 12. Published monthly by Meredith Corporation, 100 Park Avenue, New York, NY 10017. Back-issue copies available. Subscription prices: U.S. and possessions, 1 yr. \$19.97; Canada, 1 yr. \$31.97; all other countries, \$31.97. Second-class postage paid at New York, NY, and at additional mailing offices. Published as second-class matter at Post Office Department, Ottawa, Canada, for payment in postage in coin. Canadian Reg. No. 7348288. Postmaster: Send address changes to Ladies' Home Journal, P.O. Box 53940, Boulder, CO 80522-3940.

Jerry Simpson



